

Loving Me Workshop Overview  
Hosted By: Brandi Cummings

*“Changing Lives Through Inspiration”*

**What to Expect:**

An 8 hour interactive workshop to explore, develop and encourage self-esteem and confidence in young women ages 12 – 16. Participants will experience 5 – one hour long sessions covering topics that can be tailored to the group sponsoring the program. Sample session topics include: Self-Esteem, Etiquette, Financial Literacy, Health/Wellness, and Planning for College. Sessions are moderated by experts in the topic area and facilitated by Brandi Cummings. Participants will also receive breakfast and lunch and will receive certificates of participation upon completion of the workshop.

**Who Would Benefit:**

- Middle & High School Students
- Church Youth Groups
- Parents of Young Women
- Youth Ministry Leaders
- Guidance Counselors
- Civic Groups (Brownies, Girl Scouts)
- Juvenile Group Home Residents

**Group Size:**

Up to 100 youth participants. Accommodations may be made for alternate group sized.

**Minimum Space Requirements:**

Four classroom areas and a large meeting room are recommended. Catering/ kitchen facilities are preferred.

**Modifications:**

This workshop may be shortened to fit your specific time needs. Topics may also be selected to fit your specific theme.

**Payment:**

Payments are due in full prior to the start of the workshop. To request specific pricing, contracts or additional information: email [contact@BrandiCummings.com](mailto:contact@BrandiCummings.com)