

Hey All,

Time for a breather and a cuppa, or glass of wine? Read on for lots of juicy CDG news and tidbits ...

A couple of cool fertility awareness resources ...

- Great 9 min film about Fertility Awareness: <http://www.misconceptions.com/>
- <http://fertilityfriday.com/episode-100/>

New Danish Pill research report

Hoorah for the fabulous huge un-ignorable million women plus Danish study on the strong link between the pill and depression! Pooh for the depression and all too often not having the link acknowledged. Check out these articles:

- https://www.theguardian.com/society/2016/sep/28/women-taking-contraceptive-pill-more-likely-to-be-treated-for-depression-study-finds?CMP=share_btn_fb
- <https://www.theguardian.com/commentisfree/2016/oct/03/pill-linked-depression-doctors-hormonal-contraceptives>
- <http://www.theage.com.au/comment/i-stopped-taking-the-pill-and-changed-my-life-20161013-gs1akf.html#comments>

CDG Facilitator's Details doc

So Simple!

<https://docs.google.com/spreadsheets/d/1ZnAxIPcCl1bTrTC3simo84g8iLooBFJm6kv-pmHFgP8/edit?ts=560272d7#gid=0>

- If you haven't checked your details in this doc or input 'your' schools do it now. It really will just a moment - as long as it takes to type a name. The link will take you straight there. Please check and fill in your other details too. You will need a Google account/email – if you don't have one this is very easy too, and you don't need to use the gmail email address if you don't want to.
- You may need a request for access accepted - request access and we'll accept you! Be in touch if you have any probs.

- If we all keep this doc up to date then we can more effectively reduce/eliminate confusion and best serve girls, their mums, families and schools.

Please review: [Guiding Principles for CDG Facilitator's Spheres of Facilitation](#) at the top of the Toolbox on the website

- If you are planning to approach a school
- If someone contacts you from a school

All going well CDG will continue to grow and we will need the efficiency and clarity of these docs more and more. Let's get into the good habit of inputting our details as they happen and change, and reviewing the Guiding Principles as needed.

Modibodi: wholesale and commission

From Liana Lorenzato at Modibodi: 'If the facilitators would like to access **wholesale** pricing, like a store would, they are only able to do this with a minimum order of \$1,000AUD excluding shipping. This would be similar to group buying. The order would be shipped to them (one point of contact), they would then need to look after the process for the customer from there. The facilitator would need to pay for the products directly to Modibodi and then sort out individual payment from their own end. NB: If there are any product issues, the customer would need to deal directly with the facilitator.*

The other option is sharing a **referral link** we have on our website. I've attached a screenshot. Each individual product has a 'refer button', this will allow them to share via email, website or SMS a special link that allows them to earn a commission if someone used the link to purchase.

If an attendee was keen on a product, the best way to facilitate this is for the facilitator to send them an email link, this would enable the facilitator to earn 5% commission on the entire order made using this link.

The wholesale option and the refer option can **not** be combined.

*[JB: this is likely to be way more than you consider putting into one stock item to sell at CDG, but you may like to order as a group, unless you have other places to sell these]



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Classic Air Bikini – moisture wicking

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The Classic Air Bikini are the perfect underwear for every day coolness and freshness (without the additional light leak control). Made from sustainable, breathable, moisture wicking bamboo and a lining of Modifier Air Technology™, you will love the comfort and performance of these underwear.

The style sits just above the hip and uses a flat leg elastic to reduce the VPL.

- Modifier Air Technology™ – breathable, stain resistant, antibacterial, wicks sweat away
- Outer – Luxuriously soft, ultra breathable bamboo jersey outer fabric
- Australian Designed and Owned

Please Note – these underpants are designed for sweat and odour control only. For light leak control please choose underpants which use our patent pending Modifier Technology™

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Story-telling with Kate Lawrence

Several of us joined Kate Lawrence for her Story-telling webinar series. It was great fun and I learnt heaps, and was gently guided in the fine art and craft of telling stories. If you'd like to know more go to www.storywise.com.au

Kate's also offering us all a free half hour coaching session. Go to:

<http://www.storywise.com.au/one-on-one-coaching/> and contact Kate to make a time.

Kate has also shared with us her tips sheet for mums if you would like to use it for promotion. You're welcome to use the copy and change the design to suit yourself. It's called 'Thirteen Cool Ways to Celebrate Your Daughters First Period' and is in the Toolbox on the CDG website.

Free CDG Facilitator Webinars in 2017

I'm planning a series of free informal webinars for CDG facilitators in 2017. That is, get-togethers with a theme. Themes so far will be:

- Make your own womb apron
- CDG Promo ideas, sharing and brainstorm
- Setting up your own surveys for mothers
- Insurance for CDGs/facilitators

What else would you like? What would you like to share or discuss?

I'll be making dates shortly and will pass them on.

Or ... if you'd just like to go ahead and make your own apron here's the template I used. Adjust for size.



Fascinating Fertility Facts webinar 2017

I am also planning a Fascinating Fertility Facts webinar as a paid 2 x 90 min event for those who don't feel as confident as they'd like with their menstrual/reproductive physiology and anatomy, and how to communicate this with girls. Consider this as post-grad CDG Facilitator training. Watch this space for more details!

Lara Owen

(Her Blood is Gold author)

If you're not on Lara's mailing list she is offering in person and web workshops and mentoring. Well worth checking out. To find out more and sign up for her occasional newsletters go to <http://laraowen.com/>

CDG Survey update

After setting up the CDG survey, with Jac Torres-Gomez's fabulous assistance, I just haven't found time to follow through and process the data. Emily Stewart has kindly and consistently send out the email reminders for several years. Thanks Emily! We have now put this in abeyance until the next incarnation of CDG Surveys. Which is ...

Beck Meyers, who joined me a few months ago as admin assistant - *and so much more, thanks Beck!* – will begin to send out CDG Survey reminders a few months into next year. AND will work through the survey data we already have and send you that which relates to your facilitation and events. So far we have survey responses from: 33 girls, 80 mothers, 47 facilitators and 5 teachers. All the responses are very positive so nothing to sweat over!

This is such a great resource for us and will be put to great use. Thanks for your patience!

Fathers Celebrating Daughters Facilitator Training

I am offering this training in 2017, as an In-person Training in Melbourne, and Canberra if we have sufficient participants, and as a Remote Training over 5-6 weeks. I haven't got dates yet but if you're interested let me know and I'll keep you posted. If you have done this training and would like to attend also let me know (reduced fee).

Cool on the Inside Facilitator Training

I won't be running this in 2017, *however*, despite saying this year's would be the last, I am planning to offer it again in 2018. As I prepared and trained earlier this year the workshop took on new, fresh and exciting life and seems to want to live on. I also ran several myself and just loved sharing this perspective and knowledge with girls.





Beck!

I am delighted to have Beck Meyers working with me now, assisting with admin, as well as performing duties as sounding board, passionate inspirer and general common sense touchstone. So, if you hear from Beck you'll know why. Her best contact email is: beckmeyers@gmail.com though she does have an official cdg one for formal communications. Beck will be on maternity leave from early December until sometime in February/March (or thereabouts). ☺☺☺



Celebration Day for Girls Facilitator Training

24 – 26 March 2017

Clarence Street, Sydney

If you have friends or colleagues who are interested in training this all happening in Sydney in March. This is the only face-to-face CDG Training I'm offering next year (though I'm always open to arm-twisting).

Your interested friends and colleagues can contact me by email and I'll send them an

invitation etc. ... I have two women coming from Darwin. Won't it be great to see CDG happening in the NT?

That's it for today. May this find you loved-up and luscious,

Love Jane