



# WOMEN'S *Leadership* CURRICULUM

## RISING STARS

*An opportunity for the young women of today to become the leaders of tomorrow.*

*Rising Stars is a leadership development coaching group that provides young women with the opportunity to engage in conversations and activities that promote self-awareness, and personal power. Together with a skilled facilitator, each young woman will find a grounded, expansive center from which she is invited to take action through bold self-expression and authentic leadership.*

Coaching is a process of inquiry that uncovers hidden strengths and barriers. With every discovery about self, others, and the world around us, we are given the gift of ongoing personal development and the expansion of one's goals and life.

### Topics Covered Over 10 Sessions

1. Building Bonds
2. Self-Empowerment and Change
3. My World: Identifying How I See Life
4. Personal Capacities
5. Credo, Communications and Community
6. Action and Failure
7. Drama: The Cost and Payoff
8. Self Care
9. Communication
10. Completion and Acknowledgment

### Results You Can Expect

- Confidence and clarity around your unique contribution as a leader
- Awareness of your blocks to full self-expression and leadership
- Coaching to move through these blocks to power, freedom and choice
- Encouragement and support to create actions that align with your personal vision

Rising Stars is an opportunity to belong to a community of young women who are committed to action, powerful results, and living a dynamic life. Group size is limited to 12 young women.

*"Rising Stars has taught me how to cope with the day-to-day struggles of life. I have learned that the things that I say become reality, giving me the power to live the way I want. And knowing that my thoughts are just thoughts—and not reality—frees me from a bunch of negativity. It's amazing how much power this knowledge can give you. Rising Stars has really changed my life for the better!" —Carly, 16*

**For more information or to enroll in a Rising Stars group, please contact Shanon Faulk at 206-686-4400 ext. 26 or via [www.dedehenley.com](http://www.dedehenley.com).**

**We look forward to hearing from you.**



**the DEDE HENLEY GROUP**  
*the inspiration to lead*