LILY

Love.Inspire.Live.Your future

LILY

WHAT IS IT?

There are so many issues young girls are facing in this world and in our community as they are trying to discover who they are and where they fit in. Our young girls are facing issues such as low self-esteem and confidence, peer pressure & bullying, education, family breakdowns, abuse, body issues... the list could go on.

These issues are leading to a rise in statistics for depression & self-harm within young girls. It's building a generation of mental health problems and long term negative beliefs. The LILY programme is a preventative and early intervention programme in order to address the issues, educate the young girls and enable them to have good mental health and wellbeing in order for them to become well adjusted adults and leaders in the future.

We believe every girl was created for a purpose. That she has Value, Worth & Potential. We believe if we equip this generation with self-esteem & belief they can go onto influence their community, make great changes and leave a lasting legacy.

FOUNDATIONAL CONCEPTS

LOVE Girls will explore what it means to be confident within herself. She will recognise her values, strengths and the importance of healthy relationships in order to live a purpose filled, happy life.

INSPIRE: The focus will be for each girl to discover what is a positive role model and how she can inspire others around her to impact her friends and community. She will be equipped with confidence and self-belief to follow her dreams.

LIVE: Girls will recognise her personal achievements and successes in life. She will focus on how family, community, friends and culture shape who she is. She will be equipped to challenge negative attitudes & peer pressure.

YOUR FUTURE: Girls will develop a future action plan based on knowledge and skills they have identified throughout the programme. She will be empowered to recognise obstacles and how to overcome challenges.

TOPICS

Love
"Uniquely Me"
"Confidently Me"

Inspire
"What's your profile?"
"Let it Go"

Live
"I Am"
"Life Map"

Your future
"The Me I Want to Be"