



Girls Rising Expo

Be Seen.

To be seen means to be recognized and acknowledged for your unique abilities and celebrated for your individuality. When you're seen, you are treated with respect. Your thoughts, feelings, and experiences are valued and validated by others.

Be Heard.

To be heard means that others actively listen to your thoughts, feelings, and perspectives without judgment or interruption. When you're heard, you are given the space to be your authentic self and to express yourself freely. Being heard makes you feel understood, valued, and empowered to communicate your needs and experiences.



Fueling girls to make their presence known.

Be Powerful.

Being powerful goes beyond just having authority or control. A combination of confidence, ability, integrity, and empathy fuels powerful people. Powerful people are empowered to use their influence and impact to make meaningful change.



Be a LEAD Girl!

Seen.

96% of the Expo participants learned how to celebrate the things that make them unique.

Heard.

96% of the Expo participants learned ways to be self-aware or maintain their self-awareness, and 91% learned ways to build empathy and hear others.

Empowered.

89% felt that the sessions helped them crank up their positive inner voice and boost their confidence.