



The REALgirl Mission

“In the very beginning, the girl-child loves herself. She comes into the world with feelings of omnipotence, not inferiority. She loves her body, expresses its needs, and follows its impulses. She recognizes and expresses her feelings. She tells the truth. She is interested in herself and enjoys private time. She is involved with herself and her own pursuits. She celebrates herself and expects acknowledgment for her creativity and accomplishments. She does not expend one ounce of her precious life-energy trying to figure out what is wrong with her body, feelings, and thoughts. She just lives.” –Patricia Lynn Reilly

Research tells us the average girl’s self-esteem peaks at the age of nine and then plummets. Even worse, in many cases, women find that their self-esteem (self-value) never returns to ‘pre-10’ levels without diligent personal efforts to heal their adolescent wounds and the ‘disconnect’ that often takes place during this time.

It is the passionate mission of REALgirl® to reach girls across the globe and guide them to a deep and lasting sense of empowerment. Our curriculum provides the inspiration, knowledge and tools for girls to *stay connected* to their wise, magical, powerful selves throughout their lives. REALgirl® is committed to creating a safe space for each girl to protect or re-discover her authentic self, to develop her knowledge, confidence and courage, to value her powerful female instincts and intuition, to use her voice and to recognize her ability to create her own path.

What makes the REALgirl® approach to girls’ empowerment unique is a curriculum designed to get to the root of the self-esteem problem. Rather than dancing on the surface and providing short-term solutions to long-term, pervasive, cultural challenges, REALgirl® is absolutely committed to helping girls develop life-long tools to identify and filter societal messages that compromise their sense of self-value and thus, their ability to reach their highest potential.

It is our great honor to be working with extraordinary CWC teachers who will facilitate the CWC Empowerment Program by REALgirl®/REALboy™. This is a powerful, collaborative effort to create a more balanced world in which girls are able to discover their unique gifts, to become the author of their own story, and reach their highest potential by working in partnership with boys to forge a bright future.