

JOIN A GIRLS ON THE RUN TEAM!



Hello, **COACH!**



Girls have the power and potential to move mountains, but they may not know it ... yet. As a coach this season, you can help them build the confidence to do hard things. And you will experience many meaningful moments. In a recent survey, 99% of coaches agreed that their coaching experience was valuable!



YOU'LL TEACH GIRLS HOW TO...



Discover their I Can! Power — the power to do hard things



Manage and move through difficult emotions



Use stick-with-it strategies to help them overcome obstacles



Proudly breathe, believe, and achieve their goals

QUESTIONS?

SCAN ME!



For more information and to sign up, visit

girlsontherun.org/COACH

Contact

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