

# STAYING FIT BADGE WORKSHOP

with Live Your Dream Out Loud



A fit and fun, educational 2-hour workshop for Junior Troops to earn their *Staying Fit* Badge! Workshop includes learning about what things you can do to stay active, eat healthy food, and keep a healthy mindset to live a strong, happy life.

**\$20 per child**



LIVE YOUR  
*Dream*  
OUT LOUD

Our 2-hour workshop Includes:

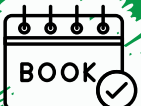
- Create a prototype that solves a problem
- Get feedback
- Revise your prototype
- Come up with a pitch
- Pitch your idea to an audience
- Badge/certificate presentation (last 10 minutes). Parents invited!

### **PLEASE NOTE**

*Price does not include the badge. Leader should purchase badges beforehand and bring them to the workshop.*

*Must have a minimum of 10 children. If under 10 attendees, that is OK but the cost will be for the price of 10. (Additional cost can simply be divided amongst attendees)*

girl scouts   
of northern illinois  
Preferred Partner



To book a workshop, email [jenny@liveyourdreamoutloud.com](mailto:jenny@liveyourdreamoutloud.com)  
[www.liveyourdreamoutloud.com](http://www.liveyourdreamoutloud.com)

# BUSINESS JUMPSTART BADGE WORKSHOP

with Live Your Dream Out Loud



Become an entrepreneur by developing an idea that makes life better, testing it out, and improving your idea to make it the best it can be. Learn first hand from a successful, experienced female entrepreneur. Dream BIG!

**\$20 per child**



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OUT LOUD

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