



A DIVISION OF LP INSPIRE, LLC

Welcome to the Lotus Project. We realize that you can't put a price on improving the lives of our young women, but programs do cost money. Here's a worksheet to help you figure out how much money you'll need to implement the program for 25-30 teens with 5-6 mentor leaders in your organization. This is based off the BASIC package. With this package, you will be purchasing most of the supplies.

BASIC Program Cost:

\$1000, plus travel expenses. This includes one full training day for up to 6 mentors and the complete Lotus Project curriculum.

Items you might have access to already:

A copy machine and paper
pens/pencils
staplers (1 per small group)
dry-erase board and markers

Other Costs to Consider:

Substitute teacher fee (for training day if you choose to do this on a school day and field trips) _____

These are the minimum supplies you'll need to run the program:

Folders (1 per girl) _____
Journals (1 per girl) _____
Icebreaker "treat" (1 bag for each small group) _____
A pack of "sticky notes" (1 for each small group) _____
Hand mirrors (1 per girl, easy to find at "dollar" type stores) _____
Envelopes (5 per girl) _____
Washi Tape (1 roll per group) _____

Recommended Add-Ons for your program:

Field Trips! Two seems to be a good number for many Lotus Project groups. One artsy/creative/mindful/movement, and another to volunteer our time and talents.

For the FULL LOTUS PROJECT EXPERIENCE, look to the COMPLETE package! This includes custom invitations to kick off your program, official Lotus Project folders, journals, color copies of all activities for the girls, and tiny #loveninja notecards. Pricing starts at \$2100

THE SEVEN SESSIONS

Establishing Sisterhood
Inner Beauty & Confidence
A Whole Healthy You
Relationships
Media's Mixed Messages
An Attitude of Gratitude
Goal Setting

CONTACT

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