

AZ Giving: The GirlTalk Network

Written by Ashlee Best

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The GirlTalk Network unites women from across America and offers them support with mentorship and guidance. Sarah Pendrick, the founder of GirlTalk says, "I wanted to create a movement and place that any woman could go to no matter what stage in their life."



Pendrick grew up in the Valley with her two best friends, Nikki and Brie Bella, who are also a part of the GirlTalk organization. She decided to start the organization because she wanted to join together women who could help each other. Looking back on her life as a young adult, Pendrick wished she had women who she could go to for advice and to share their life experience with. Pendrick says, "Not having relatable female mentors that could help me navigate through the obstacles, challenges and dreams threw me. What I am passionate about is providing young women resources and female support in real time, 2017."

GirlTalk reaches a young adult audience with their Self Love program. In addition, they share a special experience with women of all ages at their Connect + Inspire events.



The organization travels to schools for their Self Love program where they talk with girls about matters present in their lives. "We work with each advisor and customize the topics, and I have two other speakers that come with me to every school and we customize based on the group," Pendrick says. The topics which they discuss are relevant to the girl's lives. Pendrick says the discussions which take place can include, "self-esteem, true friendship, bullying and various issues that young women deal with daily while providing them the tools to overcome obstacles they are faced with and a network of opportunities and support."



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One way to support the GirlTalk Network's Self Love program is by attending a GirlTalk Network's Connect + Inspire event. At the Connect + Inspire events, women from all ages and a variety of backgrounds come together to uplift one another. "We really give women a brand, a voice, a space and 100 percent of the proceeds go towards our free school program that empowers and support the next generation of women," says Pendrick.

The Connect + Inspire events include panel and keynote speakers discussing topics pertaining to women's lives and success. "We have an empowering panel of inspiring women to share their experiences they do Q and A's, they share their personal stories and they share how they overcome obstacles to pursue their dreams," Pendrick says. There are also other activities to participate in at the event including "silent auctions, giveaways and pop-ups," says Pendrick. When Pendrick plans the Inspire + Connect events, she wants women to leave feeling confident and encouraged to follow their dreams. Pendrick says, "I really want them to feel on top of the world ready to leave and be 100 percent themselves with no apologies and self-love." Pendrick goes on to say she wants women to feel as though they "just walked away with 100 new friends and feel this incredible sense of empowerment and support."

Twin sisters Nikki and Brie Bella are keynote speakers at the Connect + Inspire event. Nikki says her experience being a part of the event is moving. "The stories and connections drive you to become stronger. To me, GirlTalk is so empowering for women and what women empowerment truly stands for," she says. When speaking at the Connect + Inspire events, Nikki and Brie talk about their success and motivation. "My sister Brie and I love to talk about how we turned our nos into yeses and negatives into positives. How we broke the male dominated world and just wouldn't give up. We discuss how we rise above hate and how far your passion can take you," she says.



GirlTalk is planning on continuing to touch the lives of women. "We are national but I would love to travel to as many schools as we can and just get GirlTalk to be a household name and help every type of woman that needs some help in any possible way. Though we can't be in a million places at once, I want to be able to help women and young girls and change the lives of young girls to where they know that they can do anything, and they are not alone and that is really my biggest goal," Pendrick says. For more information or to join the movement, go to girltalknetwork.org or email info@girltalkla.org.

The GirlTalk Network Connect + Inspire event will be taking place in Paradise Valley on May 21 at El Chorro. Tickets may be purchased online prior to the event.