

Show Up & Lead

Sassy | Chic | Geek

JOURNEY TO SASSTOPIA

Monday, July 8th - Friday, July 19th, 2024

10:00AM - 12:00PM EST

Virtual Summer Program



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Show Up & Lead: Journey to Sasstopia is a 10-day summer leadership development program designed to help you take a journey to learn how to show up as your best self while also learning the importance of leadership. We do this by taking a journey to **Sasstopia**. **Sasstopia** is a place where women and girls work to live their best lives as they dare to be sassy, live chic and think geek. **Sasstopia's** residents represent people and cultures from all over the world.

This program is broken into eight topic areas that are focused on taking a journey to **Sasstopia** to meet the **Sassnistas**; the many ways that we dare to be sassy, live chic, and think geek; the importance of showing kindness to ourselves; and the leadership skills that not only help us thrive, but create the kind of change we want to see in the world. Each session has several lessons that are a combination of self-reflection, trivia and group activities.

Session Topics

1. Journey to Sasstopia
2. Meet the Sassnistas
3. Be Sassy - Your Voice
4. Live Chic - Your Life
5. Think Geek - Your Power
6. Random Acts of Self-kindness
7. BOSS Moves - Lead
8. WILD for Change - Create Change

Details

Who can participate?

7th & 8th grade girls

Location: Virtual (*via Zoom*)

Time: 10:00AM - 12:00PM

Included in Workshop: *Journey to Sasstopia Welcome Packet (including workbook)*

Cost: \$250

Questions? Contact:

info@sassy chicgeek.com

Application Deadline: June 15, 2024

For more information and to apply, visit:

www.sassy chicgeek.com/journey-to-sasstopia

www.sassy chicgeek.com

 [sassy chicgeek](https://www.instagram.com/sassy chicgeek)



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Program Overview

Orientation & Journey to Sasstopia

During the first session, students will get an overview of the program and take a journey to Sasstopia. During orientation, students will introduce themselves; review program schedule and topics; review safe space guidelines; and perform team-building activities. Next, students will explore Sasstopia and the importance of making space to discover their voices, express themselves, and learn how to identify their interest, skills and talents.

Meet the Sassnistas

During this session, students will get to know the diverse Sassnistas that live in Sasstopia. They will learn different aspects of their personalities and why they are working to live their best lives in Sasstopia. Students will also be given the opportunity to pick a Sassnista to create a short story about. The students will be given the opportunity to share their story. Students will also discuss the many ways that they want to live their best life.

Your Voice (Be Sassy)

During this session, students will learn the power of their voice. They will learn what it means to have a voice and how to use their voice to speak up for themselves or others. They will also discuss how many of the Sassnistas dare to raise their voice. They will finish this session by discussing ways that they want to raise their voices to be heard.

Your Rules (Live Chic)

During this session, students will learn the importance of self-expression and how the many aspects of their personality make them unique. They will learn how to celebrate the things that make them unique as well as different ways that they can express themselves in a healthy manner. They will also learn how the Sassnistas express themselves. Students will finish this session by discussing the many ways that they can live confidently as their unique selves.

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Your Power (Think Geek)

During this session, students will learn how to use their brainpower as their ultimate power. They will explore different ways that people use what they learn to achieve their goals. They will also discuss how the Sassnistas use their brainpower as their ultimate power. Students will finish the session by exploring the many ways that they can use their interests, skills and talents to make good decisions or achieve their goals.

Random Acts of Self-kindness

During this session, students will learn the importance of showing kindness to themselves. Students will learn what it means to perform acts of kindness on themselves. They will explore how showing kindness to themselves will help them achieve their goals and dreams in a healthy manner. Students will also discuss the many ways that the Sassnistas show kindness to themselves. They will finish the session by discussing the different ways that they will work on showing kindness to themselves as they work on achieving their goals.

Lead – BOSS Moves

During this session, students will learn what it means to be a good leader. They will explore different leadership skills and characteristics. Students will also discuss the many ways that the Sassnistas demonstrate their leadership skills. They will be broken into groups to work on a project that requires different types of leadership skills. Students will finish the session by discussing the different ways that they can build their own leadership skills.

Lead – WILD for Change

During this session, students will explore how they want to make the world a better place. They will learn that there are different ways to make a meaningful impact within their communities and across the world. Students will also discuss the many ways that the Sassnistas make a positive impact in the world. They will be broken into groups to work on a project focused on solving a problem in society. They will finish the session by discussing the different ways that they can contribute to making the world a better place.