



SPEAKERS & STAFF

Brittany Baldwin
Speechwriting

Elizabeth Bergin
Art History

Regina Bethencourt
Branding and Marketing

Therese Boles
Business

Angela Christian
Social Work

Kara Fransted
Financial Services

Juliana Dauchess
Legislative Assistant

Mariantonieta Paez
International Development

Mary Ellen Yep
Nutrition and Health



REGISTER TODAY:

www.yumadc.org/yumaprep



QUESTIONS?

We'd love to hear from you! Email us your questions at yuma.prep@gmail.com.



YUMA CENTER
4101 Yuma Street NW
Washington, DC
20016

YumaPrep will take place at Yuma Center in Washington, D.C. from 2pm - 4pm on the second Saturday of the month. Mentoring will occur for all participants.



Yuma Center offers personal, professional, and spiritual development to girls and women of all ages. The spiritual activities at Yuma are entrusted to Opus Dei, a Prelature of the Catholic Church that helps lay people find God in their daily life, especially through work.

YumaPrep

A Leadership Program for
High School Girls

2023 - 2024 Academic Year



Inspiring women. Impacting generations.

ABOUT YUMAPREP

Yuma Center, located in our nation's capital, inspires women of all ages to grow professionally, personally, and spiritually.

High School is about discovering your potential, honing your study skills, and developing your character. A YumaPrep day begins with a leadership capsule, based on the Harvard Business Review publications, which is followed by breakout discussions by grade on different topics, and concludes with mentoring. Each month, YumaPrep girls meet with experienced women professionals who discuss their careers, the challenges they face, and the steps and virtues needed to succeed in each field. YumaPrep participants also have the opportunity to make lasting friendships with girls from over 20 DMV-area schools.

NEW THIS YEAR: SENIOR CAPSTONE PROJECT

This year, we are excited to share that our seniors will work towards preparing and presenting the leadership capsules that begin each YumaPrep session. This will be an invaluable exercise in research, synthesizing information, and public speaking.



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Early bird pricing from May 11 - July 31: \$375

Regular pricing from August 1 - October 15: \$400

THE FRESHMAN SEMINAR For 9th Graders

- SEP 9 - Know Thyself
- OCT 14 - The Art of Conversation
- NOV 11 - Personal Development
- DEC 9 - Nutrition
- JAN 13 - Resilience
- FEB 10 - Time Management
- MAR 9 - Problem Solving
- APR 13 - Becoming a Cultured Person
- MAY 11 - Becoming Women of Character

WOMEN OF CHARACTER & TALENT For 10th & 11th Graders

- SEP 9 - Public Speaking & Verbal Communication Skills
- OCT 14 - Engineering & Mathematics
- NOV 11 - Law: Life of a Law Clerk
- DEC 9 - Social Work
- JAN 13 - Marketing & Communications
- FEB 10 - Government: Life on Capitol Hill
- MAR 9 - Fashion: Dress to Impress
- APR 13 - Importance of Art History
- MAY 11 - Finance: How to manage your budget

THE BIG ISSUES For 12th Graders

- SEP 9 - Motivation: Where does it come from?
- OCT 14 - Emotional Agility
- NOV 11 - Measuring Up in a Photoshop World
- DEC 9 - Why Am I So Stressed?
- JAN 13 - Finance: Manage your personal finances
- FEB 10 - Know Thyself
- MAR 9 - Love and Relationships
- APR 13 - Joy in Serving Others
- MAY 11 - Stand by Your Values

