

# RACHEL SIMMONS @ ELMWOOD SCHOOL

**Get Real: An Interactive Workshop**  
**Wednesday, April 7**  
**7 – 9 p.m.**

Elmwood School for Girls is pleased to present best-selling author of *The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence*, educator and coach, Rachel Simmons.

This interactive workshop will focus on how parents and educators, using a new language to talk about communication, friendship and personal values, can help girls and young women grow into authentic, emotionally intelligent and assertive adults.

Please join us for this thought-provoking and inspiring workshop that will highlight Simmons' three core beliefs:

- A connected girl is a happy girl
- Relationships are the fourth "R"
- True change begins with us: the adults invested in girls' success

Simmons is also the author of international best-seller *Odd Girl Out: The Hidden Culture of Aggression in Girls*. A book signing will follow the presentation. Both of her books will be available for purchase at the event.

**Please RSVP to [rsvp@elmwood.ca](mailto:rsvp@elmwood.ca) or call (613) 744-7783.**



## About Rachel Simmons

- Founding director of The Girls Leadership Institute
- Consultant to schools and organizations all over the world
- Scholar-in-Residence at Miss Hall's School, all-girls boarding and day school in Massachusetts