



P.E.T.A.L - POSITIVELY EMPOWERING TEENGIRLS ABOUT LIFE™

Empowering girls and young women by the thousands is our agenda. It is our mission to develop leaders of girls and young women through Mind, Body, Heart and Spirit. Our P.E.T.A.L. credo is to:

*Keep your MIND RIGHT  
Keep your SPIRIT FREE  
Keep your HEART GIVING; and  
Keep your BODY HEALTHY!*

The following pages are a sample of workshops that we provide to instill self-confidence, self-respect, leadership and healthy behaviors. Please contact us at [programs@petalinc.org](mailto:programs@petalinc.org) if you are a junior or senior high school student and interested in joining the P.E.T.A.L. Leadership Circle.

[www.petalinc.org](http://www.petalinc.org)

Tel. & Fax: 888.632.9953

[info@petalinc.org](mailto:info@petalinc.org)



## P.E.T.A.L - POSITIVELY EMPOWERING TEENGIRLS ABOUT LIFE™

### MIND – Mental Acuteness

- 13 Principles of Achievement
- College Prep
- Financial Values & Accountability
- Power of the Mind



### SPIRIT – Leadership & Development

- Entrepreneurship
- Leadership
- Life Directions: Vocational / Educational Opportunities
- Social Etiquette & Behavior
- You and Your Subconscious

### BODY – Self Respect & Pride

- Me and My Body
- Sexuality, Identity & Myths
- Wellness & Self Care

### HEART – Unselfish Thoughtfulness

- Family Matters
- Personal Values & Social Interaction
- Self-esteem and Media Influence

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