Middle School Minds

Are You a Leader or a Follower?

Dear Parents and Guardians,

Middle school is a time of discovery, changing friendships, and important choices. Girl Link Organization invites your daughter to Middle School Minds: Are You a Leader or a Follower?

A 15-week virtual program for girls in grades 6–8, created by Elaine Lee to help students grow in confidence, find their voice, and practice thoughtful leadership.

Program at a glance

Begins	Wednesday, December 2, 2026, or Wednesday, January 6, 2027 *$1,150.00 Deposit $100.00 to secure space*
Weekly sessions	Wednesdays: 6:00–7:00 p.m. • Saturdays: 11:00 a.m.–1:00 pm
Format & duration	Virtual • Eastern Time • 15 weeks • 30 one-hour sessions |Session link will be provided
Included	Book, 15-chapter interactive companion workbook, and book club discussions

What your daughter will experience

Each week we will explore a new topic and a guided book club discussion. Through realistic scenarios, interactive activities, and reflection, students explore self-awareness, confidence, communication, decision-making, friendships, leadership, responsibility, and resilience. The workbook gives girls space to connect the lessons to everyday choices and prepare for their next level of learning.

Students will practice S.E.L.F.—Stop, Exhale, Let it go, Forget about it—to pause before reacting, then use MINDS: Make a mindful pause; Identify the influences; Name your values; Decide your next step; Step forward and reflect. Students may use fictional examples or pass on personal sharing. S.E.L.F. never means ignoring harm or a safety concern; students should seek help from a trusted adult.

To request registration information, email glovirtual26@gmail.com or call 301-410-0201. Please provide your name, your daughter's name and grade, and your preferred contact information. Enrollment confirmation, the virtual meeting link, and details for receiving the included book will be provided by the program coordinator.

Warmly,

Elaine Lee, MBA
Advocate/Author/ Mentor
Founder, Girl Link Organization, Inc.
Creator of Elementary School Rules/Middle School Minds/ High School Highs & Lows

glovirtual26@gmail.com | 301-410-0201 | www.girllink.org (Click schools for grade levels)