

friendships, girl drama and mean girls!

lead by: jess berger, teen life coach

In order to break the cycle of backstabbing and gossiping, this workshop teaches girls to identify their friendship needs, speak their minds and resolve conflict effectively with respect and dignity.

For Cadette Girl Scouts
February 22, 2014
9:30 am – 12 pm
Montrose Program Center
\$25

Jess Berger is a twice **certified Life Coach** based in Los Angeles. As one of less than 50 **certified Teen Wisdom™** coaches nationwide, Jess works with girls of all ages, ranging from pre-teen to young adult.

Because Jess believes that the family system is an integral part of adolescence, Jess works with parents as well, offering them tools and strategies for effectively supporting their girls. In addition, as a **certified Life Purpose and Career Coach**, Jess is passionate about supporting young adults in designing and living the future of their dreams.

For more information on Jess Berger please visit her website <http://www.mycoachjess.com/>

To register visit www.girlscoutsla.org
For questions regarding this program please contact:
Teresa Heston at theston@girlscoutsla.org

wellness & healthy living