



***Building confident, career-ready leaders since 2014***

**WELCOME TO LIVEGIRL**



# WHAT WE DO

We prepare the next generation of confident, career-ready women leaders with the skills, mentorship, and opportunities to thrive.



Free, evidence-based programs for girls and young women ages 10–22



Skills-based leadership training, real-world experiences, & paid internships



20,000+ girls served since 2014 across Connecticut and beyond



All programs are free, ensuring equal access to leadership opportunities.

**BUILDING BRAVE WOMEN LEADERS.  
CREATING PATHWAYS TO EQUITY.**

COME DISCOVER US! [goLiveGirl.org](https://goLiveGirl.org) | 475.889.3306 | @goLiveGirl



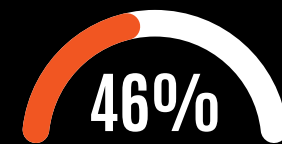


# OUR WHY

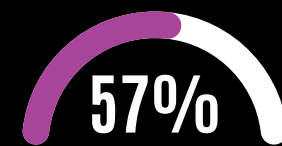
Research shows that gender diverse teams are more productive and profitable — everyone benefits when women lead.

## STATE OF GIRLS' CONFIDENCE\*

\*Girls Index Research Brief, CDC



**46%** don't believe they're smart enough for their dream career



**57%** of teen girls report "persistent feelings of sadness or hopelessness"

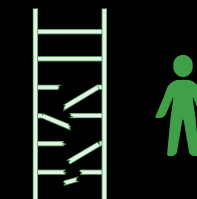


**1 in 3** avoid leadership positions ~ they don't want to be considered bossy

## STATE OF WOMEN IN THE WORKPLACE\*

\*McKinsey's "Women in the Workplace" Report

The "broken rung" starts with the first promotion—only **81** women are promoted to manager for every **100** men



Glass Ceiling: **10%** of S&P **500** CEOs are women, only **2** Black women



Underrepresentation: Women make up **28%** of Congress



**THIS IS WHY LIVEGIRL EXISTS — OUR PROGRAMS (PAGE 4) ENSURE GIRLS DON'T BECOME THESE STATISTICS**





# BUILDING CONFIDENT, CAREER-READY LEADERS

LEADERSHIP | MENTORSHIP | CAREER READINESS | ADVOCACY



## COLLEGE – LEAD IN THE WORKFORCE

- **SHE WORKS Connects** - Career Readiness Training, Internships & Mentoring
- **SHE WORKS** Networking Events & Site Visits
- **SHINE ON** Scholarships



ALL AGES 10-22 - SHE CARES Mentoring

## HIGH SCHOOL – LEAD PEERS

- **SHE THRIVES**
- **Advocacy Council**
- **Leadership Summits**
- **Camp Counselor In Training (CITs)**
- **SHE CARES Circle**



## MIDDLE SCHOOL - LEAD SELF

- **Confidence Club**
- **Books for Good** Book Club
- **Leadership Summits**
- **Camp LiveGirl**



# OUR PROGRAMS

ALL PROGRAMS  
ARE **FREE**,  
ENSURING EQUAL  
ACCESS TO  
LEADERSHIP  
OPPORTUNITIES

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**SHE**  
**WORKS**





CAREER READINESS &  
INTERNSHIP PROGRAM

COLLEGE STUDENTS  
YEAR-ROUND | FREE-OF-CHARGE



LAUNCHING  
A BRAND NEW  
SHE WORKS  
CONNECTS  
SYSTEM

**BUILDING THE NEXT GENERATION OF  
WOMEN LEADERS — ONE INTERNSHIP  
AT A TIME**

**SHE WORKS** is your pathway from college to career. Through **mentorship, internships, training, and networking**, young women gain the skills, confidence, and connections they need to thrive in the workforce. This program focuses on **career readiness, professional purpose, and social capital**, helping participants navigate barriers like racism and sexism in professional environments.



**APPLY TODAY**

[golivegirl.org/she-works-internships](https://golivegirl.org/she-works-internships)





# BECOME A SHE WORKS MENTOR

LAUNCH THE NEXT GENERATION OF  
CONFIDENT, CAREER-READY WOMEN  
LEADERS!



We are looking for professional women passionate about paying it forward. SHE WORKS Mentors gain leadership experience, fulfillment, and recognition.

## OUR MENTORS HELP WITH:



Resume writing & optimization



Career exploration & networking



Internship application support & preparation

## MENTORSHIP COMMITMENT

- The program runs **academic year (September-July)**.
- Mentors commit to a **minimum of 5 sessions** with their student
- Sessions are **flexible** and can be scheduled around your availability

READY TO INSPIRE AND IGNITE FUTURE LEADERS?  
Contact Hannah Jean-Pierre, Program Manager:  
[hannah@golivegirl.org](mailto:hannah@golivegirl.org)

*We are also looking for  
mentors to get involved in  
our **internship matching**  
process!*





**SHE**  
**CARES**





# SHE CARES

## MENTORING GRADES 5-COLLEGE OCTOBER - MAY

### FREE OF CHARGE | VIRTUAL PROGRAM



**VOLUNTEER  
TODAY!**

**EVERY GIRL DESERVES SOMEONE TO TALK TO. THAT'S WHY SHE CARES EXISTS**

SHE CARES is a free virtual mentoring program where mentees are matched with a dedicated mentor for weekly, 30-minute Zoom sessions. Meetings are **fun, flexible, and designed around you**—whether that means making art, reading together, or just talking about life.



**SIGN UP TODAY!**  
[golivegirl.org/shecares](https://golivegirl.org/shecares)





# OUR IMPACT

**10% GROWTH IN MENTORING HOURS WITH YOUR SUPPORT!**

**2,600+**  
girls served in 2024

**20,000+**  
girls served since **2014**

**In 2024, we provided:**

**15,900**  
Mentoring &  
Training Hours

**65**  
SHE WORKS  
Internships

**42**  
Confidence  
Clubs



**74%**  
girls/women  
of color

**“LiveGirl opened doors  
and boosted my career  
confidence. I am forever  
grateful.”**

*-Chioma Nsude,  
SHE WORKS Graduate*



# OUR RESULTS

## POST-PROGRAM EVALUATION DATA

### PARTICIPANTS:

**96%** program satisfaction

**95%** feel more confident in their ability to make changes in their life & community

**100%** feel more career-ready

Most common phrases used to describe program learnings:

“Open-minded” **“Brave”** “Friends”  
**“Confident”**  
“Strong” “I can”

### PARENTS:

**91%** saw improvement in their daughter's leadership & social skills

**95%** saw improvement in their daughter's ability to demonstrate empathy & to include others

**97%** would recommend LiveGirl

“GIRLS BECOME MORE **ASSERTIVE** AND **BETTER SELF-ADVOCATES** THROUGH LIVEGIRL PROGRAMMING.”



# GET INVOLVED



Ready to be a part of the movement? Join us today in creating a world where every girl has the tools and support she needs to become a leader. Discover how you can make a difference.

## DONATE >>>

Your gift helps us reach more girls, provide resources, and spark lasting change.



## VOLUNTEER >>>

Mentor or volunteer to build confidence and leadership in young women in your community.



## PARTNER >>>

Join us in providing girls real-world leadership opportunities through corporate exposure and internships.

