

LILA

Learn. Inspire. Lead. Act.

Overview:

In an effort to expand our mission of brightening the lives of those in need, One Simple Wish has introduced a new program, named LILA in July 2010. This program is designed to create positive, lasting impressions on at-risk girls between the ages of 12 and 24 by exposing them to unique, interesting and attainable careers through a series of seminars given by dynamic, professional women who have been successful in their fields.

LILA stands for Learn. Inspire. Lead. Act. - the four sparks we seek to ignite in our girls.

Details:

LILA is an 8-week female mentor program that presents weekly sessions led by professional women in various areas of study & expertise.

Each session will begin with "Check In" – a chance for each girl to greet the group, provide an update on their life, mood, etc from the previous week. Girls may choose to share from their journals at this time as well.

Each session will welcome one dynamic, exceptional woman who will speak to program participants on a specific topic. Examples may include: Diet & Nutrition, Specific Careers, Travel, Education, Parenting/Motherhood, Self Esteem, Fashion, Hair Care/Nail Care, Specific Hobbies, etc.

Each session will conclude with journaling for at least 15 minutes on a particular topic. Girls are encouraged to continue "open journaling" on their free time.

Objectives:

- Create professional mentor/mentee relationships between at-risk preteen/teen girls and Youth Mentors & Professional Mentors
- Expose at-risk girls to various career paths and lifestyles
- Encourage self-exploration through journaling & creative thinking exercises
- Provide a safe-haven for at-risk girls to express their ambitions, frustrations & challenges with other women
- Build self-esteem by celebrating uniqueness & diversity in the chosen speakers & topics
- Present opportunities for on-the-job training, interests and other types of employment and education

Target Population:

- Mentees: At-Risk Girls, 12-16
- Youth Mentors: Girls, 17-24 (Prerequisite: Must complete an 8-week course)
- Professional Mentors: Women, 25+

Location:

One Simple Wish Office: Ewing, NJ

Program size per semester (8 3-week semesters per year)

16 Mentees (2 per Youth Mentor)

8 Youth Mentors

8 Professional Mentors

Interested in referring someone to the program?

Email us at info@onesimplewish.org for more details.

Are you a dynamic woman with a unique or interesting career or know someone who is?

If you are interested in finding about more about speaking as a Professional Mentor at one of our sessions or know someone who may be a good fit, please contact Danielle Gletow at danielle@onesimplewish.org or 609.883.8484.