



Certified Facilitator Academy Mentor and Leadership Training



1day 8-hour trainig

Includes- workbooks, activities, and online access. Participants will learn- what type of leader they are, tips for creating a safe space, how to mentally prepare for mentoring teens, instruction on best practices for speaking to groups, personalized assistance with creating assessments, weekly routines, and creating buy in from participants.

Participants will learn

- What type of leader they are,
- Tips for creating a safe space,
- How to mentally prepare for mentoring teens
- And have an understanding of instruction on best practices
- To become proficient in leading groups
- How to create weekly routines.
- Best practices for creating buy in from a group
- How to work in collaboration with other volunteers.
- Navigate the online platform and community

The training is a requirement for obtaining the curriculum.



Dream Queen Foundation Facilitator Academy Testimonials

“Facilitator training gave me a solid foundation to build a successful Gals Lead team. I learned the importance of daily self-reflection and useful, practical steps I can take during the sessions I facilitate to help guide the girls into the strong, confident young ladies they have grown into, right before my eyes!”

Kelly Richards, March 2022 Cohort

“The in-person training was insightful and informative on mentoring the Gals group. It prepared our team for the weekly sessions and gave us knowledge in a collaborative effort. The facilitator used models that were studied and reviewed by the Board members. This allowed everyone to give input and ideas. The Director continues to use models to work on what needed for the Gals group.”

Deborah Robinson, October 2022 Cohort

“I found the training to be very informative. I appreciated all the different backgrounds of the women who participated. Each one brought new ideas and visions to the group! Very supportive of one another and the clubs.”

Djuna Brizzi, September 2022 Cohort

“The facilitator training was an exciting and educational event. The facilitator training made me very prepared and trained for The Gals Lead program. I am very pleased to have completed the program and apart of such an amazing foundation.”

Meghan Fitzgerald, October 2022 Cohort

"The one day Facilitator training was excellent. It provided the knowledge, skills, and examples to give the Facilitator the confidence to guide their students in the Gals lead mentoring program. The online collaboration tools will also be helpful in planning the group meetings."

Maria Thorpe, Certified Facilitator 2018- present

Dream Queen Signature Gals Lead Curriculum

Become a mentor weekly club program

Gals Lead Curriculum including PDF and online versions, participation in the monthly mentor facilitator calls, all updates to the programming, inclusion in the facilitator collaboration, and Facilitator Coach or Program Director on an ad hoc basis.

The intended outcomes and benefits of the Gals Lead Teen Program are to:

- Enhance leadership skills and abilities in teen girls.
- Increase GPA and attendance in high school.
- Encourage higher education and vocational training.
- Assist teenage girls in aligning their skills, passions, and purpose to create intentional career paths they love.
- In the creation of a career path one loves, there is an improvement in overall joy, happiness, & success, earned income, economic opportunity, and desire to give back to community.
- Provide the tools to create success. Young girls are the daughters of today and mothers of tomorrow. They hold the potential to transform business, communities, nations, and the world at large.
- Encourage more young girls to pursue leadership positions in business and politics (areas women have historically not sought).
- Reduce the number of girls who engage in bullying, cutting, anorexia/bulimia, drug/alcohol use, and other forms of self-inflicted harm caused by disconnection from self and others.
- Create a community of young women who support one another and celebrate making their dreams a reality.

Testimonials

"Life was less motivating. Now I am more inspired."

"I feel a lot more positive and optimistic."

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

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

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

"I get to decide how my life goes. If I'm positive, things I do in my life will be positive."

"I learned how to manage my life by writing things down."

"That I lacked self-confidence, and I had low self-esteem." "I have more confidence in myself than I thought"

Reduced Tardiness, absenteeism, and referrals
Increased GPA
Increased overall confidence

Create a safe space for teens to share their experiences and perceptions.
Give ownership to the club members to create their experience.

Pillar 1 - Know Yourself

The participants will discover their strengths, personality, values, leadership style, purpose and Zone of Genius.

- Define and identify traits of a great leader
- Discover tools to apply those traits to mentor roles
- Heart centered leadership is a way of being and you do not have to have a title or be in a leadership position to be a heart centered leader. Heart centered leaders are people who inspire and influence others.
- The behaviors of leaders can be practiced and mastered and we all can be leaders and be heart centered.
- Discover what influences emotions and its connection to leadership
- Identify different impacts, beliefs, and perspectives about success
- Apply the cycle of success to your dreams and goals
- Identify how feelings, beliefs, and attitudes impact actions
- Identify the impact of positively focused thoughts have on the outcome
- Explain how you have influence over your own success
- Apply self-reflection tools to improve yourself, your family, your community, and the world
- Define the importance of analyzing and comparing your role in a small and large framework
- Use skills to shift focus from me to we
- Identify what makes you happy and satisfied in your life
- Understand and explain the difference and power between your gifts and your talents
- Apply skills and tools to connect education and talent together to develop skills through hard work
- Identify your strength combination via the Strengths Finder tool so you can create power and success
- Explain the importance of identifying your strengths
- Define what it means to live Guided with Purpose
- Define the importance of prioritizing and linking your goals to create a path to success

- Identify your passions
- Connect the aspects of your personality into your leadership skills and ability to be successful
- Identify the value of bringing different personalities and approaches to life into our circle of support and success
- Identify, describe, and apply the Zone of Genius
- Define how skills are monetized and valued

Pillar 2 Dream Big

- Define and discover the importance of dreaming big and how that impacts your vision
- Identify the differences and connections between dreams and goal
- Apply tools to discover and visualize your dreams
- Identify the benefits of creating a life full of dreams
- Discover ways to expand and create excitement and inspiration for yourself and the world around you
- Discover what influences emotions and how they connect and impact to leadership
- Identify different perspectives of success, which are impacted by beliefs and thoughts
- Apply the cycle of success to leadership and emotions
- Define, explain, and identify the importance of gratitude
- Apply gratitude tools to increase your emotional guidance and expand your dreams and desires

Overcome Obstacles

- Identify the impact of dealing with and moving through obstacles
- Apply skills needed to be unstoppable when faced with challenges
- Acknowledge that obstacles are part of the path to living in divine purpose and creating success in life
- Define the origin of obstacles
- Apply tools for moving internal and external challenges out of your path toward achieving your dreams and goals
- Identify the impact of internal and external obstacles
- Identify what happens when we tell ourselves excuses disguised as stories
- Acknowledge the important role of failure
- Assess the essence of self-doubt and its origin

- Name your fears
- Apply tools for addressing and moving through your fears
- Use affirmations to reprogram your brain and stay motivated
- Apply tools and skills to block people and events who discourage your dreams and goals
- Identify the need for creating boundaries
- Apply tips and tools to address a variety of trampolines in your life
- Identify the relationship between acknowledgments and requests
- Identify and apply skills related to listening to yourself and others in order to stay true to your path and goals
- Utilize tools to balance your ego and soul

Take Action

- Apply skills to achieve goals by taking action
- Move your thoughts, dreams, and ideas into benchmarks for success
- Discuss and apply the principles of setting Smart Goals
- Utilize the six steps for getting results
- Use the roots, branches, and tree trunk model to visualize goal setting and achievement
- Apply skills for motivating and inspiring yourself as you work to achieve your goals
- Identify an awareness of the impact of cycles
- Apply tools and skills to map the course of reaction and success

Dream Queen Foundation
PO Box 485
Charlotte Hall, MD 20622
888-403-3732



Gals Lead Club Program and Certified Faciliatator Training Memorandum of Understanding

The Dream Queen Foundation ("Foundation") was created to serve women and girls (she/her they/ them) in a safe place to support one another and celebrate their dreams. Our programs and events offer opportunities to align girls' careers with passion and purpose; embrace authenticity and transparency in positions of power and influence; and replace greed and corruption with heart and soul. Over eight years we have expanded our network to over 1500 women operating in 4 counties with the Gals Lead Program touching over 400 girls through weekend retreats, assemblies, and our in-school club programs.

The Dream Queen Foundation (herein after referred to as Foundation) agrees to provide the services described below at the location(s) also described below based upon the written approval of the organization's Executive Administrator.

Types of Services

Our Signature Teen Girl Program, Gals Lead, teaches teenage girls the responsibility and the role of leadership, helps them develop a life-long love for learning and ultimately equips them to transform the 7 Cultural Spheres of Influence that define our world today: Government, Business, Education, Religion, Family, Media, Arts, and Entertainment.

The Foundation's Code of Conduct detailed below instills in students the vision of a world where all women and girls have the knowledge and support they need to step into positions of leadership and bring their whole selves to impacting the world, making it a more positive, peaceful, and joyful place to live.

- Be positive: what you focus on grows; make sure your focus creates a positive impact.
- Be passionate: share from your heart and soul. Positive energy is contagious.
- Be purpose-filled; be authentic and transparent in all you do. Find great fulfillment in giving and receiving.
- Be committed: keep your promise. Do what you say you will do when you say you will do it.
- Be Accepting: An open heart and a forgiving spirit is all that is required here – for yourself and others.

The organization realizes the benefits listed below from the program's implementation. Supporting metrics may be seen from the Foundation's pilot program provided at Great Mills High School.

- Reduced tardiness and absenteeism

- Increased attendance in special programs
- Improved performance in behavior and grade averages

Foundation's Primary Responsibilities/Deliverables include:

- Document an approach, curriculum, and plan of action for each engagement
- Develop relationships with program contacts and organization officials from creating assessments, guidelines, mission specific charters, interview skills, and more as needed for the engagement.
- Complete all organization's volunteer requirements as set forth in writing prior to program commencement
- Plan and prepare proprietary materials necessary for each engagement. The organization agrees that any materials prepared by the Foundation may only be used for the purposes approved by the Foundation and are not permitted to be distributed for any purpose outside of the organization without prior agreement in writing from the Foundation.
- Document agreement to the organization's rules and regulations for each engagement and onsite session
- Develop internal and external communication plan
- Facilitate all onsite and conference call sessions required for each assignment
- Document all sessions, including issues that must be escalated to the organization's executive administration, using leader and student workbooks
- Provide attendance, assignments, accomplishments, and action items if needed upon request.
- PDF facilitator and student guides for all participants. This includes our licensed, proprietary curriculum covering the Dream Queen Foundation/Gals Lead's four pillars of success: Know Yourself, Dreaming Big, Overcoming Obstacles, and Taking Action.
- Provide online access to all courses through our new digital platform.
- Facilitator training to volunteers. This is an 8-hour training course for up to 15 individuals.
- List of materials needed and where to purchase including: Strengths Finder books, whiteboards, markers, dream board materials, journals, magazines, and other necessary supplies for Gals Lead meetings.
- Training and guidance for facilitators during their volunteerism through monthly meetings and individual in person or virtual appointments by request.

- Editable marketing materials including; flyers, brochures, articles, social media, emails, etc. as requested.
- Ongoing foundation support for facilitators and program liaisons.

Organization Facilitators Primary Activities include:

- Discuss roll-out approach and provide signature approval for each program
- Provide access to key rules and regulations, requirements, etc. for programs and volunteers
- Actively participate or assign a staff liaison that is required to:
 - Support registration efforts
 - Communicate and collaborate with the Foundation’s Facilitator Coach and Program Director.
 - Coordinate and support the set-up of physical space to accommodate the program announcement and overview (typically in a 1-to-2-hour assembly), registration and on site breakout sessions. Decisions regarding session locations will be based on the needs of both parties and the specific program approach.
 - Gain access to the organization’s communication systems used for alerts and general program reminders including access to our online platform and the Strength Finder website.
 - Coordinate with third party vendors to accept deliveries of food and materials
 - Monitor and escalate issues in alignment of the organization’s rules and regulations
 - Attendance at all weekly sessions

Level of Effort

- Foundation Facilitator
 - Research and preparation required for a successful session
 - Onsite facilitation of the sessions over all 30 weeks
 - Documentation and completion of all agreed upon deliverables
 - Coordination of meetings with the organization’s resources scheduled in advance to ensure availability of required attendees.
- Organization Liaison
 - Coordination of communication and registration
 - Participation in meetings and conference calls as required with the Foundation’s Facilitator
 - Assist with logistical needs of the club.

Term and Termination

The initial term of this agreement will be from signature to agreed-upon program end. The agreement may be terminated by either party upon mutual agreement or with a minimum of two weeks' notice. No refunds will be issues due to ending the agreement prematurely. The agreement may also be modified upon mutual agreement to add new programs that extend the program period.

Funding

The Facilitator Training consists of the 1 day 8 hour course, monthly meetings, printed workbooks, online learning training and access, individual meetings with facilitators upon request, and their facilitator guides. The first year cost for training, materials, and guidance for facilitators is approximately \$2500 and includes 10 hours of individualized meetings. The Gals Lead Curriculum and materials are \$5000 per year for nonprofits. The Dream Queen Foundation works to fund clubs and trainings through fundraisers and grant writing.

Liability

The services to be performed by the Foundation staff and volunteers are warranted to be in conformity with association Foundation standards. The Foundation shall always remain solely responsible for the integrity of its own data, reports, documentation, and internal security. The Foundation shall hold as confidential all information gained through the sessions in alignment with the organization's rules and regulations, except to the extent that the Foundation is legally required to disclose any such information to any government or legal authority. Except as expressly provided in this section, no warranty or assurance, express, implied, or statutory, is given by the Foundation with respect to its services or any other matter provided to the organization.

Dream Queen Executive Director

Organization Authorized Representative

Printed Name

Printed Name

Date

Date

