

Inch by Inch Empowerment

Helping girls to believe in themselves and find their inner confidence

www.inchbyinchempowerment.com

We here at Inch by Inch Empowerment find it fascinating that so many girls of all ages are the target of bullying, have low self-esteem, and do not believe in themselves. Aime Hutton has created workshops tailored to each Guiding age level that can help your girls believe in themselves, overcome the bully, and to find their inner confidence. We specialize in helping empower girls through their own empowerment cycle of life. Workshops are focused on fun, friendship, learning, leading and being a girl.

Length: 1 – 2 hours depending on your meeting times and what you wish Aime to complete with your girls.

Number of Girls: Minimum 6. Maximum 24 – 30. Can also do workshops for larger events.

Fee: \$250/hour with a minimum of two 1 hour sessions booked

Contact Info:

aime@inchbyinchempowerment.com

403-830-9689 (cell)

Calgary, Alberta, Canada

PROGRAM TIE-INS

Sparks

“Being Me” Keeper

Brownies

“Key To Me”

- I Feel Proud
- My Favourite Things
- Who Am I?
- Respecting Others
- Being a Friend
- Helping Others

“Special Interest Badge” – Bullying Awareness

Guides

Bullying talk/presentation/activities

Personal Growth Program Area

Becoming A Teen Badge - # 3 – 7

High on Life Badge - # 1 – 3, 5, 7, and 8

Pathfinders

Girl Stuff Program Area

1. Girls Just Want To Have Fun Module - #1
2. Focus on Friendships Module - # 1, 2, 4, 8 and other activities that help with this module not listed
3. Media & Image Module - # 1, 2, 4 – 6, 8
4. Relationships, Values, & Choices Module - # 1 – 7
5. Hot Topics for Youth Module - # 1, 8, **possible #7 depending on what your girls wish to do**
6. Organize This Module - #1, 2, 5, 6

Living Well Program Area

1. Let's Go and Chill Out Module - #4 – 7
2. Be Glad You're You Module - # 1 – 3, 5, 6

On My Own Program Area

1. Safe at Home or Out and About Module - # 1, 2, 4

Rangers

1. Healthy Living Module - # 7, 9, 10, 12, 13
2. Leadership & Management Module - # 1, 8, 18, 27
3. Your Future Module - # 9, 21, 29

Aime's Why:



When Aime was born in 1976, she was only given a 24 hour chance of survival. Having been born 3 months early with a birth weight of 1 pound 12 ounces (787 grams) it was a very scary time for her entire family.

Yet Aime overcame this and grew into a beautiful young girl. During her elementary school years she experienced severe bullying for 6 years from her peers. Due to the daily and constant bullying Aime began to believe that she was stupid, ugly and a loser. One of her ways to cope was being involved in Girl Guides. There she could be herself, and she even excelled in the Guide and Pathfinder programs developing her leadership qualities at a young age.

As well as being diagnosed as a 'slow learner' by the education system, the teachers and administration said that Aime would never write well and would have problems in all core subjects. Even through the days of tears, struggles with homework and the bullying, Aime kept going. Aime never gave up though, even winning her grade 8 graduation Most Improved Student Award. Today in 2017 Aime overcame that diagnosis and 'label' by the school administration by being a three time international bestselling author/compiler.

As if her belief in herself was low enough, Aime also experienced dating violence while living away from home on campus in University. Being in a controlling and emotionally abusive relationship played havoc on her self-confidence. As well as stalking from the ex-boyfriend after breaking up with him.

Aime wants no girl to experience what she did in elementary school for 6 years. She wants girls to love themselves, be okay with being different, and to be in a safe loving relationship. For them to keep going in their lives no matter what, to believe in themselves, and to let others help them!

As a transformational speaker Aime empowers her audiences to keep going no matter what, sharing her personal stories with audiences. They see themselves in Aime many times and feel that if she overcame those challenges then they can overcome anything!