

The Problem

Many challenges stand in the way of girls and women thriving and reaching their potential:

...at least 1 in every 3 women has been beaten, coerced into sex or otherwise abused during her lifetime.

...50 % of teens in serious relationships say they've gone against their beliefs in order to please their partner and for 1 in 4 girls this meant going further sexually than they wanted.

...70% of girls ages avoid normal daily activities such as attending school, going to the doctor, or even giving their opinion due to feeling "badly" about their looks.

The Solution

Though the status quo paints a grim picture, there is a remedy—respect. Respect Rx was founded on this principle: Respect is always within reach because true respect starts on the inside. And once you have it, you're empowered to spread it. Our mission is to spread it to the 900 million girls and young women around the globe by partnering with advocates like you.

★ Respect Rx Training Programs

To fulfill our mission, Respect Rx offers nationwide trainings for girl and women advocates. During our trainings, developed by Respect Rx Founder Courtney Macavinta, who is co-author of the best-selling book *RESPECT*, you'll learn how to invest in your own self-respect. From there you'll lead girls and women based on your powerful values and vision. Our trainings are experiential, improvisational and incorporate your personal experiences and real-life challenges.

We'll equip you with coaching and facilitation skills and with our outcomes-based programs and guides. Along the way, you'll form a community of allies in your fellow trainees. Together you will create deeper change in the lives of girls and women—and in yourself.

You'll ultimately learn to empower the girls and women you serve to boost self-respect, sisterhood and social change in their lives—and our world.

★ Respect Rx Girl and Women Advocacy Training

What will I gain from this training?

Respect Rx training programs are coaching-based, interactive and delivered in a retreat-like atmosphere. We invite advocates to recharge and reconnect through 7 Steps to Respect, which you can then use in your ongoing work with girls and women. We'll explore and identify your values and big-picture vision for how you want to change the world for girls and women. Whether you work with girls and women directly or develop programs for them, you'll gain new tools and skills to enhance your effectiveness and help you reach your desired outcomes.

Who is the training ideal for?

- Girl and women advocates, educators or program leaders who want to infuse the 7 Steps to Respect into your advocacy approach.
- Girl advocates who want to learn a coaching- and partnership- based approach to empowering and developing girl and women.
- Advocates who regularly lead workshops, small groups, conferences or other personal development or leadership programs for girls and women and who seek new program content.
- Advocates who desire coaching to help you articulate a long-term vision for your work's legacy, personal fulfillment and self-care priorities.

"Courtney is a phenomenal program facilitator and a true gift to the girls she works with. She is, as she teaches the girls to be, a 'creative, resourceful and whole' woman who truly leads by example. I found her style to be intuitive and organic which created activities and conversations that were inspiring and incredibly impactful for the girls and adults alike. Her energy set such a positive tone, and she created a safe space where everyone treated each other with respect, was open to learning and growing and was encouraged to explore and celebrate their unique strengths and talents. It has been wonderful to work with her on the uniquely ME! program!"
—**Leanne Gluck, Project Manger, uniquely ME!, The Girl Scouts of the USA**

What happens at the training?

- **Day 1: Respecting Yourself**

Day one is all about you! Every advocate matters, and every advocate's contributions are powerful. We'll guide you through exercises to help you cultivate an even deeper sense of self-respect. From there, you'll develop a clearer vision for your work and your whole life. Through activities, guided reflection and a self-created action plan, you'll pinpoint your strengths as a girl and

women's advocate. And you'll rediscover the huge value you bring to your work by being your true self.

- **Day 2: Empowering Others**

Along with Courtney Macavinta, Respect Rx is led by a team of trained life and leadership coaches, who also are authors and journalists. On day two, you'll learn and practice coaching and storytelling techniques we've developed especially for developing girls and women. You'll learn new respect-building communication skills and ways to incorporate the 7 Steps to Respect into your existing programs. You'll also learn how advocacy can be a partnership process in which you collaborate with girls and women as partners in changing their lives (and our world).

- **Day 3: Creating the Space**

With a strong focus on facilitation and leadership, day three provides an inspiring completion to our live training. You'll learn how to co-create and hold a space that makes girls and women feel safe opening up, empowered and inspired to take action together. You'll gain skills to guide them toward learning from and leaning into each other for support. And you'll practice using your strengths to use whatever girls and women show up with when they walk into the space you've created.

Finally, we'll also form Respect pods where you'll design a plan for incorporating the training assets into your work and life. Pods will also stay connected for ongoing post-training support.

What materials and curriculum will I receive?

Upon completing the training, you'll receive a Respect Rx Advocacy Kit, which includes:

1. **Respect Rx Advocacy Guide:** How to empower yourself and girls and women.
2. **Web Tutorials:** Access to Web video tutorials that demo Respect Rx advocacy activities.
3. **Respect: Keep It Going! Kit:** This kit guides you in ways to keep respect growing and flowing in your work. It offers 12 months worth of clear ways to continue the momentum throughout your



program's season—and year after year. It includes ideas for workshops, classroom activities, facilitation guidelines for creating after-school Respect Rx Groups and a copy of *RESPECT*.

What happens after the training?

Respect Rx is committed to staying connected to you and your organization through ongoing support and training opportunities, such as:

- **Coaching:** Quarterly coaching calls to supplement the live training and address frequently asked questions.
- **Online resources:** Access to the Respect Advocacy Community, an online social network that allows you to connect with your pod, find more resources, exchange best practices and share Respect Rally success stories and outcomes.
- **Updated and new content:** You'll get free access to any updates we make to the program materials.

Respect Rx Girl and Women Advocacy training program graduates also receive special discounts on any future Respect Rx trainings or programs.

What is the training program length and fee?

Training Length:

3 Days

Respect Rx Advocacy Training Tuition:

\$925

includes all program and training materials/sessions mentioned above



About Respect Rx LLC

Respect Rx was founded by Courtney Macavinta, an award-winning journalist, author, coach and speaker who has reached more than a million girls and women through her work—including the RespectRx.com blog and her best-selling book, *RESPECT: A Girl's Guide to Getting Respect and Dealing When Your Line Is Crossed*. A nationally recognized expert on issues facing girls and women, Courtney has been featured on CNN, Fox, National Public Radio, NBC, ABC and in *USA Today*, *CosmoGIRL!*, *Teen Vogue*, *Glamour*, *Mothering* and numerous other outlets. A devoted girl advocate, Courtney's work is focused on inspiring young women to cultivate self-respect, sisterhood and social change. She has spoken, trained or led event programs for thousands of girls, women and their advocates across the country. To present empowering nationwide events for teen girls and women, Respect Rx also partners with national non-profit organizations such as Girls For A Change, Girls Inc., Girl Scouts of the USA, Omega Institute Teen Camp and the Dove Self-Esteem Fund.

CONTACT

To register for a training or learn more, please contact:

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