**The Queen In Me Project**

**The Queen In Me Project** is a 12-month program that prepares girls ages 8-21 to meet the challenges of adolescence and young adulthood through a coordinated, progressive series of high-quality activities and learning experiences that help them to achieve social, emotional, spiritual, and physical well-being. Girls participate in 1:1 mentoring, community service, and enrichment activities as they gain the ability to lead themselves and others on a course of action. They also gain the ability to analyze their own strengths and weaknesses, set personal and vocational goals, and have the self-confidence and self-esteem to pursue and achieve their goals.

**For 2023-24 Project Registration**

Please complete this registration form and The Queen In Me mentor will reach out to you.

Project Registration (include link that they can click to register to participate in the project

**DM (Discover Me)**

**Ages 8 – 10**

All girls need a healthy, sensible start to life. As they begin their journey to adolescence, The Queen In Me project will assist the girls in identifying their own self worth and share the tools necessary to provide these girls a strong foundation so they enter adolescence with a healthy self-image and self- confidence.

**AM (Authentically Me)**

**Ages 11 – 17**

Middle school is a bridge from girlhood to being a teenager. It is the time of transition and rapid body development that leaves many girls with impaired emotions and diminished self esteem as their bodies, emotions, and relationships begin to change. The Queen In Me seeks to nurture these youth and young adult girls through this volatile life stage so they feel accepted and worthwhile and then emerge as vibrant, confident, and assured young ladies.

**CM (Challenge Me)**

**Ages 17 – 21**

Young ladies in high school and college are searching for independence and identity. Their personal needs and priorities are the basis for goals they set for their lives. They are ready to explore and prepare for future careers and roles. The Queen In Me seeks to support the young ladies in discovering their potential and serving as a beacon to other young ladies.

**The young ladies will occasionally gather as one large group to participate in community service activities.**

**The program calendar has the most up-to-date information.**

**The Queen In Me Mentoring Project is here to help!**

|  |  |
| --- | --- |
| * Make decisions and set goals, keep motivated and focused on her goals. * Improve in school. * Nurture her confidence and self‐esteem. * Listen to her and help her solve her problems. | * Introduce her to new ideas, activities, and opportunities. * Prepare her for college or other training. * Explore career possibilities. * Meet successful people. * Learn how to get a job, buy a car, and apply for school tuition assistance. |

**THE QUEEN IN ME – Mentor & Mentee Obligations**

**Obligation of the Mentor**

**Willingness to:**

Commit to the mentoring relationship for the designated time period

Meet by phone/video conference with mentee once a month

Correspond with mentee via email with a 48-hour response

Share personal stories, experience and examples

Help facilitate connections for mentee

Assist mentee in identifying career development opportunities or project resources

Provide feedback to the board about the program and areas for improvement

Answer questions of future mentors

**Bring to the relationship:**

*Active Listening* – take notes, ask questions, repeat back to make sure your mentee is fully understood

*Dedication to Career Success* – have a genuine interest in seeing others and their organizations succeed

*Curiosity* – desire to learn and try new things

*Commitment to This Professional Relationship* – be responsible, respectful and ready

**Obligation of the Mentee**

**Willingness to:**

Commit to the mentoring relationship for the designated time period

Come into the relationship with a defined goal

Meet by phone/videoconference with mentor once a month

Correspond with mentor via email or his/her preferred method

Share openly

Provide feedback about the program and areas for improvement

Answer questions of future mentees

**Bring to the relationship:**

*Active Listening* – take notes, ask questions, repeat back to make sure your mentor is fully understood

*Openness to Coaching* – a need and desire to hear and use guidance from a senior and experienced communicator

*Curiosity* – desire to learn and try new things

*Commitment to This Professional Relationship* – be responsible, respectful, and ready

* Group activities focus on community service and leadership development.
* Program Coordinator is responsible for mentor recruitment, screening and training. She provides ongoing support and supervision to mentors and mentees.

**Support**

**THE QUEEN IN ME PROJECT**

**PLEASE GIVE TODAY TO HELP YOUTH AND YOUNG ADULT GIRLS BECOME LEADERS!**

**HELP THE QUEEN IN ME DEVELOP SUCCESSFUL AND VIBRANT GIRLS!**

Donate Now (ADD A BUTTON THAT GOES TO THE DONATE NOW PAGE)

A screenshot of a computer

Description automatically generated

A screenshot of a computer

Description automatically generated

A screenshot of a computer

Description automatically generated