

REALITY CHECK COACHING SPREADS THE MESSAGE OF RESPECT

New joint partnership aims to reach 1 million teen girls and provide training for a lifetime of respect

Portland, OR – May 29, 2009 – Reality Check Coaching has partnered with Respect Rx, a youth and women’s advocacy organization, to jointly promote the value of respect. The new partnership aims to reach 1 million girls with their message of respect through an innovative series of training workshops called “The Respect Rally.”

Reality Check and Respect Rx conducted their inaugural Portland showcase “Respect Rally” last month at Portland State University (PSU) where Reality Check founder Jennifer Davidson is an alumna. The training provided tools that enabled participants and facilitators to respect themselves, create mutual respect in relationships, and to spread the message of respect to everyone.

The Respect Rally, hosted by the Associated Students of PSU, was a four-hour conference for teen girls and advocates for teens. The event drew more than 30 participants from Valley Catholic High School, Rosemary Anderson High School, Girl Scouts, Girls Inc. and several church groups. Following the rally a 24-session curriculum (The Respect Keep It Going! Kit), which is designed to inspire and equip girls with last skills for building a lifetime of respect.

This August, rally participants will receive the full “Respect Rally Leader Training”. The program is designed to teach advocates and mentors for teen girls, how to conduct Rallies so they can spread the message of respect in their organization. An advocate or mentor for girls may include teen service providers, school staff members, student activities director, youth organizers, parents, teen conference planners, and representatives from prevention agencies. Participants in the training learn how to lead a Respect Rally and receive all of the materials to easily implement and customize their own program.

To find out more about the Respect Rally or Leader Training, please contact the office by phone at 503.206.7001 or email pr@realitycheck-coaching.com. Reality Check Coaching can be found at www.realitycheck-coaching.com.

About Reality Check Coaching LLC

Reality Check combines coaching, corporate training and leadership development to empower others to reach their full potential. Founder Jennifer Davidson’s professional experience ranges from small start-up organizations to General Electric, where she was appointed the Hub Leader for the GE Women’s Network of Oregon & SW Washington. Jennifer earned a Master of Business Administration (MBA) from Marylhurst University and has a certification from the renowned Coaches Training Institute.

About Respect Rx

Courtney Macavinta, founder of the California based Respect Rx, has worked with Reality Check Coaching for more than 1 year creating trainings and workshops. The Rallies are based on Macavinta’s best-selling and award-winning book for girls, *RESPECT: A Girl’s Guide to Getting Respect & Dealing When Your Line Is Crossed*, which has been featured by CNN, National Public Radio, USA Today, Glamour and Teen Vogue. Rallies can be customized to address a particular preventative focus or raise awareness about issues such as body image, bullying, communication and boundaries, drug, tobacco and alcohol prevention, goal setting or dating violence.

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