Ladies of Honor Program Calendar

2016-17

Dr. Magda A. Cabrero

Oct. 27: *Goal of the Group; Introductions; and “What does it mean to be a Lady of Honor?” Ground Rules; Opportunities for Community Service and Professional/Personal Advancement* - **Cabrero**

Nov. 22: *What does “I AM & I CAN” mean in your life?; Reading and signing the Ladies of Honor Oath; Ground Rules; Completing survey about topics of interest and Interest in co-leading* – **Cabrero and Mentors**

Dec. 6: Team Building, Empathy & *Girl-to Girl Aggression* - **Anna Martinez**

Dec. 16: *Brain-Related Study Strategies and Mindset-***Mary Baldridge and Molly Sherman**

Jan. 12: *Impact of Education on Women, Talent Search, Academic Goal (‘Big Goals’ and 3 ‘Big Questions’, part of LEAD2FEED, FBLA’s student leadership curriculum)* – **Lynelle** **Palencia, Renne Foster & Angel Mason**

Jan. 26: *Stress Management* – **Perdu**

Feb. 8: *Mindfulness & Stress Reduction* – **Gomperts & Giroux**

Feb. 21: *Self-Esteem & Self-Confidence* - **Alejandra Caballero from Fairfax County Government**

March 3: *Gaining/Building Resilience through Obstacles* – **Ladies of Honor Student Panel**

March 15: *Self-Protection* – **Officer Shayna Nickolas**

March 28: *Sex Trafficking* –**Kate Reen from Northern Virginia Family Services**

April 27: *Abusive Relationships* – **Gayan Peart from Bethany House**

May 9: *Health & Women* – **Michele Law & Michelle Chalmers**

May 19: *Senior Panel – Resiliency through Challenges; Mistakes; How You Moved Forward; & Your Dreams for After High School –* **Ladies of Honor Seniors**

June 1: *Continuation of Senior Panel; Distribution of Reading Topics for the Summer; Certificates for Mentors and Seniors*