

SHOW HER WHAT'S POSSIBLE.

From her first steps to the first time she spreads her wings, a girl looks to the people closest to her for permission and inspiration. For instance, if a parent is active, she's nearly 2X more likely to be active, too. Parent, sister, coach, mentor—we all can play a role in keeping her in the game.

Learn more at

www.girlsleadership.org/athletagirl

#allkindsofpowerful

1 TAKE TIME FOR YOURSELF even when it isn't what she wants to hear

When you tell your kids you're going out for a run, they might whine and complain. But it's important to show them that you don't always put the needs of others before your own. The goal is that someday she'll follow your example and put herself first.

2 TRY SOMETHING NEW especially if you're struggling with it

When your kids only see you at your best, they think that they should always be the best, too. Letting your kids see you struggle can give them powerful inspiration to persevere and an important reminder that we're all human.

3 ASK FOR HELP with a chore, a challenge or a dilemma

Show your kids the power of community and support. Give them the chance to experience the wonderful feeling of making a difference in someone's life. This will also help them see that needing help isn't a weakness, but an opportunity.

4 PRACTICE SELF-COMPASSION all the time

Research shows that success doesn't come from putting yourself down after an off day, week or month. Shame doesn't inspire positive change. Practice quieting your own inner critic and treat yourself the way you would treat a good friend.

5 GO OUTSIDE and bring her with you

More than 85% of women believe the outdoors positively affects their overall well-being, and 70% say that being outside is liberating. When your girl sees you benefit from being out in nature, chances are she'll choose to get out there, too.

“There’s a voice inside.
The more you use it, the
stronger you get. That’s
influence. That’s leadership.
That’s all kinds of powerful.”

— SIMONE MAREAN,
CEO, GIRLS LEADERSHIP

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5 Tips for How to Be
a Powerful Role Model



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