



A Celebration Day for Girls™

Online Facilitator Training

Information Pack 2020

Become a licensed Celebration Day for Girls facilitator and transform girl's experiences of puberty and menarche.

- Ease and empower girl's maturation into confident young women
- Help strengthen mother-daughter bonds as they approach new horizons
- Study with skilled trainers teaching an established program - since 2000 and now in over 20 countries
- Enjoy ongoing post-training support and community engagement

www.celebrationdayforgirls.com

An initiative of the Chalice Foundation, a not-for-profit social enterprise dedicated to menstrual education and wellbeing. www.chalicefoundation.org

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**APPROVED
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS

1. Why Celebration Day for Girls?

Many girls associate the experience of menstruation with secrecy, shame, humiliation and disgust.

This negativity often affects a girl's sense of self, her confidence, awareness of her physical body and emotional realms, which can impact her outlook at school and home, in her relationships and on her wellbeing.

Menstrual shame has been linked to adverse health outcomes, including connections to:

- body dysmorphia and eating disorders
- reluctance to seek help or treatment
- ignorance of what constitutes normal menstrual symptoms
- significant delay in diagnosis for menstrual dysfunctions such as endometriosis, which can lead to more serious cumulative conditions.

More than just physiology, facilitators of Celebration Day for Girls workshops help the next generation develop a practical and positive approach to a natural part of life, overturning the long-established culture of secrecy and isolation.

2. What happens at these workshops?

Our purpose is to help 10 to 12-year-old girls feel informed and confident about their body and themselves, with awareness of puberty's changes and the menstrual cycle.

The workshop is held over two different dates. **At Session One**, we meet with mothers/female carers for two hours to learn about the whys and wherefores of menstrual education, hear about the content of the Celebration Day, and have the opportunity to ask questions. This is followed by a one-day workshop.

Session Two is a morning for girls, where they enjoy craft, activities, relaxed conversation and stories. They learn about how their body will change as they mature and how the different stages of the menstrual cycle can affect their mood, energy and body.

This is followed in the afternoon by **Session Three** for both girls and their mothers/female carers. Women share stories from their own experience while girls are engaged in simple craft activity, and the group shares facilitated discussion, practical menstrual education and activities to support the mother/daughter bond.

3. Benefits to participants

Through the workshop, girls can invest in a future where they will be more engaged, productive, healthier and happier. When a young woman raises awareness of her cycle and has a positive approach, she

- Increases her personal power and ability to keep herself well
- Grows her capacity to be more engaged, productive, healthier and happier at school and work, and in relationships
- Strengthens the mother-daughter bond at a time where this often becomes strained
- Empowers her to openly discuss periods with medical professionals, potentially saving years of excruciating pain, lost capacity and expense.¹

There is evidence that if girls with abnormal menstrual pain or bleeding are diagnosed and treated early the development of more complex life-limiting menstrual disease and pelvic pain can be curtailed or prevented.²

It can be a wonderful experience for girls from a class or community to attend a workshop together. Feeling informed with shared language and a positive approach encourages open and supportive communication between peers as well as for each girl and the trusted adults in her life.

¹For example, currently, it takes seven to twelve years before a diagnosis of endometriosis is reached. Not only patients, but doctors and medical professionals themselves can be unaware and uneducated on menstrual health issues.

Source: Endometriosis Australia

²Gabrielle Jackson, Pain and Prejudice

4. A brief overview of the facilitator training

You will learn about how to support young people in a way that is relevant and respectful, while providing an open door to questions and practical needs. You will be provided with resources and practical steps to organising your own Celebration Day for Girls workshops.

Topics we'll cover include:

- Tips on talking about the menstrual cycle and changes during puberty
- How to recognise and work with the different stages of the menstrual cycle
- How to maximise energy and emotional wellbeing with cycle awareness
- Understanding the pervasive and harmful effects of menstrual shame
- Long-term impacts of positive or negative attitude towards your body
- Features of positive menstrual education
- Detailed theory and practice of the Celebration Day for Girls program.

5. Path to training

After preparing and sending us your application, we check with your referees and, all going well, offer you a place in your preferred upcoming training. You will be provided information, advised on preparations you need to make and sent an invoice.

The training is run over ten weeks, via a 2 hour workshop-style training session each week, which includes content delivery, group exercises and sharing. Plus a 1-hour discussion session, for questions and further elaboration of program material, and a WhatsApp group. Digital and physical training materials are emailed and posted to participants. Participants are required to contribute a 8-10 minute presentation to share a skill, resource or learning with the group.

A follow-up mentoring session and a group reunion are scheduled, and information about ongoing CDG community engagement is provided.



6. Training program

Welcome, introductions, overview

- Context: Why this work is needed.
- Understanding menstrual shame and other cultural constraints
- The long-reaching impacts of a girl's experience as she approaches menarche (first period) and a woman's attitude to her body and menstrual cycle

Part One of the workshop: Women-only two-hour session

- How to facilitate a safe space for discussing sensitive topics
- Content, purpose and learning outcomes of each session activity
- How to support young people at home and at school

Part Two: morning session of full-day workshop with girls

- Focus on being positive, practical and informative
- Changes of puberty, clarifying names and purpose of reproductive body parts
- Overview: the menstrual cycle, its different stages and the benefits of an appreciative understanding of these
- Exploring menstrual product options and feelings about menarche
- Stories, craft, fun activities and more

Part Three: afternoon session of full-day workshop

- Cultural relativity, menarche and periods
- Practical management of periods: challenges, seeking support, normalising and connecting with others
- Supporting women to share inspiring stories from their own experience
- Setting up craft activities, stories and bonding exercises
- Ending the day with a meaningful message

Overview

- Purpose and learning outcomes of the workshop activities
- Pedagogy and learning styles
- How to swap activities in and out to achieve the same desired outcome
- Discussion of our philosophy, research and radical social change
- CDG Values and Principles
- Exploring and framing our fascinating reproductive physiology

Getting started

- What you need to do to facilitate your own CDG:
o promotion, licensing and agreement, other business
o accessing facilitator resources
o accessing ongoing community and leadership support
- Exercise: Your initial steps to organising your first Celebration Day for Girls

During the training

Preparation, workshop kit and post-training

- Each participant presents a 8 - 10 minute session to the group sharing a skill, resource or learning.
- Schedule your private mentoring session post-training to support your journey towards being a Celebration Day for Girls facilitator
- Books, cards and other resources will be recommended to support your workshops.

Times and Days of training and discussion sessions are scheduled to suit participants availability one all or most participants have registered.

7. Pricing, payment and refund policy

The fee for The Celebration Day for Girls Facilitator Training is \$AU770.

This is the same for both in person and online training. We are sometimes asked why this is. The reason is that, while certain costs are reduced by training online, others, like post, tech services and trainer time, increase.

Once you have attended a CDG Training, in person or online, you are welcome to attend a second training, in person or online at a much reduced cost.

Your training includes:

- Facilitator manual
- Access to marketing and promotion materials
- Access to underpinning education and awareness resources (for you to become confident in menstrual cycle awareness and puberty changes!)
- Mentoring and support from your trainers post-training, including a one-on-one mentoring session
- Ongoing support through sister facilitator events, online and in-person
- Guidelines for setting up your own workshop resource kit. Please note you'll need to invest in setting up your own workshop resource kit. This can be done in stages

As places are limited to 12 per training we recommend you pay the 10% deposit as soon as you receive your invoice. This will reserve your place. Full payment is due 7 days prior to the training.

Refund policy

If the training is cancelled by the organizer, you will receive a full refund for any course fees already paid. Where possible we will notify you with a minimum of 4 weeks.

If you are no longer able to attend training, you will receive a refund for fees paid as per the following schedule;

- less than 7 days notice 50% refund
- less than 14 days notice you will be refunded all fees paid, excluding your deposit

8. Upcoming trainings

Upcoming trainings are listed on the www.celebrationdayforgirls.com/training page.

If you don't see any dates that work for you **register your interest** and location with us and we'll keep you posted.

We are also happy to come to you. We can train an in-house group for, and address the specific needs of, your school, organisation or community. Let's have a chat!

9. Application process

The application form is on the www.celebrationdayforgirls.com/training page. You can apply and specify the training you'd like to attend, or you can apply without having a specific training in mind. We ask for two referees and will contact them before offering you a place. Your place is then confirmed when a deposit is paid.

10. Licensing, royalties and admin fees

In order to become a certified CDG facilitator able to offer workshops in your own right the following requirements must be met:

- Application to train approved
- Full participation in the CDG Facilitator Training (i.e. attending all sessions and fulfilling all requirements)
- A current 'Working With Children Check' or similar for your state or country (where available)
- One-on-one mentoring session with your CDG trainer
- A CDG Facilitator Agreement signed by yourself and your trainer.

Upon the successful completion of these requirements you are officially licenced to facilitate CDG workshops in your own right, and in recognition will be sent a beautiful Certificate.



Royalties:

Are payable on each Celebration Day for Girls you run for five years from the first one. This is 10% of fees, after any major expenses like venue hire and long-distance travel and accommodation. This doesn't include sale of stock if you have items for sale.

Administration fee:

After the five-year royalty period these are no longer payable and you will be charged 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, the amount depending on how many workshops you run. Calculated retrospectively for the previous year you will be invoiced for \$AU25 if you ran one CDG, \$AU50 for two and \$75 for three or more. If you haven't run any in the previous year you will not be charged. Outside Australia comparable fees are charged in your currency.

Details of this arrangement and the licensing agreement will be discussed further at the Training. If you prefer an alternative arrangement with no ongoing royalty you can pay an upfront fee of \$AUD3000. (Note the admin fee will still kick in after five years).

If you have questions please contact

Jane or Beck on enquiries@celebrationdayforgirls.com

Like to arrange a chat?

