



Join Us!

*A workshop for middle school female student-athletes
School Teams are encouraged to attend*

Middle School Girls' Leadership Workshop **With Deb Hult**



Deb Hult of Core Trainings, who is a highly sought after international Motivational Speaker, Leadership Trainer, and Mindset Coach with an expertise in Relational Leadership is offering this workshop. She has been committed to enhancing and empowering young women for over 15 years. With her WHY I CAN mindset, Deb is well known for her enthusiastic, positive, and authentic personality whose workshops never get boring!

Register now! *This workshop is designed specifically for **middle school girls**. The training focus is on building self-esteem, recognizing one's self-worth, and becoming women of character through the "power of nice". We will focus on developing an understanding of becoming the best authentic version of ourselves and the benefits of owning our individual strengths, gifts, and talents.*

Through interactive group exercises, participants will discover what leadership is, as well as what leadership is not. We will gain knowledge of how and why relationships are the focal point of the leadership process, and that people will go along with people they get along with.

- ***Building women of character strengthens your school and community.***
- ***Building relationships creates a platform of understanding and reduces conflicts.***
- ***Building self-esteem and recognizing self-worth encourages the development of hidden talents.***

Date: Wednesday, May 24, 2023

Registration/Continental Breakfast: 8:30 am—9:00 am

Training: 9:00 am—12:00 pm

Lunch: 12:00 pm

Location: The MSAA/MIAA Office, 33 Forge Parkway, Franklin, MA

Presenter: Deb Hult

Fee: \$60.00 per person
There is a limit of five students and one adult representative per school.

MIAA/MSAA Contact: Susan Cauley, scauley@miaa.net

REGISTER NOW



MASSACHUSETTS SCHOOL
ADMINISTRATORS' ASSOCIATION

MASSACHUSETTS INTERSCHOLASTIC
ATHLETIC ASSOCIATION

33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997

