

Gals Lead

DISCOVER YOURSELF,
EMBRACE YOUR FUTURE



The  *Queen*
DREAM FOUNDATION



Maryanna E Lanham

Executive Director

Dream Queen Foundation

maryanna@dreamqueenfoundation.org

cell (301)466-7324

office (888)403-3732

www.dreamqueenfoundation.org



The Dream Queen Association

- Founded 2012 by Erin Lewis and Amy Thompson
- Not your average Networking group in Solomon's MD, started with a few core people and grew to an average of 40 regularly attending ladies
- Grew to 5 counties and over 1,200 participants and contacts
- Through COVID-19, transitioned to Virtual Meetings
- The backbone of the organization the how and why we are able to achieve great success.
- Updates for Businesses: New Membership Levels and Website Directory

GALS Lead - A Vision for the Future

To be the premier
transformational leadership
development program for teen
girls in the World.

Gals Lead Club™: *A vision for the future*

To teach teenage girls the responsibility and role of leadership, help them develop a life-long love for learning, gain the clarity and confidence needed to create intentional career paths they love – ones that align with their divine passion and purpose, and ultimately equip them to transform the *7 Cultural Spheres of Influence* that define our world today

- ❖ Government
- ❖ Business
- ❖ Education
- ❖ Religion
- ❖ Family
- ❖ Media
- ❖ Arts/Entertainment



Gals Lead Club™: *History & Highlights*

- ❖ Initial Curriculum Development began in June 2012
- ❖ First Weekend Experience held March 2013
- ❖ First Stand Out Experience (Women & Teens) May 2016
- ❖ First In-School Assembly in October 2016
- ❖ Gals Lead Club Pilot Program in January 2017
- ❖ Gals Lead Certified Facilitator Academy Developed Summer 2017
- ❖ First Gals Lead Certified Facilitator Academy September 2017
- ❖ Clubs active in 5 high schools and 1 after school program and expanding.

Did you know?

- **90%** of 4th through 8th graders report being **victims of bullying**
- **Girls aged 14-16** engage in **self harm** at 3 times the rate of boys that age
- **Suicide** is the second leading cause of death for youth ages 12-18
- **1 in 9 girls** and 1 in 53 boys under the age of 18 experience **sexual abuse or assault** at the hands of an adult
- **75%** of girls with low self-esteem reported engaging in **negative activities** such as disordered eating, cutting, bullying, smoking or drinking when thinking poorly about themselves

These numbers are going up.



How do we combat
these statistics?

GALS Lead
Mentorship

**KNOW
YOURSELF**

DREAM BIG

**OVERCOME
OBSTACLES**

**TAKE
ACTION**

Gals Lead Club™: *Introduction & Launching*

- ❖ A Video That Will Change Your Future
- ❖ Gals Lead Club™ Opening
- ❖ Principles of *4 Pillars of Success*
- ❖ Opening Video
- ❖ Club Agreements
- ❖ Sister Circle



“As a result of attending I’ve learned so much about myself. Letting go of the things that are preventing me from achieving my goals was a big deal. I feel more confident about achieving anything I set out to do. I just feel like I was a totally transformed person after the first day. I feel like I can really impact people by being a positive, insightful person who has goals.” -Rachel P. (senior)

Gals Lead Club™:

Principles of Pillar 1

Know Yourself

- ❖ Leadership
- ❖ Heart Centered Leadership vs Being the Boss
- ❖ Emotional Guidance Scale
- ❖ Mindset/Do Words Really Matter
- ❖ Impact the World
- ❖ StrengthsFinder 2.0
- ❖ Purpose & Values
- ❖ Values & Passion
- ❖ Your Personality
- ❖ Your Zone of Genius

Gals **Lead**

DISCOVER YOURSELF,
EMBRACE YOUR FUTURE

Gals Lead Club™: *Principles of Pillar 2*

Dream Big



Vision Books
Be Phenomenal
Gratitude



Gals Lead Club™:

Principles of Pillar 3

Overcome Obstacles

- ❖ Be Unstoppable
- ❖ Internal vs. External Obstacles
- ❖ Our Stories
- ❖ Affirmations
- ❖ Healthy Boundaries
- ❖ Courageous Conversations
- ❖ Trust Yourself



ing All Teen Girls Who Desire..

happiness
confidence
You Yourself
Expansion
Impact
Skill
Goals
Courage
Persevere
Dreams
Possibility
Career
have
Overcome
Win
be
limitations
obstacles
live
Growth
Success
Differ
laugh
Sisterhood
Now
Fun
love
Community
Purpose Making
Success Differ

Gals Lead Club™: *Principles of Pillar 4*

◆ *Take Action*



- Goal Setting
- Getting Results
- Roots and Branches
- Being In Your Flow



Gals Lead Club™:

Features

- ❖ Guest Speakers
- ❖ Assessments
- ❖ End of Year Party
- ❖ Participant Certificates



What is the most important discovery you have made?

That I lack self confidence and I have low self esteem

Friendships are waiting for me.

To be calm about things around me if needed.

That I have more confidence in myself.

Hope.

How to manage my life by writing things down.

My grades are coming along.

I get to decide how my life goes.

If I'm positive things I do in my life will be positive.

What is your favorite part about participating in Gals Lead.

You can say whatever you want and won't get judged

Group/Sister Circle.

I love the girls and the vibes.

Sharing thoughts and feelings.

I get to make new friends and share my feelings.

Guest speakers and doing quizzes in the book.

Being with the girls and being able to vent and self reward.

I love seeing others grow and become more confident while also being more confident myself.

I love knowing I will always have a constant group of supporters cheering me.

Being in a group with all supportive females.

Learning new things about myself and knowing I can do what my goals are.

How I feel refreshed after leaving.

What is your favorite part about participating in Gals Lead. Continued

You can say whatever you want and won't get judged

Learning to be confident no matter what.

Self discovery. I didn't care much about myself. Now I realize I am much more than dirt.

Dreams Don't work unless you do.

I am strong I make a difference/I can make a difference in someone's life.

That I have a meaning and whether I say yes or no it will come true.

The path is just as important as the end goal.

The only person that can fix my attitude is me.

I love knowing I will always have a constant group of supporters cheering me.

Having people I can talk to and learning about how to live without stress.

Hanging out with my friends.

Getting in the right mindset helps mental and emotional health in the long run.

When we asked our teen club members, what was your life like before you discovered the Gals Lead club and how is it now?

Ok but when I come here I feel good and free because I can say whatever here

I feel much more supported and motivated to network with others towards the future.

Before Gals Lead I didn't know the importance of time management. Since then, I am more confident and getting better

Life was less motivating. I am more motivated and inspired.

I was pent up but now I am free.

I used to always put myself down, blame everything on me and let people use and push me around and didn't fight back until Gals Lead. It helped me to not be so hard on myself and put myself first before anything else, and to become a leader and push myself away from 'friends' that used me for their own gain.

My thoughts were negative, and I felt very self-conscious.

I was less positive and less sure of myself but I'm slowly becoming more confident and optimistic about my future.

Now it is amazing and positive energy

How has being part of the Gals Lead Club impacted your confidence?

It made me be able to talk to teachers.

It made me realize not everyone needs a reaction.

I feel way more confident than I was before.

It helps me a lot when I get mad. I count to ten or something.

It helped my confidence build much higher. I have confidence in myself and am more open-minded.

Made me realize my strengths

Knowing it's ok to feel and what to do with them.

It has helped build me up more with every aspect of my life.

I feel way more confident. The people around me give me a boost of energy.

I am more sure of myself. I know now that even if I made a mistake, it isn't the end of the world and I can always come back and fix it.

To know that I am supported and generally an amazing person inside and out.

It has made me much more confident and self assured.

Being Mentored

Benefits to Youth Mentees

Increased high school graduation rates, increased attendance, increased GPAs

Lower high school dropout rates

Healthier relationships and lifestyle choices

Better attitude about school

Higher college enrollment rates and higher educational aspirations

Enhanced self-esteem and self-confidence

Improved behavior, both at home and at school

Stronger relationships with parents, teachers, and peers

Improved interpersonal skills

Decreased likelihood of initiating drug and alcohol use

More likely to be a leader and become a mentor

Being a Mentor

Benefits to You

Increased self-esteem

Heightened sense of accomplishment

Creation of a network

Insight into adolescence and young adulthood

Stronger relationships with colleagues and family

Improved interpersonal skills

Increased patience and improved supervisory skills

What Now? We can't do it alone.

Get Involved by

- Becoming a Mentor /Certified Facilitator
- Become a community liaison
- Sponsor a Club
- Be on our board
- Volunteer at one of our events
- Joining a committee to help us reach our expansion goals
- Attend or launch women's networking in your town
- Become member
- Make a one-time donation

Sponsorship & Donations

Questions?

Thank you for your time!

Support the
Gals Lead
teen mentorship program!

Use your phone's camera to scan the
QR code below:



Or visit:
<https://givebutter.com/supportteengirls>

 Powered by Givebutter