

## Outline

### Unpacking Social Stressors Adolescent Girls Experience

- Importance of relationships, social media and body image
- Social pressure to fit in and risks of being different
- Social exclusion and increased risk of depression, anxiety, eating disorders and self-harm

### 7 Components of Resiliency in Action

- Competence, confidence, connection, character, contribution, coping, and control
- Role of adversity in shaping strengths
- Practical exercises and activities to use in sessions and groups

### Help Girls Maximize Talents, Strengths and Weakness

- 3 characteristics of a talent and how to develop it into a strength
- 5 characteristics of a strength in connection to resiliency
- Mitigate weaknesses and desire to compare self to others
- Compare confidence/ego, competence/superiority, and strengths/uniqueness within the context of female culture

### Giving Feedback to Build Strengths

- Praising effort versus outcome
- Coaching parents and other adults to respond
- Consequences and coping skills for choosing to highlight strengths

## Learning Objectives

1. Analyze the impact of relationships and social stressors for adolescent girls and clinical implications in relation to resiliency.
2. Demonstrate strengths-based interventions for 7 components of resiliency to improve client engagement and application in response to adversity.
3. Design a practical feedback process for parents, teachers and coaches utilizing strengths in managing symptoms of anxiety and depression.

**BONUS!**

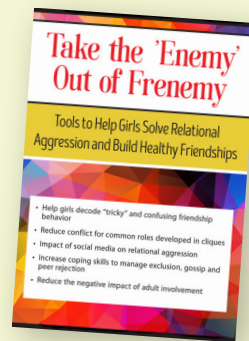
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by Susan Fee, M.Ed., NCC, LMHC

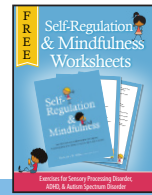
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# Boosting Resiliency in Adolescent Girls

## A Strengths-Based Approach

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# Boosting Resiliency in Adolescent Girls

## A Strengths-Based Approach



Join

**Susan Fee, M.Ed., NCC, LMHC,**  
national speaker and author and learn to  
skillfully teach girls to navigate the social  
pressures of fitting in while standing out and  
develop strengths in the face of adversity!

**Live Interactive Webinar**  
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# Boosting Resiliency in Adolescent Girls

## A Strengths-Based Approach

### Stand Up. Speak Out. Be Confident.

This is what we tell girls—expect of girls—especially, when they are faced with adversity.

But, how can teenage girls have the confidence to “have a voice” and “be themselves” when the confusing female culture we live in, demands that, in order to fit in with our peers, we must be similar?

### Teach them resiliency!

### Empower girls with the skills to balance the social pressure of fitting in (sameness) with the recognition of strengths (uniqueness).


Join national speaker and author Susan Fee, M.Ed., NCC, LMHC, as she teaches you how to **skillfully use practical strength-based interventions to help girls strengthen and maximize resiliency, develop stress management skills and reduce anxiety and depression.**

You will learn:

- Strategies to help girls identify their competencies, confidence and strengths
- Practices for applying personal strengths and resiliency in a variety of circumstances
- Specific questions to ask and the best ways to provide feedback
- Coaching tips for parents/caregivers with examples of correct responses
- Strategies for mitigating weaknesses and desire to compare self to others
- Questions to ask that reveal components of personal strengths
- Exercises, activities and reproducible handouts to be used individually or in groups

Don’t miss your chance to learn effective strategies to help teenage girls balance the social pressure of fitting in with the confidence in being unique!

**Register today** and receive Susan’s popular presentation, *Take the ‘Enemy’ out of Frenemy: Tools to Help Girls Solve Relational Aggression and Build Healthy Friendships* **completely FREE!**



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## Meet Your Speaker

**Susan Fee, M.Ed., NCC, LMHC,** is a national speaker and author in private practice. She developed *Circle of F.R.I.E.N.D.S.*, a curriculum and facilitator’s guide, to teach girls ages 8-14 how to build healthy friendships through assertive communication, conflict resolution, and resiliency. Susan has provided training on relational aggression, resiliency and strengths for students, educational faculty, parents, and mental health professionals for the last 15 years, including 10 years speaking at the American Camp Association conference.

In 2016, she delivered a TEDxWWU talk on relational aggression. Susan is passionate about the use of storytelling in mental health and is the director of “The Brainpower Chronicles,” a storytelling show for NAMI of Washington State. She’s a regular Seattle MOTH StorySLAM winner and has been featured on The Moth Radio Hour.

Speaker Disclosure:  
Financial: Susan Fee is the owner of Susan Fee & Associates, LLC. Ms. Fee receives a speaking honorarium from PESI, Inc.  
Non-financial: Susan Fee is a member of the American Counseling Association. Ms. Fee is a board member for the Washington Mental Health Counselor Association.

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*(Times listed in Central)*

**10:00am** Program begins

**1:00pm** Program ends

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