



BUILDING STRENGTH AMONG WOMEN AND  
GIRLS AND THEIR FAMILIES



CLARION  
FUTURES



*"Inner Strength is something instilled in you. It is a determination to overcome all the obstacles that you face in life. It is the difference between excellence and failure. It is the tool to be the best you can be"*

**- Maureen Bailey FRSA LLB (Hons)**

ENDORSED BY  
MERTON PUBLIC  
HEALTH

**CPD**  
**CERTIFIED**  
The CPD Certification  
Service



GIRLS EMPOWERED TO LEAD

**GIRLS EMPOWERED TO LEAD  
(GEL)**

**A leadership programme to support  
their peers in the community**

**For girls aged between  
12-18 years old**

## THE GEL PROGRAMME

### SUITABLE FOR

- 12-18 years olds
- females
- Merton Resident
  
- Phipps Bridge & Cherry Trees, Mitcham
- Eastfield's & Laburnum, Mitcham
- Sadler Close & Armfield Crescent, Mitcham
- High Path, South Wimbledon

### CONTENT OF COURSE INCLUDES;

- CSE and its impact
- Self-esteem
- Body confidence
- Staying safe online
- Healthy relationships
- Leadership skills including:
- Vision-building and goal-setting
- Communication
- Planning and organisation
- Budgeting and managing resources
- Delegation

### PROCESS:

- ⇒ **FREE**
- ⇒ **YOUTH LED**
- ⇒ **ACCREDITED**

### WHAT DO I NEED TO DO?

- ⇒ Be available to be trained on leadership ( 2 DAYS)
- ⇒ Be available for up to 10 hours volunteering

### OPPORTUNITIES FOR

- ⇒ You will receive an accreditation certificate.
- ⇒ Eligible to be a YASS Ambassador to support peers
- ⇒ To develop your own youth led event of your choice
- ⇒ To gain experience in working with young people.

## TRAINER MARKING EXCELLENT



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