



## Empowering Girls Through Music

Workshops and activities combined with music to create positive, energizing and educational experiences for girls.

### WORKSHOPS OFFERED

#### **Who Runs the World: How Music & Media Affect Girls**

Did you know that by age 13 most girls have made their minds up about the kind of music they'll listen to for the rest of their lives? In this fun workshop we examine what's happening in music today, how it affects self-esteem and gender identity, and how to choose and advocate for music that has a positive impact. Chock full of interactive activities, music snippets and in depth conversation.

*Time required: 45 minutes to 1 hour (can be scaled)*

*Best for: Small groups to large assemblies*

#### **Girl, the album: Performance and Interactive Q&A**

Laura B. Whitmore and Jenna Paone perform songs from their empowering new, original pop project, *Girl, the album*. They will tell stories and answer questions about their experiences around topics like friendship, strength, self-esteem and much more, presented through music. A fun and interactive musical workshop, this presentation encourages girls to share their thoughts, feelings and challenges and then punctuates the conversation through music.

*Time required: 45 minutes to 1 hour (can be scaled)*

*Best for: Small groups to large assemblies*

#### **A Group Songwriting Co-Write Experience**

Join professional songwriters for a group co-write as we create a unique, interactive musical experience. We'll brainstorm ideas around an empowering theme, encouraging group conversation. Then our skilled moderators will pull out key phrases and ideas, guiding the songwriting process. In the end we'll do a performance of our song, recording the experience so that all participants can share.

No musical experience is necessary.

*Time required: 2 hours*

*Best for: Groups up to 40*



*Note: All workshops can be adjusted for age, from middle school through college.*



#### **About Girl in the Back Row Productions and the *Girl, the album* Team**

Laura B. Whitmore and Jenna Paone joined forces in 2016 to create a project that addresses their passion for inspiring and empowering girls musically. *Girl, the album* is projected for release in Spring 2019 and covers topics from strength and internal beauty to friendship, courage and self-esteem. Whitmore is the founder of the Women's International Music Network, producer of the She Rocks Awards and the music contributor for *Parade* magazine. With an MBA in marketing, she has decades of interview, speaking and teaching experience, leading workshops and panels, guest lectures and commencement speeches. Paone is a writer and singer/songwriter who co-founded female empowerment non-profit, Boston GLOW (Girls' Leadership, Organized Women). She has shared the stage with international artists such as Melissa Etheridge, The Bangles, Colbie Caillat, Orianthi, Lisa Loeb, and more, and her music has received airplay on regional radio stations and has been featured in independent films. **Find out more at [girlthealbum.com](http://girlthealbum.com)**