



# WELCOME TO LIVEGIRL!

LEADERSHIP | SISTERHOOD | CONFIDENCE | CAREER-READINESS





# THIS IS YOUR PATH TO SUCCESS!

## BUILDING AN EQUAL, INCLUSIVE FUTURE

LEADERSHIP | MENTORING | SISTERHOOD | CAREER-READINESS

Founded in 2014, LiveGirl, Inc. is a Connecticut-based nonprofit organization that builds confident, inclusive leaders. Our mission is to prepare the next generation of diverse, brave female leaders with the skills, community, and connections so that ALL girls may thrive and make a positive impact on the world. Our vision is to contribute to a world free from both gender and racial inequality.

**REGISTER HERE: <https://golivegirl.org/upcoming-events>**

### MIDDLE SCHOOL

- **Confidence Club** - 8-week mentoring program
- **Microsoft Explorer Girls**
- **Social Justice Book Club**
- **Leadership Summits**
- **Camp LiveGirl**

**LEAD SELF**

### COLLEGE

- **SHE WORKS** - career readiness & internships
- **Advisory Board**
- **Networking Events**
- **Career Readiness Workshops**

**LEAD IN THE  
WORKFORCE**

### HIGH SCHOOL

- **Leadership Lab** - 6-month cohort program
- **LiveGirl League** - 8-week leadership program
- **Leadership Council**
- **Senior Fellows**
- **Impact Scholarships**

**LEAD OTHERS**

### MENTORING & RESOURCES

- **SHE CARES**- one-on-one mentoring (grades 5-college)
- **Equality & Inclusion Digital Hub**
- **Parent/Daughter Workshops**
- **Confident Podcast**

**ALL PROGRAMS  
FREE, CAMP  
SCHOLARSHIPS  
AVAILABLE!**

# ABOUT US



## What makes us different?

- Innovative and impactful leadership development
- Girls/women of color at the center of solutions
- Focus on inclusive leadership, helping girls build bridges to people whose lives are different from their own

2,036

girls served  
in 2021

12,000+

girls  
reached  
since 2014

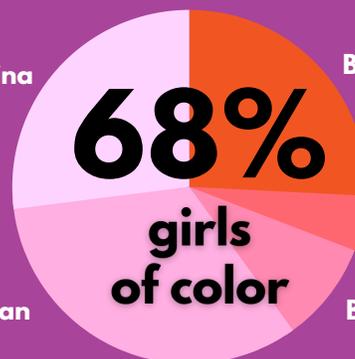
Hispanic, Latino and Latina  
27%

Black/African American  
26.8%

White/Caucasian  
31.9%

Asian or Pacific Islander  
5%

Biracial  
9.3%



# OUR IMPACT



**6000+**  
**HOURS**

MENTORING HOURS  
BUILDING SELF-ESTEEM AND  
SUPPORTING MENTAL  
HEALTH



**1050**  
**HOURS**

CAREER-READINESS  
TRAINING HOURS



**8000+**

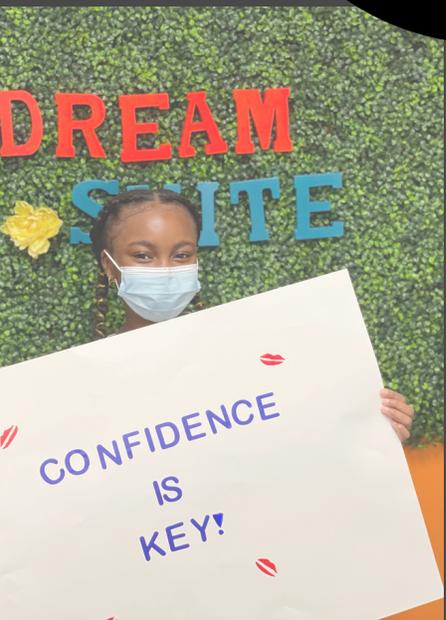
SOCIAL MEDIA  
FOLLOWERS PROMOTING  
"SOCIAL MEDIA FOR  
SOCIAL GOOD"



**LIVEGIRL**  
**POST-PROGRAM**  
**IMPACT:**

**96%** OF PARTICIPANTS FEEL  
MORE CONFIDENT.

HAVING A MENTOR  
ENCOURAGED  
**97%** OF GIRLS TO BE A  
LEADER.



**DREAM**  
**SUITE**

**CONFIDENCE**  
**IS**  
**KEY!**

# OUR ADVOCACY



Led conversations on social justice, climate justice, gender norms, gender gap, inclusive leadership and more



Advocated with the Connecticut Collective for Women and Girls to pass the CROWN Act



Provided resources and awareness of toxic social media; Hosted community workshops with social media experts following WSJ expose, "Facebook Knows Instagram Is Toxic for Teen Girls, Company Documents Show"



Confident podcast interviews included Harvard's Colleen Ammerman on the gender gap



**LIVEGIRL'S ADVOCACY MISSION IS TO DRIVE POLICIES AND PRACTICES THAT OPEN DOORS FOR GIRLS AND WOMEN. LIVEGIRL ORGANIZES AND AMPLIFIES YOUTH VOICES TO BREAK DOWN BARRIERS AND CREATE A MORE EQUITABLE FUTURE IN WHICH ALL GIRLS MAY THRIVE.**



Encouraged girls to be "Unapologetically Ambitious" - with Shellye Archambeau, Silicon Valley's first Black Female CEO



Hosted a Social Justice book group



Launched 30 LiveGirl League community impact projects, including Clean and Green, Tutor for a Cause, Waterbury Reads, Branding Who I Am, Ending Period Poverty



Taught advocacy skills through "So you want to be an activist" course

# MIDDLE SCHOOL

## PROGRAM HIGHLIGHTS

### CONFIDENCE CLUB

The pandemic has heightened the mental health crisis among young people, especially girls.

Confidence Clubs meet weekly with a Professional Mentor. The curriculum-based program provides girls with a positive adult role model and creates a BRAVE space for girls to develop self-esteem, social emotional intelligence, and empathy, the building blocks of a confident, inclusive leader.

#### 30+ PARTNERS INCLUDE:

Boys & Girls Clubs of Connecticut, CT public schools and libraries, Carver Center, The Connecticut Institute for Refugees and Immigrants, Toquet Teen Hall, Trackside Teen Center, and other youth organizations.

"What I liked best about the Confidence Club program was that we are able to share freely and express our feelings. At school, I can't share without being judged. At Confidence Club, everyone listens."

- Ella, 6th grade



CONFIDENCE  
CLUB  
LIVEGIRL



# MIDDLE SCHOOL

## CAMP LIVEGIRL

Camp LiveGirl sets a course for girls to become confident, inclusive leaders in a fun, team-based environment. Our evidence-based BRAVE LEADERS ACADEMY provides impactful inclusive leadership development, while our team-based activities, fierce female role models, and STEM designLab inspire!

Now more than ever, the need for girl empowerment and preparing the next generation of female leaders is clear and urgent. Research has shown that girls-only settings promote a greater “can do” attitude, a greater impact on young women’s social self-confidence, a more effective environment for personal development, and a more supportive environment to pursue STEM and leadership opportunities.

### 2021 SPEAKERS INCLUDED:

Professional Ballerina- Alexandra Terry, Broadway Star- Brennyn Lark, Author- Alyson Gerber, Activist- Renee Reyes



In partnership with St. Luke’s School



# HIGH SCHOOL

## PROGRAM HIGHLIGHTS

### LIVEGIRL LEAGUE

The LiveGirl League is a high school leadership program that creates change agents and leaders ready to make a positive impact in their community. The League's youth-led model encourages every young woman to strengthen her community connections, harness the power of her voice, and work collaboratively with others to make positive change.

Participants learn project management, public speaking, and other leadership skills to fully encapsulate a community impact project, and receive mentoring and networking with professional career women.

30+ LiveGirl League community impact projects including: Clean and Green, Tutor for a Cause, Waterbury Reads, Branding Who I Am, Ending Period Poverty

In partnership with



"At LiveGirl League, I learned how to network and be able to communicate my ideas with others. I loved spending time with girls whose interests were similar to mine. It also felt really good to make a change in my community."

-Briana, 10th grade



# COLLEGE

# PROGRAM HIGHLIGHTS



## SHE WORKS

### Career Readiness & Internship Program

SHE WORKS is an accredited equal opportunity internship program with a mission to equip diverse young women with career-readiness skills and connect them with internships at companies that demonstrate female leadership.

SHE WORKS aims to provide internship equality and close the female leadership gap. SHE WORKS interns complete a robust career-readiness training program before completing a 100-hour internship. SHE WORKS provides the education, tools, mentors, and resources that young women need to thrive.

"She Works was my first introduction to the professional world. The training was extremely informative and I was able to walk into my internship with confidence. LiveGirl matched me with an amazing internship and gave me the skills and support to succeed! Thank you LiveGirl!!!"

- Tyanna, Summer 2021 Cohort

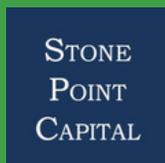


HEATHER CABOT

FRAN HAUSER



**EMPLOYER PARTNERS INCLUDE:**



# MENTORING

## PROGRAM HIGHLIGHTS

During adolescence, teens replace parents with peers as their key influencers. During this time, it's especially important that girls have **trusted adults** as mentors.

**80%** of teen girls feel more lonely and isolated and suicide attempts have risen by **51%** during the pandemic. (ROX and CDC)

## SHE CARES

Grades 5-College | Free of Charge | Virtual

SHE CARES provides one-on-one mentoring with professional mentors where girls and young women can speak freely and express her feelings about the pandemic, missed connections, friend stress, school pressure, and any other confidence issues.

- Support growth
- Open doors
- Serve as a trusted ally
- Can help set goals
- Offer encouragement
- Make connections

## TOPICS CAN INCLUDE:

### Social/Emotional Guidance

Career Exploration  
Time Management  
Networking  
Resume Writing

### Pandemic Feelings

Self-Esteem  
Friendship Stress  
School Pressure  
Career & School Guidance

# WE ARE HERE FOR YOU!

## "Confident" Podcast

[goLiveGirl.org/podcast](https://goLiveGirl.org/podcast)



Whether we're talking about the fear of failure or anything else holding you back, confidence is the key to unleashing your power. Listen to "Confident" with Sheri West, and her fearless daughter, Olivia. The world needs confident, inclusive leaders who embrace diversity to rise up. The time is now. Join us.

LISTEN NOW



## Advocacy

[goLiveGirl.org/advocacy](https://goLiveGirl.org/advocacy)



At LiveGirl, we harness the power of youth by uniting the diverse voices of girls in Connecticut, delivering a state-wide positive impact. As advocates, we meet with legislators and push bills leading to change. We help girls realize the power of their voice and speak up on issues they are passionate about.

## Equity & Inclusion

[goLiveGirl.org/equality](https://goLiveGirl.org/equality)



In order to achieve racial justice, we must learn and unlearn. Visit our digital resources page for an extended array of ways to take action, become an ally, and make a difference.

## She Cares

SHE CARES provides one-on-one mentoring with mentors where girls and young women can speak freely and express her feelings.

[goLiveGirl.org/shecares](https://goLiveGirl.org/shecares)

## Try This!

Collection of at-home and on-the-go activity ideas, shareable graphics and resources for girls of all ages to enjoy!

[goLiveGirl.org/try-this](https://goLiveGirl.org/try-this)

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