



Daughters of Esther

Gems and Jewels: Ages 6-9

Diamond Princess': Ages 10-14

Daughters of Esther: Ages 15-18

Queens in Training: 19 - 26

Curriculum

Daughters of Esther is a FREE 10 month program designed for young girls of all ages. Each age group is broken down into separate sections and each group participates in an age appropriate Cotillion at the end of the program.

Our professional ladies work with each girl throughout the program on Spiritual Living, Self-Esteem, Self-Image, Self-Control, Etiquette, Social Grace, Class and Confidence, Love and Forgiveness, Education goals, Health, Leadership, Effective Communication, and Public Speaking.

The curriculum is broken down into phases. We the 2nd and 4th Saturdays of each month for 2 hours (3pm – 5pm).

Phase 1: Introductions

Week 1: Ice breakers and Games

Week 2: "Who Am I"; Find a fun and creative way for girls to describe who they are. (Maybe posters, drawings, Essays, Speech....) Each girl will present individually at the end of the session to entire D.O.E.

Week 3: Group Introductions; Find a way for each girl to get to know every girl in their group. Girls will present this "project" at the end of the session to entire D.O.E.

Phase 2: Self-Image

Week 4: Developing Healthy Self-Esteem

Week5: Self-Image and the Media (Hip-Hop Culture)

Week 6: How does God see me?; Declaration on Self-Esteem; (Find a creative way for each girl to individually describe the positive attributes of themselves. This will be presented at the end of D.O.E. session. (Mantra, saying, poem, drawing to describe who they are personally and in Christ.

Fine China Event (Week 7)

We want our girls to know that they are more important than Fine China. They are irreplaceable just like Fine China. We will also incorporate some Etiquette basics, using Fine China during the event.

Phase 3: Class and Confidence

Week 8: "I am Fearfully and Wonderfully Made" activity; Where does my confidence come from?, How can I develop my confidence?, "I love me."

Week 9: Self Image and the Media pt. 2 (Me vs Them); Reality vs. T.V.; How does God see me?

Phase 4: Health and Sexuality (D.O.E. only) **Sexuality is ONLY for Daughters of Esther**

Week 10: How to stay Healthy; Food, Exercise, Sports options, Dance.... (Gems and Jewels; Diamond Princess')

Week 10: Sexual Health; Responsible Sexuality and Celibacy (DOE only)

Week 11: Building Healthy Relationships; (Loving myself first, B.F.F's, Boyfriends) (Gems and Jewels, Diamond Princess')

Week 11: S.T.D.'s/H.I.V./A.I.D.S. Prevention; Boyfriend/Girlfriend Thang (Optional) Safety Awareness: Domestic Violence/Physical/ Mental (DOE only)

Week 12: Self Image and the Media pt. 3 (What's real vs. T.V.)

Phase 5: Love and Forgiveness

Week 13: Loving and Forgiving Myself; (Letting myself down, How to pick myself back up, God's Forgiveness....)

Week 14: Loving and Forgiving my Family; Understanding my Family, God's love and forgiveness

Week 15: Importance of Forgiveness, Praying for one another, Sisterhood

Phase 6: Social Grace

Week 16: Character in Social Life; How to be a "Lady" not just a Woman; Sexting and Social Media (Facebook, Twitter, Instagram....)

Week 17: Integrity and Character; How to be honest and bold.

Week 18: R.E.S.P.E.C.T. ME!!!!

Phase 7: Social Grace cont'd

Week 19: Poise; Beauty and Bounty (Make up Specialist)

Week 20: Effective Communication, How to be heard in a crowd, Speech Preparation for next week

Week 21: Effective Communication, Speech Presentations (Topic chosen by Instructor)

Phase 8: D.O.E. Conference

Week 22: Conference Preparation for Staff (No DOE Sessions this week)

Week 23: D.O.E. Conference

Week 24: D.O.E. Conference Review; Girls Day Out (To be discussed at Staff mtg.)

Phase 9: Having Vision

Week 25: Importance of Education, Educational Goals...

Week 26: Having a Plan, What does my future look like, Options besides College (Poster board, essay, etc....)

Week 27: College Tours, Howard Univ, Morgan State Univ, CSM, Georgetown.....(Destination to be discussed at Staff Mtg.)

Phase 10: Social Grace Cont'd

Week 28: Poise, Modeling, Walking into Destiny.....(Walking and Standing in Heels)

Week 29: Table Hospitality (Guest Speaker)

Week 30: Dance, Moving For God.....

Phase 11: Cotillion Prep.

Week 31: Walking, Standing, Outline of Program

Week 32: Learning the Waltz (Father or Male Guardian)

Week 33: Cotillions





Daughters of Esther

Please fill out this Form if you have an interest in the Daughters of Esther Mentoring Program. Please mail to the address below. You will receive an invitation to the Daughters of Esther Open House in September 2016

Gems and Jewels: Ages 6-9

Diamond Princess': Ages 10-14

Daughters of Esther: Ages 15-18

Queens in Training: Ages 19-26

Parent/Guardian Name: _____

Daughter's Age: _____

Parents Cell Phone Number: _____

Evening Phone Number: _____

Parent's Email Address: _____

Program Begins September 2016

Rev. Shaina M. Grant-Parker; M.Div.

Founder

(301)632-5585

Mailing Address:

**Daughters of Esther
NBCC
11175 Pika Drive,
Waldorf, Md. 20602
Attn: Shaina Grant-Parker**

Daughters of Esther



Training Young Queens

This free mentoring program trains young girls to achieve high success in life. We cater to all young girls, ages 6-26. Each group participates in a Cotillion at the end of the program.

Gems and Jewels: Ages 6-9

Diamond Princess Program: Ages 10-14

Daughters of Esther: Ages 15-18

Queens in Training: Ages 19-26

Etiquette, Dress, Confidence, Career Goals, Self-Esteem, Public Speaking, Leadership, Education, Self-Control, College Tours....

Program Begins: September 2016