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Nishaline Hines

Founder of Girls Plan

Nishaline Hines, *Girls Plan Founder & Executive Director*, truly has a heart to teach young women their value, self-esteem and self confidence. Having experienced much of what our young girls face today, Girls Plan was born out of a desire to reach young women and empower them with information before they make decisions that affect the rest of their lives. Her early childhood instruction and mentoring experience serves Nishaline well in reaching young women from all backgrounds.

A graduate of Liberty University, Nishaline is a native of New York with an extensive background in business management and corporate training. As a Lay Minister and Leader, certified through Beacon University, her education and work experiences are used to enhance each Girls Plan workshop. After recognizing how hurt girls grow into hurt women, who in turn repeat the cycle, she started Girls Plan in 2004 to combat the negative experiences women receive from their families and society. Nishaline spends her time mentoring teen girls and women, and attending various conferences, seminars, and workshops that address the needs of the community. A wife and mother of two, Nishaline has the passion, experience, and drive to reach young people at an age that will allow them to think before they act. Planting positive seeds is her motivation!

VOLUNTEER OPPORTUNITIES

There are many different ways that you can become involved with Girls Plan:

- Donate your time by assisting us with the annual fashion show or banquet.
- Contribute to a Girls Plan Workshop by sharing your own personal experiences and knowledge with the girls.
- Become a Girls Plan Mentor by sharing your career expertise and help a young woman develop her passion and plan for the future.
- Make a donation to Girls Plan. All donations go directly to the organization, and are applied towards funding workshops, events, tutoring and to the Girls Plan Scholarship Fund, which is offered to high school seniors who have participated in the program.

If you are interested in serving and donating your time to Girls Plan, please download and complete our Serving Application from our website: www.girlsplan.org.



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Girls Plan is a spiritually inspired and directed plan to guide and instruct young women between the ages of 13 to 17. Our goal is to help young women think before making decisions that will affect them for the rest of their lives.

VISION

To equip young women, both spiritually and emotionally, to handle the complexities of womanhood, relationships, and societal norms. We want young ladies to understand their worth and be successful in their aspirations, whether it be a career, family or other endeavor.

OBJECTIVE

To teach young women the skills they need and introduce proper values through workshops and mentoring in every aspect of their lives.

We have organized informative, fun and interactive workshops to achieve the Girls Plan objective and to address issues affecting our young women on a daily basis.

WORKSHOPS

WHO AM I?

Lessons include showing teens how the world's view of women is not always a positive view and giving participant's practical ways to increase their self-esteem and self-confidence.

THEY DON'T GET IT!

Focusing on the relationships between teenagers and their parents, we use role-playing to explore communication gaps and other common scenarios. This fun and illuminating workshop allows teens to begin to understand the parent's perspective, as well as their own responsibilities as young adults.

IT'S JUST THE BEAT!

Designed to have the participants think twice about what they listen to, watch, or read. Discussions about negativity and exploitation in the media are explored, including practical ways to enjoy movies, TV and music in a positive way.

HE LOVES ME!

The words, gestures and actions that young men express toward young women are too often misinterpreted as love. Participants learn the dangers of these misunderstandings and why they should remain pure. We explore the consequences of entering into relationships when young girls are not emotionally or physically equipped to handle. This enlightening workshop is an eye-opener to most girls, who have never heard it's okay to say "No."

IT WAS ON SALE!

This our annual fashion show extraordinaire! The show provides a fun and interactive way to illustrate appropriate and inappropriate clothing for young women. Teens are taught how first impressions make lasting impressions. The show provides a visual example of how they can command positive attention.

NO ONE ELSE HAS!

This workshop deals with the type of environment that many young people are exposed to - where no one they know has attended college, has a career, or owned a business. Our goal is to show teens that although there might not be anyone in their immediate circle who has achieved success, does not mean they cannot achieve anything and everything they strive for.

PLEDGING CEREMONY/BANQUET

It's always important to recognize the achievements of each young woman, including the completion of our workshops and seminars. The pledging ceremony is used to acknowledge individual accomplishments, and allow girls the opportunity to reflect upon what they've learned through Girls Plan. Each participant is asked to commit to the principles they have been taught, their continued growth, and to apply the knowledge they've gained to their lives and also share this wisdom with others. The ceremony includes dinner, awards, musical guests and many other forms of entertainment.



REQUEST THE FOUNDER

To request Nishaline Hines to speak at your organization, school or club, please call 877-655-2322 or fill out a request form on our website, www.girlsplan.org.