



Girl Talk Conference 2012

BEAUTIFULLY AND WONDERFULLY MADE: MIND, BODY AND SOUL

SPEAKER PROFILE

Please complete the information below and return by **February 22, 2012**

Return to:
"Girl Talk Planning Committee"
c/o ERCPCP

Attn: D'Sheka Perkins
4105 First Street, SE • Washington, DC 20032
Phone: (202) 373-5767 • Fax: (202) 373-5769
girltalk.ercpcp@gmail.com

Company Name: _____

Speaker's Name: _____

Title: _____ Phone Number: _____

Full Mailing Address: _____
(including city, state & zip)

Email Address: _____

Topic(s) of Discussion: (please check one)

- Beautiful Me** – (Healthy practices/improved self care: beauty, skin care, health & nutrition, fashion, hair care, etc.)
- Miss Independent** - (financial literacy, money management, workforce development, future planning)
- Worth the Wait** - (sexual purity, sexual orientation, HIV/STD awareness, relationships)
- Real Love** - (self-esteem, inner love, meditation and prayer)
- Through the Fire** – (conflict resolution, domestic violence, grief and loss)
- Perfect Illusions: The Media's Influence** - (media influences, projected self-image)

Issue(s) Covered:

Creative approach/Style:

References:

1. _____
2. _____
3. _____

*Please be aware that your time will be limited to 45 minutes. We ask that you allow at least 15 minutes for questions.

**Depending on the topic of discussion, you may be asked to share your workshop with another speaker. You will be notified of this ahead of time.



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WORKSHOP DESCRIPTIONS

The following descriptions represent the basic concepts behind the workshops that we'd like to present to the young ladies. If you feel that you are qualified to present on any one of these topics, please fully complete and submit the speaker profile.

BEAUTIFUL ME

This session includes topics related to beauty, skin care, health and nutrition, fashion and wardrobe, and hair care. The session provides young ladies with information, tips, and proven practices to improved care for self. This workshop is geared to the young lady attending school, studying, and learning new things in life and becoming her own person. The facilitator will provide instruction on healthy practices to use in all areas to become a better "you". The instructor teaches how to add these healthy living practices to your life activities and personal daily calendar. Finding your personal style is incorporated into decision-making and wellness for life. This workshop is tailored for the care and personal maintenance of the overall beautifully made young woman. **(beauty, skin care, health and nutrition, fashion, hair care)**

MISS INDEPENDENT

As our young ladies are growing into contributing women of society, this session addresses financial literacy, money management, workforce time management, future planning for major purchases, and overall personal spending. The workshop instructs on how to financially prepare for school/vocational training tuition payments, future major purchases, budgeting for fun and shopping, and financial planning. This session instructs on how to research money and make well-informed decisions, making and keeping personal budgets, and how to live well within your means. This session addresses the current and future money matters for today's young lady. **(financial literacy, money management, workforce development, future planning)**

WORTH THE WAIT

This session addresses emerging youth topics like abstinence and sexual purity, sexual orientation, HIV awareness, and relationships. This sensitive yet critical workshop avails young ladies to decision-making techniques that empower them to make the right decision for them. It also guides the attendees to understand how to implement abstinence in their lives and how it can be positive, normal manner of existence. This workshop also teaches young ladies about the seriousness of HIV and other sexually transmitted diseases. Coupled with the sexuality related topics, having healthy relationships is added to this pertinent topic area. In this class, young ladies learn about making personal significant decisions about their bodies, their sexuality, their health, and how these items tie to their personal and intimate relationships. **(sexual purity, sexual orientation, HIV/STD awareness, relationships)**

REAL LOVE

In this group session, young ladies will understand the importance of loving oneself and how to act on that inner love. This group session also focuses on our need to be whole and spiritually strong to face the rigors and challenges of becoming a woman. The workshop provides guidance to implement meditation, prayer, and healthy spiritual practices for improved quality of life. In this topic area, young ladies learn personal techniques, spiritual tools, and wellness practices that lead to strong healthy improved spiritual living. **(self-esteem, inner love, meditation and prayer)**

THROUGH THE FIRE

This workshop addresses the serious emerging issues of conflict resolution, domestic violence, and grief and loss. As our young ladies face conflict in school and on the streets, conflict resolution techniques and practices are instructed in this course. The session attacks the ideas behind domestic violence in both heterosexual and homosexual communities, the signs of domestic violence danger and how to get help, and what to do when it occurs. Overwhelming events facing our young ladies such as grief and loss due to separation, abandonment, and death are addressed in this private and intimate session. Coping mechanisms, recovery information, and open discussions are availed to the participants of this workshop. This session provides a pathway to coping, healing, and way to move forward in good emotional and mental health. **(conflict resolution, domestic violence, grief and loss)**

PERFECT ILLUSIONS (THE MEDIA'S INFLUENCE)

This workshop addresses the way the media demands us to view ourselves, each other, body types, racism, genders, and socio-economic stereotypes. This session provides understanding and an alternative/counter view of what the media, magazines, and other industries dictate. This workshop teaches our young ladies how to recognize the negative viewpoints aimed at girls and women. This session provides understanding and personal self-awareness that reminds participants that they are beautifully and wonderfully made. **(media influences, projected self-image)**