



### **The Celebration Day for Girls Facilitator Training includes:**

- ✧ Understanding menstrual shame and the features of shame resilience, and how this applies to CDG
- ✧ The language of menstrual shame vs the language of curiosity, positivity and self-care
- ✧ Gentle exploration of your menarche and early menstrual experience, including an opportunity to reframe and heal
- ✧ CDG group facilitation skills and challenges
- ✧ Physiology and anatomy for positive menstrual education: a perspective of wonder, awe and beauty
- ✧ In-depth training and support materials to facilitate the four sessions of **Celebration Day for Girls**, including the two-hour Mother's Session
- ✧ Unpacking these sessions for:
  - Pedagogy and learning styles
  - Inclusion, connection and normalisation
  - Learning outcomes
  - Exchanging activities in and out for cultural and other purposes

- ✧ Licensing, business model and promotion
- ✧ You will receive a Certificate in Menstrual Education and a license to offer the Celebration Day for Girls workshop
- ✧ A very warm welcome to the CDG facilitator community
- ✧ Lunches and morning and afternoon teas are provided – fresh, delicious and vegetarian



As each participant comes with her own set of skills, training and life experiences, her own path toward running this program will be unique, therefore the training includes:

- ✧ A one-hour (or more) private session to map your journey toward offering **A Celebration Day for Girls**. This is scheduled for after the Training - in person if possible, or by Zoom or phone. If you intend running **Celebration Day for Girls for girls** in culturally diverse communities we can discuss suitable adaptations of the program to suit these families best.
- ✧ Accommodation is each participant's personal responsibility and not included in the training fee. In some instances accommodation is available at the training venue.

✧ When you are accepted into this training we will send you information on transport to the venue and accommodation options. We can put you in touch with other participants where this would be helpful.



When you first offer this workshop:

✧ You will be mentored through your preparation and debriefed after running the workshop, ongoing for as long as you and your mentor feel this is useful.

✧ You will benefit from group publicity materials and support as you begin. If there are requests for **A Celebration Day for Girls** in your area these will be referred to you.

✧ [www.celebrationdayforgirls.com](http://www.celebrationdayforgirls.com) will display your bio, photo and events. If there is another trainee in your area this may open the possibility of joining forces to offer the workshop together.

✧ You will have access to the 'private' facilitator's section of the website, where you will find loads of useful resources.

✧ By training as a **Celebration Day for Girls Facilitator** you will join an exceptional group of women. Many of our facilitators have discovered deep satisfaction and joy through networking, support and friendship with other

facilitators, who share many of their passions and have great complimentary skills.

✧ Upon your successful completion of the Training you will be licensed to run the program for five years, starting from the first workshop you run, which will involve 10% of workshop fees payable to the Chalice Foundation as a royalty. After the five year royalty period you will be invoiced for a small annual administration fee to cover the costs of your ongoing involvement as a CDG facilitator and as a member of the CDG facilitator community. Details of this arrangement and the licensing agreement will be discussed further at the Training. If you prefer an alternative arrangement you can pay an upfront fee of \$AUD4800. (Note the admin fee will kick in after 5 years).

✧ The fee for the Facilitator Training is \$AUD1200 or local currency equivalent

Please note: if there is a gap in your knowledge in a key background topic for **A Celebration Day for Girls**, that isn't covered in the Training, you may be asked to address this before being licensed, with our support.

If you have any further questions regarding what the training involves and whether it's a fit for you please contact one of our trainers.

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