



P.E.T.A.L - POSITIVELY EMPOWERING TEENGIRLS ABOUT LIFE™

Empowering girls and young women by the thousands is our agenda. It is our mission to develop leaders of girls and young women through Mind, Body, Heart and Spirit. Our P.E.T.A.L. credo is to:

*Keep your MIND RIGHT
Keep your SPIRIT FREE
Keep your HEART GIVING; and
Keep your BODY HEALTHY!*

The following pages are a sample of workshops that we provide to instill self-confidence, self-respect, leadership and healthy behaviors. Please contact us at programs@petalinc.org if you are a junior or senior high school student and interested in joining the P.E.T.A.L. Leadership Circle.

www.petalinc.org

Tel. & Fax: 888.632.9953

info@petalinc.org



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MIND – Mental Acuteness

- 13 Principles of Achievement
- College Prep
- Financial Values & Accountability
- Power of the Mind

SPIRIT – Leadership & Development

- Entrepreneurship
- Leadership
- Life Directions: Vocational / Educational Opportunities
- Social Etiquette & Behavior
- You and Your Subconscious



BODY – Self Respect & Pride

- Me and My Body
- Sexuality, Identity & Myths
- Wellness & Self Care

HEART – Unselfish Thoughtfulness

- Family Matters
- Personal Values & Social Interaction
- Self-esteem and Media Influence

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