



The Problem:

- 80 % of African American children entering schools have a positive self-image; twenty percent still do by the fifth grade; yet only five percent do by their senior year in high school.
- 92% of the young women want to change some aspect of their physical appearance.

Our Hope:

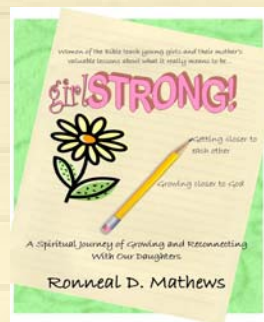
- Studies show that having a relationship with God is directly related to increased self-esteem

Society often tells African American girls that if they do not meet certain unrealistic standards - if they don't look, act, or dress a certain way - they are not good enough. Girls can learn how self-respect, self-esteem, and a closer relationship with God can make their lives full and complete through

girlSTRONG!

Seminars and Workshops
presented by author
Ronneal Mathews

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Empowering women and girls to take on the world®

Ronneal Mathews



Ronneal Mathews is a Christian and a public health professional. She is an expert in the field of health education, community mobilizing, and health ministry. She is the author of **girlSTRONG!**, a book dedicated to helping African American mothers and daughters grow closer utilizing stories about women of the Bible to encourage discussion and bonding around critical issues that teen girls face.

Ronneal has faced many of the same issues that girls face today. From low self-esteem, self doubt, and questions about her faith - Ronneal truly has a testimony to share. The message of strength and courage which she delivers through her interactive workshops will motivate African American girls to recognized their unique strength and learn life lessons that will change the way they think about their place in the world.

A devoted wife, mother, and advocate for the uplift and empowerment of African American women and girls, Ronneal has a unique perspective of how women of Bible can provide insight about contemporary issues like developing self-esteem, learning self-respect, anger management, making wise choices, and moving on from a painful past. These women are strong, anointed, and, yes, flawed, which teaches young girls that the Bible is relevant to them and that through applying biblical principles, they can truly change their lives!

Ronneal has been in the public health field for 10 years. She is an experienced speaker, presenter, and trainer. She has been a volunteer with Young Life working primarily with girls ages 12-18 and has served as a mentor and role model for many young women and girls. She has conducted workshops for girls and adults on many topics.

"Girlstrong means that girls and women have some of the most powerful strength in the world! We are the ones who hold the family, the community, the nation, and the world together."

What are girlSTRONG! workshops all about?

Girlstrong workshops are offered on a variety of topics but **love** and **respect** are at the root of them all! If you can teach a girl some fundamental facts about life, they will grow up to be strong, godly women who are leaders in the community and change agents for the world.

Girls who are girlSTRONG! have:



Love and Respect for God



Love and Respect for themselves



Love and Respect for other people



Love and Respect for their community



Love and Respect for their history and culture

Girls will learn:

1. How the experiences of biblical women are similar to their own.
2. How to apply biblical principles to deal with the challenges of life.
3. That they are "fearfully and wonderfully made" – God made them on purpose and for a purpose (Psalm 139:14).
4. That they have God-given strength and talents that make them special and unique.
5. That in a world that can sometimes be cruel, they have the power to be agents of change.

"As women and girls, we cannot allow our *self-worth* to get caught up in things that have nothing to do with our *value*. Every girl is **strong, pretty, and smart** because God made her, regardless of what society says!"
Ronneal Mathews



Presentation Topics

girlSTRONG! workshops and seminars are interactive and involve participants at every stage. Ronneal tells stories about biblical women and shares some of her own life experiences. Then girls discuss how these issues relate to their own lives. Ronneal inspires girls through motivational testimonies, informative handouts, skill-building exercises, videos, and tools that they can use out in the real world. Girls are empowered to increase their self-esteem and self respect, live healthier lives and most importantly, grow closer to Christ.

Topics covered can include:

self-esteem ♦ self respect ♦ leadership ♦ money management and cooperative economics (Ujamma) ♦ relationships ♦ health and wellness ♦ making wise choices ♦ healing from physical and sexual abuse ♦ growing close to God ♦ activism ♦ bullying ♦ cultural awareness ♦ mother/daughter relationships ♦ combating negative media images, and many more...

Here is a list of just a few available workshops:

I Feel Good

This workshop is inspired by Hannah, a woman who struggled to understand that she was good enough because she was a child of God. Girls learn what self-esteem is and how they can begin to build a healthy sense of value and worth.

"Oh No He Didn't"

Women and girls today are often disrespected and asked to do things that are demeaning and humiliating. A girl who knows her value won't feel the need to cheapen herself by trying to prove that she can meet the expectations that other people have for her. Based on the story of Queen Vashti, girls are taught the importance of self-respect, having values and knowing their value, and the power of being able to say "NO!"

Close to You

The mother/daughter relationship is one of the most sacred and precious bonds ever created. However, there are constant assaults on the ability of mothers and daughters to develop deep and meaningful relationships. The powerful story of Ruth and Naomi helps mothers and daughters learn ways that they can grow closer and solidify their bond through open and honest communication.

*This workshop includes a signed copy of "girlSTRONG! A Spiritual Journey of Growing and Reconnecting with Our Daughters" by, Ronneal Mathews

My Sister, Myself

Why is it so difficult for girls to have healthy relationships with one another? Through the story of Leah and Rachel, girls learn some of the elements of healthy relationships, and how they can begin to build meaningful bonds based on sisterhood, respect, and love.

Say It Loud!

It is easy to forget to teach African American girls that they have a proud culture and heritage. They need to be instilled with a sense of pride for their African roots and their family history. Esther was a good example of a girl who risked everything to save her people and through acknowledging her roots was able to change the world!

Power to the People

Girls can be powerful activists and agents for change in the community and the world. Using the little known story of Jehosheba, a woman who risked her life to save the legacy of a people, girls discover that, through courage and bravery, they too can make a difference!

Programs



The girlSTRONG! workshop series is designed for girls ages 12-18. Some workshops are designed for mothers and daughters or girls and youth ministry leaders. Workshops include activity handouts and resource list. Workshop length and format can vary based on client needs.

girlSTRONG! workshops

length: 45-90 minutes each

max # of participants: 50 per session

mother/daughter workshops

length: 90-120 minutes each

max # of participants: 25 mother/daughter couples

girlSTRONG! full day or half day retreat

Includes workshops and activities on various topics based on client needs

mother/daughter full day or half day retreat

Includes a signed copy of "girlSTRONG! A Spiritual Journey of Growing and Reconnecting with Our Daughters" by, Ronneal Mathews

Booking

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