

## EMPOWERED Women

- ❖ Build **SELF-ESTEEM** & **SELF-COMPASSION** as you calm your inner critic & become more comfortable in your own skin.
- ❖ Address **GIRL BULLYING**, how to prevent it, cope through it, & build healthy friendships.
- ❖ Find your **VOICE**, develop social & communication skills to better express yourself.
- ❖ Build emotional intelligence to better understand self & others, while preparing for adolescence.
- ❖ Become **MINDFUL**, connect with your **INTERNAL WISDOM & EMPOWER** yourself to be the young woman you want to be.
- ❖ Identify ways to **TAKE CARE** of yourself & manage school, friends, & family.
- ❖ Discover, develop, & celebrate your **STRENGTHS** as a woman.
- ❖ **CONNECT** with & learn from girls who are dealing with similar experiences.



Empowering you to...



# EMPOWERED THERAPY, LLC

# girls with Strength

discover your **VOICE**...find your **POWER**

Therapy Group for Middle School Girls



Self-Esteem & Self-Compassion

Strength Identification

Emotional Intelligence

Positive Coping Skills

Communication & Social Skills

Girl Bullying Prevention





**Welcome!**  
*From the moment you walk in the door, you will feel respected, accepted, and understood.*  
*Without the fear of judgment, you will be able to build self-compassion, embrace and develop your strengths, realize meaningful goals, and connect with your true self.*

*“The privilege of a lifetime is being who you are.”*

*- Joseph Campbell*

## Joining Group

**September 25, 2018**

Tuesdays – 12 Weekly Sessions

\*new sessions begin regularly\*

\$60 per session

Come in for a **FREE Consultation** to see if this is the right group for you. For more information or to schedule your initial consultation:

**Call – 314-952-3199**

**Email – [kkcaul@yahoo.com](mailto:kkcaul@yahoo.com)**

## Group Topics

**Girl Talk** - We have a lot in common

**Love Story** - Falling in love with me

**To Be or Not To Be Me** - Building a healthy identity

**The Woman in the Mirror** - Building Strength

**Sugar & Spice** - Healthy emotional development

**Survivor** - Handling girl bullying

**Quieting the Storm** - Building communication skills

**Superwoman** - Identifying personal goals

**There's No Place Like Home** - Surviving fears

**Soul Sisters** - Building healthy relationships

**Battlefields** - Maintaining healthy relationships

**Good-bye** - Hello World!

## Kelly Caul, MSW, LCSW



Kelly Caul, MSW, LCSW, founder of EMPOWERED Therapy, LLC, received her Masters of Social Work at Washington

School at Washington University in St. Louis. She is both a trained IFS and EMDR therapist, with a B.A. from Washington University in St. Louis in both Psychology and Philosophy-Neuroscience-Psychology, and a minor in Art. Kelly dedicates her career to working with teens, women, and parents with the underlying belief that all individuals have the inner strength and wisdom needed to create the lives they wish to live. She is masterful at building rapport with individuals that feel disconnected, disengaged, and hopeless. With her dynamic skill set, she empowers you to reconnect to your authentic self and live consciously. This is a space that will honor you exactly as you are, while empowering you to befriend your emotions, embrace your worthiness, build meaningful relationships, recover from trauma, and define your happiness.

## EMPOWERED Therapy, LLC

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