



Private Ladies Business

Helping Girls Become Successful Young Ladies

THE PROGRAM

Private Ladies Business is a social skills program aimed at pre-teen and teenage girls to work towards promoting positive self-esteem and understanding how to navigate a range of new and challenging topics

SKILL TARGETED

- Building Positive Self-Esteem
- Understanding Puberty & Body Changes
- Navigating Friendships & Social Relationships
- Setting Boundaries & Personal Safety
- Building Self-Awareness and Advocacy skills

THE DETAILS

Time: 4:00pm-5:00pm

Frequency: 5 sessions + 1 report

Ages: 9 - 15 Year Old Girls

Location: Bundoora clinic

