

# SAGE LEADERSHIP ACADEMY



DISCOVER YOUR PURPOSE

[www.SageAcademyInc.com](http://www.SageAcademyInc.com)

# SAGE LEADERSHIP ACADEMY



# Explore and Discover YOU!



# Our Vision

*To EMPOWER students to discover their unique PURPOSE and impact the world.*



## SELF ESTEEM IS THE BACKBONE FOR LIVING YOUR LIFE PURPOSE

One of the most challenging phases in a young girl's life is navigating the opportunities and obstacles of middle school. Matriculation through middle school can be a daunting experience for any pubescent girl due to massive changes in all aspects of her being and environment influences.

Studies have consistently shown that once girls enter into middle school there is a drastic drop in confidence and self-esteem levels compared to their male counterparts. Self-esteem and confidence are the fundamental building blocks in succeeding through achievements and failures.

## OUR MISSION

Sage Leadership Academy strives to provide students a platform of relevant workshops to unlock their self-esteem and utilize their voice.

## OUR VALUES

**Excellence:** In all we do and say

**Motivation:** Utilize our gifts and talents to edify ourselves and others

**Purposeful:** Intentional in all our efforts

**Originality:** Empowered to LOVE our authentic selves

**Wisdom:** Seek knowledge before action

**Ethical:** Affirm and Action upon our moral compass

**Resilience:** Endure adversity and Grow forward

Excellence



Motivation



Purposeful



Originality



Wisdom



Ethical



Resilience

# Workshop Expectations

*Educate. Equip. Enable. EMPOWER.*



**Sage Leadership Academy offers Building Self-Esteem and Becoming A Leader series. Each series comprises the following:**

- Five-2.5 hour Workshops except the last workshop in each series
- Light Refreshments
- A Special Gift
- Materials for Immediate Application

*All workshops are customizable for an after school program, park district event, church activity or other.*

# Building Self-Esteem



## **Sustainable Self-Esteem:**

Provides the fundamental building blocks of self-esteem and the triggers to increase and diminish this valuable attribute. Students will begin to identify and discover their inner and outer attributes and construct an action plan to sustain their self-esteem through their life journey.

## **Your Personal Brand: Branding for Success:**

Provides the fundamental building blocks of personal branding, as well as, protecting and owning their personal image in every life circumstance and marketing medium.

## **The Great Appreciation of Your Female Body:**

Students will explore the female reproductive system and all the transformative aspects from girl to woman. Also, they will learn how to protect and love their female bodies throughout life.

## **Girl Boss - Embrace Your Power:**

Identifies the signs and symptoms of toxic relationships and provides steps to navigate and break free while remaining powerful. Basic survival skills will also be taught and practiced to physically protect the body.

## **The Big Event - The Etiquette of Dining:**

The culmination of the Building Self-Esteem Series. Students will explore the importance of dining etiquette. In tandem, they will learn the basics of culinary arts through planning a luncheon and assist with cooking the menu items. Students will also host the luncheon prepared for that day.

# Becoming a Leader



## **Emotional Intelligence is A SUPERPOWER:**

Provides the what and why emotional intelligence is highly important through various leadership activities and exercises.

## **The Art of Presenting:**

A thorough study in the importance of effective presentation skills. Students will practice basic presentation skills through a series of exercises.

## **Cash Is KING:**

An introduction to finance and economics. Students will participate in exercises that will guide them toward the appreciation on how money is earned, invested and spent.

## **Are Your Employable? Part 1 and Part 2:**

A two part series that details the successful attributes and skills of employability. These sessions will provide students a template to begin documenting their career journey.

# OUR TEAM



**Judge Raquel Brown,  
J.D.**

Tarrant County Magistrate  
and Municipal Judge for the  
City of Fort Worth



**Ms. Ali Finn  
BS, MA**

District Development Coordinator  
at Lake Zurich CUSD 95



**Ms. A. Chevelle  
Glymph Foster,  
MPH**

Director of Public Health and  
Environmental Safety at  
Montgomery College



**Dr. Monique Johnson,  
Ed.D.**

Education Consultant



**Dr. Cynthia Major  
Lewis, MD**

Director of the John Hopkins  
Adult Psychiatric Emergency  
Services



**Dr. Regina Davis Moss,  
PhD**

American Public Health  
Association



**Ms. Kera Radke  
BA, MS**

Martial Arts Teacher and  
Safety Instructor



FOUNDER

**Dr. Sherrise Trotz, RPh, PharmD**

Sage Leadership Academy  
and Sage Elite Studios





# Partner With Us

*It takes a village. We are looking for community partnerships to help us reach our mission. Can you help?*



## HOW CAN WE PARTNER

- Cross Promotions
- Lending Expertise
- Co-Hosting or Sponsoring a Workshop
- Spread the Word
- Donate Meals for Workshops
- Donate Leave Behind Materials
- Media and Publicity

## HOW WE CAN HELP YOU

- Cross Promotions
- Extending Your Message / Expertise
- Co-Branding
- Social Media and E-Blast Promotion
- Website Mention



**Phone Us**

+1 847 847 5966, Ext 2



**Text Us**

+1 847 847 5966



**Message Us**

[contact@sageacademyinc.com](mailto:contact@sageacademyinc.com)



**Give a girl the opportunity to  
discover and live her purpose!**



*sage*   
leadership  
academy

# DISCOVER YOUR PURPOSE

[www.SageAcademyInc.com](http://www.SageAcademyInc.com)



Sage Leadership Academy  
[contact@sageacademyinc.com](mailto:contact@sageacademyinc.com)  
Call or Text 847.847.5966  
Select Extension 2 for the Academy

---

Sage Leadership Academy is a subsidiary of Pink Sage Inc., a Woman Owned Business