

Benefits of Volunteering

“What will I learn, experience, and gain from volunteering as a Go Girls! Healthy Bodies, Healthy Minds mentor?”

- ☞ The opportunity to contribute to the development of today’s girls into tomorrow’s strong women!
- ☞ Improved leadership, group facilitation, communication, and interpersonal skills.
- ☞ The opportunity to work within the school environment and gain classroom management experience.
- ☞ Increased self-confidence, self-esteem, and self-awareness.
- ☞ The opportunity for personal and professional development through attending the Go Girls! master training session and networking opportunities through meeting other volunteers.
- ☞ A heightened sense of awareness of diversity, various backgrounds and view points. As a volunteer you can become an ambassador for acceptance of difference and become knowledgeable of global cultures.
- ☞ Strengthened feelings of compassion, kindness, and personal fulfillment.
- ☞ A deepened connection and commitment to your community.
- ☞ The opportunity to empower adolescent girls to embrace active living, balanced eating and feeling good about themselves.
- ☞ Feeling energized and renewed with added balance to your life.
- ☞ **A FUN & REWARDING EXPERIENCE!**

