



# ZGiRLS CURRICULUM™

Designed by sport psychologists, professional athletes, curriculum developers, and mental health counselors, the ZGiRLS Curriculum™ is results-driven. Every ZGiRL walks away with a tool-belt of skills, strategies, and resources that she can use to build confidence.



- Mental Awareness
- Positive Self-Talk
- Body Image
- Confidence
- Goal-Setting
- Beauty & the Media
- Meditation
- Team Building
- Sports Nutrition
- Self-Affirmations
- Mindfulness
- Recipe for Success
- Self-Compassion
- Stress Management
- Communication