Lunch With the Girls
Inspiring young women to reach their full potential

The need
Many young women are at risk of disengaging from school, lack motivation and confidence, or do not have a significant female role model in their lives.

The solution
Lunch with the Girls is a one day program aimed at 15 – 16 year old female students and is designed specifically to inspire young women to reach their full potential.

Program outline
During the one day program twenty girls are given the opportunity to engage with a group of successful professional women from a variety of backgrounds as mentors. Along with the mentors the girls are involved in self development workshops and a formal lunch.

Program outcomes
The program encourages self-help in young women before they leave school to develop the skills and confidence needed to achieve personal success for themselves and their community.

The programs key focus areas for student self-development are:
• self awareness
• motivation
• personal responsibility
• positive psychology
• goal setting
• emotional intelligence

Additional positive student outcomes associated with the program include:
• an increase in knowledge of work culture and expectations
• an increased understanding of the diversity of potential future career paths
• the development of employability skills, such as communication and team work

Testimonials

Student
I just wanted to say thank you so much for today I really enjoyed and appreciated talking with you. It helped me a lot. I’m grateful for you taking time out of your work to come and talk with us and well me of course. It really helped me see things more clearly. I have much more confidence after speaking with you about my future and I just felt good talking with someone about it. I hope I will go far in my life and I will remember this day for a long time to come.

- Student participant
  Everton Park State High School

Mentor
I just wanted to let you know how much I enjoyed yesterday’s Lunch with the Girls. I find it so uplifting to have the opportunity to meet such amazing young women and give them the opportunity to stop and think about their future.

- Dr Liz O’Brien, Principal Project Officer
  Department of Employment, Economic Development and Innovation

School Principal
Beacon provides a level of support and expertise in areas which could not be adequately catered for through the Education System...in providing our students with the extra skills required in today’s competitive job market, as well as greatly enhancing their self-confidence and social skills and motivating them to follow their dreams. I would put the ‘Lunch with the Girls’ program in this same category.

- Mrs Veronica Emery, Principal
  Oatlands District High School

Lunch With the Girls is a High Impact Beacon program offered to existing Beacon schools at a membership rate, but is available on request for non Beacon schools. To find out more or to get involved, contact National Programs Manager, Val Young on 0439 955 843, val@beaconfoundation.net or visit our website www.beaconfoundation.com.au