



GIRLS ACADEMY  
ADVISORY PANEL



GIRLS  
ACADEMY

MARCH

# Insights & Inspiration

## BE HEARD. OUR JOURNEY. OUR VOICE.

This monthly meeting guide is designed to spark meaningful conversations and gather valuable insights during your meetings. Each month, you will be asked to explore specific topics, discuss them together and share your reflections in the Voice Form.

1. **Review the Monthly Topics.** Before your meeting take a moment to review and discuss the key topics for this month. These topics are intended to guide your conversation and inspire thought provoking dialogue.
2. **Engage in Discussion.** Share your perspectives, ask questions, and listen to other's insights. This is a space for open and thoughtful exchange.
3. **Complete the Voice Form.** After the discussion record your takeaways and any new insights by submitting your response in the Voice Form. Your input is valuable in shaping future GA initiatives.
4. **Be Authentic and Reflective.** There are no right or wrong answers. This is an opportunity to share genuine thoughts and observations that emerged from the discussion.
5. **Thank You for Your Engagement!**



### Rest & Recovery Discussion

GENERAL RECOVERY HABITS  
RESOURCES & TOOLS  
CHALLENGES AND BARRIERS  
PERSONAL BEST PRACTICES  
FINAL TAKEAWAYS



### Women's History Month Initiative

WHICH WOMAN IN YOUR  
LIFE INSPIRES YOU MOST  
AND WHY?



MARCH

- Women's History Month
- March 8 International Women's Day



SUBMIT A **VOICE FORM**  
AFTER MEETINGS AT THE  
TEAM OR CLUB LEVEL.

SHARE YOUR  
CONTENT

