



IN HONOR OF WOMEN

A 4 WEEK
FOCUS ON
EMPOWERMENT
WITH EPL

LEARN, REFLECT, SHARE, AND GROW

MAY

S	M	T	W	T	F	S
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26				

How This Will Work

Learn: Over 4 weeks we will engage with empowering resources as we work to better care for ourselves and others who identify as girls and women.

Reflect: After engaging with each week's resources, journal about anything that resonated with you or challenged you.

Share: Find another participant to partner with and share ideas- ideally, a woman and one or two girls should work together. You can also form a small group to talk over the information and process with.

Grow: Be open to the experience, to one another, and to growing your ability to nurture and support yourself.

Sign up for the zoom EPL discussion of week 1 and 2's content at 11 am, Saturday, May 16. The discussion will be led by two EPL children's staff, who previously led Girls Be Heard workshops!

[Register Here](#)

Week 2: Strengthening Your Communication Skills: Assertive Communication

As girls and women, it can feel most comfortable to be passive communicators. That's because, as we learned about last week, girls and women experience gender expectations from society. Some of these expectations are to "be perfect," not take up space or people's time in a co-ed group (girls and boys) and to make sure we aren't coming off as being bossy. We're told to "just be nice." But there is a healthier way of approaching how we interact with others called assertive communication. Here is what that looks like:

- Speaks openly and stands up for others
- Makes good eye contact
- Expressions match the message
- Stands up straight and has an open stance
- Participates in groups (offers ideas & suggestions)
- Voices personal feelings and is considerate
- Believes she is equal to others (not less than)

Spend time reflecting on these two types of communication styles. Jot down your thoughts. Can you think of a couple examples of people you think are assertive communicators? Are they men or women? Are there certain qualities of an assertive communicator that seem easier to take on than others?

Try a couple communication related role-plays with your program partner or group.

[Click here](#)

