



iGirl
empowerment workshops

iGuy
empowerment workshops

iParent Workshop

A Workshop for Adults with iGirls and iGuys in Their Lives

Ok parents, truth time. In this challenging world of friends bullying friends, gender stereotypes dictating who we should be, and media that can be anything but social, do you ever lay in bed wondering how your children are ever going to be true to themselves, make smart decisions, and stay safe?

Seriously though, you know what they say about it taking a village and that's where Saleema Noon and her team of fearless educators come in. In our iGirl and iGuy Empowerment Workshops, we take the role of the cool older sister or brother, giving your child the skills and information needed to rock their teenage years and beyond.

And that's not all. Our **iParent** workshop is here for back up. We'll not only bring you up to speed on how we empower boys and girls with a common language and easy to understand concepts, we'll show you how to reinforce these messages long after we visit your child's classroom.

You'll learn how to help your child:

- Challenge society's definition of what it means to be a "girl" or a "boy",
- Deal with friendship and bullying challenges using assertiveness skills,
- Unmask their true identity so they can be their authentic selves,
- Get to know and honour their varied emotions,
- Stay safe and make smart decisions online, and
- Build relationships they can feel proud of.

If this is up your alley, email us at cath@saleemanoon.com to book a workshop for your group or go to www.saleemanoon.com for more information about the programs we offer. See you soon!

Smart decisions start here.

t 604.418.9417
e saleema@saleemanoon.com
w www.saleemanoon.com

