

# RESILIENT GIRLS

## INITIATIVE

Wellesley  
Centers for  
Women



WEEK	PHASE
1	PHASE ONE: Community
2	
3	
4	PHASE TWO: Self
5	
6	
7	PHASE THREE: Growth
8	
9	
10	PHASE FOUR: Celebration

**WHAT IS IT?** Our #Beyond Resilient Girls Initiative, a curriculum developed for our female players, is the result of a three-year Resilient Girls Cohort that we're part of with a handful of awesome girls-serving groups, plus the Women's Fund of Essex County, Wellesley College's Center for Women, and the Center for Healing & Justice through Sports (CHJS)!

## DATA COLLECTION

**YOU**, our soccer community, staff, & families, plus current and former players, drove and guided the Beyond Resilient Girls curriculum and goals. The CHJS team asked those stakeholder groups how we could enhance our female players' experiences and do more to develop their life skills through our many different programs.

Sadie is a Former Forest Foundation Intern, long time Sr. Coach Mentor, & more @ Beyond!

## INITIATIVE DESIGN

CHJS spent months developing our guide with activities to be incorporated into existing portions of practice. Our 8-10-week #Beyond Resilient Girls course allows our Coach Mentors to learn, read, and follow the weekly messaging with support from our team, including Sadie!

## GOALS

Enhance the experience of our female players and do more to help them develop essential life skills through our year-round programs. Mostly, we want to help them become more resilient on and off the field.

## PURPOSE

- (1) build resilience in a sports space that feels safe;
- (2) improve skills, both soccer and social-emotional; and
- (3) develop & maintain healthy relationships.



## NEXT STEPS & DATES:

- Sept. 9th Launch
- Pre & Post Surveys to be administered by Wellesley Center for Women
- If you want your daughter to opt-out of the survey download & sign



Sadie Email: [Sadief11@gmail.com](mailto:Sadief11@gmail.com)

Sadie Cell: (603) 489-3576 | Director Stephanie is also involved. Her cell: 617-970-1623