

Girls With A Purpose

Girls With A Purpose is a program that helps young women develop self worth, a positive identity and sense of purpose.

What participants say

- “It was fun, good information and an awesome experience. I’m more confident and it’s helped me to be a stronger person.”
- “My confidence has changed. I feel better about myself.”
- “I have better leadership skills and I’m more caring now.”
- “I’m a nicer person now and I have new friends that treat me better.”
- “I have learnt how to be my own person.”
- “I’m not so depressed anymore and I am very grateful about this program- it has saved me.”
- “I have had the best experience.”



The Facilitator’s manual is a step by step guide to help you run the Girls With A Purpose Program. Girls With A Purpose promotes the developmental assets that help young people to be healthy, caring and responsible. Using a strengths approach, the program aims to facilitate healthy discussions and experiential learning.



There are eleven session plans including, “I am a person of worth”; “I belong here”; and “I was created a masterpiece”.

The topics covered in the sessions include, communication, relationships, sexual health, teamwork, goal planning, help-seeking and self-esteem. Session eleven is called The Princess Party. It is the opportunity to celebrate with the girls who complete the program.



Each session plan outlines the activities, games and resources for each session. There are twenty-six recommended games that are fun to play and help the participants achieve and learn.



There are twenty-five handouts for participants to collect. The handouts are provided on the CD Rom so that facilitators can print them out as and when needed.



The Certificate Of Attendance is available on the CD Rom so that facilitators can easily print it and present to participants who complete the program.

Orders received before 30th April will receive a 10% Discount = \$180 +gst and International p&p if applicable.

Visit our store to order your resources online.

Australian customers have 8 payment options available through StrataPay. International customers can pay by Credit Card.

Please contact Lifehouse Project:

admin@lifehouse.org.au if you would like Bank EFT

Details to make a direct deposit.

Thank you for purchasing this program and being committed to developing the resilience and self worth of young women.