Presenting Sponsor
BB&T

GIRLS RISING EXPO

I’LL LEARN.
I’LL GROW.
I’LL LEAD.
WE’LL RISE.

September 28, 2019
Salem College
Elberson Fine Arts Center
500 E. Salem Ave.
Winston-Salem, NC 27101
LEAD Girls is dedicated to helping every girl thrive. Because every girl can.

Thank you to our Girls Rising Expo Presenting Sponsor

BB&T
WHEREAS: Since launching in December 2015, Learning Everyday Accomplishing Dreams (LEAD) Girls of NC has been dedicated to providing the tools and resources that at-risk preteen girls must have to become productive citizens and active leaders in their communities; and

WHEREAS: LEAD Girls of NC equips and mentors more than 150 local girls every year to aspire and achieve greatness academically, emotionally and creatively; and

WHEREAS: LEAD Girls of NC is working to build a community and a world where every girl has the confidence, social skills and leadership ability she needs to become an independent, financially-stable woman and an active contributor who gives back to their community.

NOW, THEREFORE, I, J. ALLEN JOINES, Mayor of the City of Winston-Salem, North Carolina, do hereby proclaim Saturday, September 28th, 2019 as

DAY OF GIRLS RISING

Given under my hand and seal this 28th of September, 2019.

J. ALLEN JOINES

Mayor
Motivated. Inspired. Prepared. Rising!
Thank you for being a part of LEAD Girls’ inaugural Girls Rising Expo! For girls, the Expo features a full day of high-energy workshops and inspiring presentations. For parents/guardians, we have experts on-hand to share how to encourage girls’ social and emotional development. These experts will offer practical tips for high-school readiness and making education a priority at home.

Girls Program
8:30-9:00 – Registration, Light Breakfast

9:05-9:20 – Welcome Remarks
Joy Nelson Thomas
Founder and Executive Director of LEAD Girls

Chief Catrina Thompson
Chief of Police, City of Winston-Salem

9:30-10:10 – Workshop Session A (varies by track)

10:15-10:55 – Workshop Session B (varies by track)

11:00-11:40 – Workshop Session C (varies by track)

11:50-12:35 – Lunch at the Salem College Cafe
Opportunity to meet and engage with Salem College students/speakers/volunteers for talking and mentorship

12:45-1:25 – Workshop Session D (varies by track)

1:30-2:10 – Workshop Session E (varies by track)

2:20-2:35 – Remarks by Alicia D. Williams

2:35-2:45 – Closing Ceremony
Sheriff Bobby Kimbrough

3:00 – Dismissal, Book Meet & Greet

Parent/Guardian Program
8:30-9:00
Registration, Light Breakfast

9:05-9:20
Welcome Remarks

9:30-10:30
Panel Presentation:
Building a Resilient Daughter

Networking & Community Resource Gathering
Parents are invited to mingle and network with local experts and one another, while visiting our exhibitor booths, or to take a tour of the Salem College campus.

Ask questions, learn about local resources and gain knowledge about how to help girls thrive!
Best Wishes for a successful LEAD Girls Rising Expo

Mayor J. Allen

What happens in just ONE day at Goodwill

5 VETERANS receive training & support services
14 PEOPLE are placed into jobs
91 PEOPLE receive free employment services

3,561 PEOPLE donate clothing, household goods, electronics, and more
7,123 POUNDS of electronic waste recycled
117,809 POUNDS unwanted goods diverted from landfills

Every time you donate an item or shop in our stores, you support programs that help people right here in your community find hope, employment, and financial security.

And that’s good news for everyone.

We ❤️ Our Communities.

We are proud to support LEAD Girls of North Carolina and the positive impact it has on our community and the people who are part of it.

amnb.com
Expo Speakers

Special Guest Speakers

Chief Catrina Thompson
Chief of Police
City of Winston-Salem

Sheriff Bobby Kimbrough
Sheriff
Forsyth County

Alicia D. Williams
Author

Panelists & Moderators

Moderators

Victor Isler
Director of Social Services
Forsyth County Department of Social Services

Annette Knight
Chief Experience Officer
Allegacy Federal Credit Union

Panelists

Dr. Naomi Hall-Byers
Professor
Winston-Salem State University

Dr. Gail S. Marion
Family Medicine Physician
Wake Forest Baptist Health

Judge Carrie Vickery
District Court Judge
Forsyth County Courts

LaJoi R. Wilson-Moore
Assistant Principal
Jefferson Middle School
1: Beautiful Me, Inside and Out
Self-Image, Awareness and Wellness
Facilitator: Katina Little, MSN, CPNP-PC, Novant Health Today’s Woman/Pediatrics

2: Tapestry Weaving with Sawtooth
Participants will learn to weave on a large-scale tapestry loom, adding yarn, words painted on fabric, and other fibers and recycled objects. At the end of the day, the groups will have completed a large tapestry that can hang on the wall as a reminder of the day’s work, in which each person consciously and collaboratively made an individual contribution.
Facilitator: Sawtooth School

3: Hidden Figures in Science, Technology, Engineering, and Mathematics (STEM)
Project workshop (make and take)
Facilitator: Dr. Tennille Pressley, Winston-Salem State University

4: #GirlsRising in Social Media
Leaving a Digital Footprint, Creating a Pathway
Facilitator: Dr. Keri Mathis, Wake Forest University

5: Rise Up and LEAD
Leadership and Teamwork to Create Change
Facilitator: BB&T
Your generous support helps our LEAD Girls participants to do and be their best — thank you.

Thank you for helping girls see the future they can make for themselves.
Supporters Thank You

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Novant Health
Sawtooth School
Camino Bakery
Dragonfly Cosmetics
Winston-Salem Dash
Nothing Bundt Cakes
Wells Fargo
Sephora
Softgolf
Harris Teeter

Table Hosts
Vanessa Miller
Goodwill of Northwest NC

Andrea M. Hulighan
Winston-Salem Foundation

Brittney Smith
NC Healthy Blue

Amie Sidberry
Ms. U.S. United 2019

Ta’Nisha Monique
Ta’Nisha Monique Cupcakes

Tembila Covington
Ministers’ Conference of Winston-Salem and Vicinity

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Wells Fargo
Karen Hoch
Northstate
Cat Gussman
Wake Women LEAD

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LEAD Girls 2018 Impact

**Principle 1: Awareness**
Because of my participation in LEAD Girls of NC, I am...

- **GOALS**
  - Confident setting goals: 94%
- **GOOD**
  - Motivated to do good: 86%
- **CAREER/LIFE**
  - Thinking about future career/life: 86%
- **CHOICES**
  - Taking responsibility for choices: 85.5%

**Principle 2: Communication**

80% of participants felt more confident in their communication skills

50% of participants felt more comfortable talking to new people

16% increase in participants saying “no” when they mean it; asking for what they want; not saying things to hurt others

**Principle 3: Leadership**
Because of my participation in LEAD Girls of NC, I am...

- 94.1% more focused on setting goals I want to achieve in life
- 71.4% more comfortable working on challenging problems
- 72.3% better able to work with others

**Principle 4: Perspective**
Because of my participation in LEAD Girls of NC, I...

- have a more positive attitude about myself: 80%
- feel better about school: 66%
- am more connected to my community: 50%
- am more connected to my family: 79%

%Agree/Really Agree
For helping our girls build brighter futures, LEAD Girls thanks you.

LEAD Girls believes in advancing girls’ health physically and emotionally. Thank you for sharing our belief.

Our heartfelt thanks to the Centenary United Methodist Church and its congregation.
Let’s make sure every girl has what she needs to excel in school and in life.

A girl needs more than school supplies to do her best in class. She needs motivation, confidence, support and inspiration to become—and remain—a high achiever.

At LEAD Girls of NC, we’re dedicated to ensuring girls have all of the resources they need to be successful in school and beyond. Our Girls Rising Expo is one of the many resources we provide to open doors of opportunity for girls.

We thank our sponsors, partners, allies and our LEAD Girls participants and their families for making the 2019 Girls Rising Expo a success!