



Alliance of  
Girls' Schools  
Australasia

FLOURISH *girl*

WORKSHOP  
AIMS

# FLOURISH WITHIN

*Reset your  
mindset for  
2022*

*Flourish Within* is a program designed by Flourish Girl for girls aged 14 to 16 to reset, rethink and reimagine 2022.

*Flourish Within: Reset your mindset for 2022* is a bespoke half-day virtual experience. It will help girls to build self-insight and practice self-kindness, while giving them a positive mindset to step up and embrace the year ahead.

**19 JAN 2022**  
11:00am - 3:00pm (AEDT)

Provide a practical toolkit to help students make positive thinking a habit.

Empower students to create change in their lives and approach challenges with confidence

Help girls cultivate a vision of the women they want to be in their communities.

Create a safe and encouraging environment for participants to build the self-awareness and self-confidence to flourish in the year ahead.

## PRAISE FOR FLOURISH GIRL

|| Pymble engaged with Flourish Girl as part of a series of wellbeing activities for our students. The girls loved working with the team from Flourish Girl and found the sessions fun, thought provoking and helpful.

CEO of Flourish Girl, Mandy Dante, has worked with Pymble on a number of projects and she is a person of the highest integrity. Mandy is an excellent listener; she is responsive, intelligent and considered. Students warm to Mandy and find her style of working with them supports their full engagement in the activities provided. Thank you Mandy and the Flourish Girl team for supporting our students to step forward confidently into their future.

*Dr Kate Hadwen, Principal,  
Pymble Ladies' College, Sydney, New South Wales*

## TICKETS

MEMBER SCHOOLS: \$45 (AUD) per person

MEMBER SCHOOLS GROUP: \$90 (AUD) per group of three

NON-MEMBER SCHOOLS: \$155 (AUD) per person

MEMBER CODE: FLOURISH22

[www.agsa.org.au/event/flourish2022](http://www.agsa.org.au/event/flourish2022)