



Rites for Girls®

PROFESSIONAL FACILITATOR TRAINING



Supporting girls to
make the transition
from girl to woman
a life-enhancing
experience

UK 2026/7



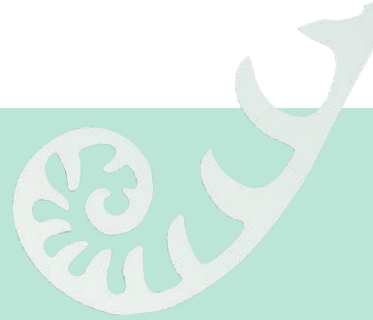
Rites for Girls®

Table of Contents

01	Is this training for you?	page 3
02	Meet your trainers	page 8
03	Training format	page 10
04	Post-accreditation	page 17
05	Investment and accommodation	page 19



Rites for Girls®



Welcome

Two-year professional training, including three 9-day residential modules in England

Residential dates TBC:

- 10.10.26 – 18.10.26
- 9.1.27 – 17.1.27
- 13.3.27 – 21.3.27

followed by 12 months supervised practice April'27 - March'28

We are delighted that you're interested in this work and are considering joining us. Supporting young girls in their journey towards becoming young women has always been one of the most important tasks for women and mothers, but even more so now.

We have great plans for this work, and we cannot do it without other women like yourself - women who share our passion and vision of making the transition from being a girl to becoming a woman something that our daughters look forward to and feel proud about. We warmly welcome applications from women across England, Scotland, Wales and Ireland for this training.

Our aim is to foster a transition that will provide girls with a solid sense of their own worth, through a joyful connection to their developing female bodies and a trust in their own feelings and experiences. Most importantly, we want girls to experience their mother and other female role models as inspiring women of wisdom, power and deep beauty who they, as young-women-to-become, can trust and relate to.



Rites for Girls®

This training is for you if...

01

You're feeling the urge to make a change in your life, to find something that lights you up and gives you a sense of purpose

02

You're looking for meaningful work, where you feel you could make an important difference.

03

You're looking for a passion project to do flexibly alongside other work, parenting, or other commitments.

04

You'd love to be part of a community of like-minded women.

05

You have an affinity for the adolescent stage of life and care deeply about guiding preteen girls. Maybe you're a mum yourself, but you don't have to be.

06

You're ready for deeper self development, revisiting your preteen self, healing and and transformation from the inside.



Rites for Girls®



Girls Journeying Together Groups

Learn how to facilitate small groups of preteen girls, meeting monthly for a year, as they practice being true to themselves, learn about puberty, share their hopes and fears, and help each other into their teens.

This work is preventative, keeping girls free of many of the mental health issues that are so prevalent amongst teens today. You will learn to guide girls through adolescence, reducing some of the pressures, and helping them to emerge into adulthood as strong, sure, capable young women.

Once qualified you join the Rites for Girls Association of accredited teachers, offering this work worldwide.



Rites for Girls®



How do you pass on what you may not have received yourself?

This training is a unique opportunity for women to learn exactly that. You may be a mother, or not. You may be a skilled professional with years of experience, or not. You may question whether you have got what it takes, yet something in you responds passionately at the prospect of doing this work.

What matters most is that you care deeply about how our daughters experience the transition from girlhood to young womanhood. And that you are ready to meet yourself as a woman of deep beauty, power, wisdom and wicked humour!





Rites for Girls®

What makes our Girls Journeying Together Facilitator Training unique?

01

We don't just train you to facilitate girls groups. This is also an in-depth, healing journey. You must be ready to go deeply within.

02

You don't just approach the training as your adult self - we take you through a Girls Journeying Together group as your 11-year-old self.

03

One of our core values is embodiment. It would be easy to just teach you the 'what' - instead, we teach you the 'how' by allowing you to fully embody the experience.

04

The training is all in-person in the first year, as there's nothing like the power of this connection.

05

Many of our Facilitators form deep bonds and make friends for life - just like our girls.



Rites for Girls®

Meet your trainers



Charlotte Sarre

Girls Journeying Together
Facilitator Trainer,
GJT Facilitator and
Girls' Net Mentor

Charlotte Sarre recognises the need for girls to be better supported during their transition into womanhood and wanting to honour this rite of passage, she is an active and creative contributor within Rites for Girls where she trains GJT facilitators and runs Girls Journeying Together and Girls' Net groups.

Charlotte is an experienced veterinary surgeon with PhD and taught university students in Belgium before moving to UK. Becoming mother to a daughter sparked her passion for creating safe and intentional spaces for women to connect and feel supported. She trained as a circle facilitator and also runs women's groups focussing on authenticity and community.



Jo Jackaman

Girls Journeying Together
Facilitator Trainer

Jo focuses on the women's work to help our trainees become the woman they would have wanted in their life around age ten, helping to prepare them to provide guidance to girls as they navigate the path into womanhood.

Jo worked in Youth Theatre in Liverpool and London, before co-founding a cooperative restaurant and becoming a proud mother of three daughters. Jo is a qualified homoeopath which she combines with Equine Facilitated Learning, CBT/ACT coaching and mentoring, and CCI co-counselling and other complementary techniques. Jo's work focuses on offering greater support for women, especially during significant life transitions (like menopause or motherhood).



Rites for Girls®

Hear from our women

Watch the video to hear from women
who have trained with us

<https://youtu.be/FSxW78PKUQE>

“

“The depth and impact of the training is unfolding to be some of the most profound learning I have done in my life. Not only am I learning how to be a facilitator but I am learning how to be ‘more myself’. What a gift - for the girls I will work with... and for me!” Karen

“Kim's work puts something back that should never have been taken away. But it also goes to new places in the modern, feminist uprising to both nurture and arm young women for taking back their world.” STEVE BIDDULPH

Best selling author of ‘10 Things Girls Need Most’, ‘Raising Girls’

This is going to be life changing... in a good way ”



Rites for Girls®

Training Format

Our unique training programme is delivered over two years. In year one you will receive everything you need to start running your first Girls Journeying Together group. In year two, you can start running your own group closely supported in online supervisions.

The three residential modules take place in year one and cover the material and techniques needed for delivering the Girls Journeying Together programme. You will be asked to reflect upon your own experiences at that preteen stage of your life. We will be journeying together as women, mirroring the journey that you will learn to facilitate for the girls.

Residential dates TBC:
10 – 18 October 26
9 – 17 January 27
13 – 21 March 27

followed by 12 months supervised practice
April 27 - March 28

- 3 x 9-day residential modules of group training
- Individual supervision support with trainers
- Peer group activities and support
- Written assignment work and reflective journaling
- 12 months supervised practice for running your first girls' group.
- Final qualifying dissertation Graduation ceremony





Rites for Girls®

Developing woman and girl

This means that two processes occur simultaneously during the training. Firstly, you will experience each Girls Journeying Together group session as your 11-year-old self. Alongside this, you will partake in processes, teachings and experiential exercises to support your own professional development as an adult woman working with girls of this age.

Facilitating a Girls Journeying Together group is rooted in a complexity of psychotherapeutic skills and personal psychological competences — hence the length and format of our training. Just as the girls attending a group find themselves changed by the end of the year, so you will experience yourself differently as an adult woman as training ends. Expect to emerge as the woman the young girl inside you was waiting for!



Expect to emerge as
the woman the young
girl inside you was
waiting for!



Rites for Girls®

Topics we cover

- Celebrating being girls and women
- Developmental changes at puberty
- Emotional and physical changes and the onset of periods
- How do we define beauty and power?
Managing emotions and stress
- Social media and peer pressure
- Identity - who am I and what are my strengths and dreams?
- Relationship to our female bodies
- Relationship to mother and female line
- Becoming a young sexual female and relationship to father and men
- What is 'gender ground' and why is it important?
- Finding safety within and expression of self in the world
- Mentor support Rites of passage





Rites for Girls®

Methodology

We use experiential exercises, group work and theoretical teaching, movement, dance, reflection, meditation, visualisation, sharing... and who knows what else! It will be demanding but rewarding as you engage in the dual process that this in-depth training requires. Alongside the support offered as part of the training, we expect you to take responsibility for seeking additional support should you need it.



Assignments

There will be written and practical assignments to complete between the training modules and a final qualifying dissertation to submit in order to graduate.

One written assignment (2000 - 2500 words) must be submitted between each residential module. A final dissertation (7500 - 10,000 words) is due for submission after you complete the first year of running a GJT girls' group.

Please note: If you have a fear of written work, please don't let that stop you from joining us. We're not expecting academic papers, nor do you need a talent for writing; the written assignments are partly to help us to see how we can better support each individual woman in her progress, and partly to help ground and integrate your learning for yourself.

Running your first GJT girls group

A profile page will be created for you on our Rites for Girls website, providing credibility for you to promote your GJT groups.

After the second residential module, you can actively promote and recruit girls for your first Girls Journeying Together group. Your group can begin when you have completed the final residential training module, and you have approval from your trainers. You will have support in promoting and running your own girls' group locally. and you can charge a fee which makes it possible for you to begin earning income whilst in your second year of training.



A package of promotional material will be available to you and a year of monthly on-line group supervision with your trainers is included in the training fees. This gives you a full year of supervised practice, provided you start your group by April 2027. Extra private online supervisions can be arranged according to need or requirement, individually or in small groups, which will be necessary monthly for anyone starting their group after April 2027.



As you near completion of your first year-long Girls Journeying Together group, your supervisors will guide you on your topic and readiness to write your final qualifying dissertation.



Rites for Girls®

Qualification

Students are able to apply for qualification on successfully completing their first Girls Journeying Together group. The cost of dissertation submission and qualification is included in your training fee.

Before starting your dissertation, you present an outline of your chosen subject to your trainers to ensure that it is relevant to the training. When ready, each student shares their draft dissertation for a review from three peers. A 30-minute meeting is held with your supervisor and peers to receive feedback. Following any revisions or edits, the dissertation is submitted for assessment.





Rites for Girls®

Graduation

We are building a worldwide network of women qualified to run year-long Girls Journeying Together programmes, recognised by and associate members of the Rites for Girls Association. We are growing a team of competent and committed women who have our full confidence in bringing this important, yet very sensitive work into their own communities and circles.

To ensure the integrity of the work we need to trust that each woman we graduate not only understands intellectually, but also largely embodies and lives what she teaches; we need to know that each woman in her unique way can transmit and inspire from her own female knowledge and wisdom.

You are joining a (r)evolutionary network of women working together to restore natural female beauty, power and sexual dignity to girls and women, for the benefit of boys and girls, men and women, for generations to come. We have a vision of growing circles of women across the world re-igniting the age-old tradition of strong and wise women working together for the well-being of self, all of life, and for the coming generations.

BUT to do that, we need you to come aboard!





Rites for Girls®

Post-Accreditation

You will be invited to join The Rites for Girls Association and listed on the website as an accredited facilitator for people to contact.

The work you are embarking on is similar to what indigenous communities might call Initiator or Women's Wisdom Keeper; it carries status and big responsibilities. Whilst you can earn money from this work, your biggest gain will be the sense of meaning and purpose it will give to your life. When you join us, you will gain much more than skills and competences to guide and support young girls' transition into becoming young, confident women, proud and at ease in their female identity.

All Facilitators are self-employed, and are expected to promote their own groups locally and build partnerships within their own community. You will also be invited to participate in aspects of the self-management and development of the organisation. Over time we will be building a faculty to support this work worldwide and we expect this will be staffed by some of our graduates.





Rites for Girls®

Membership of the Rites for Girls Association

Accredited Rites for Girls Facilitators are expected to become full members of the Rites for Girls Association. There is an annual association membership fee of £139. You will also pay a license fee of £35 per month, for each GJT group that you run. These fees contribute towards Rites for Girls development, publicity, marketing, quality monitoring, organisational membership of the BACP, outreach and administration.

Your membership benefits include:

- Listing on the Rites for Girls website as an accredited facilitator licenced to run Girls Journeying Together groups
- Licensed to use the Rites for Girls logo, kit of promotional materials, and GJT group materials
- Use of a yourname@ritesforgirls.com email address
- Able to attend public events as a representative of the Rites for Girls Association
- Access to our Rites for Girls supervisors to support you in your work
- Online support network of Girls Journeying Together facilitators
- Eligible to attend further training so you can learn how to continue your work with the girls as they progress through their teens (CPD is an annual requirement)
- Benefit from our organisational membership of the British Association for Counselling and Psychotherapy



Rites for Girls®

Your investment

Financial investment for the full two year training programme £6360

This includes:

- 27 residential days of powerful training, covering everything you need to step into the role of facilitator
- All session plans and handouts for your group work
- Guidance and information to help set up your self employed business
- Marketing materials to promote your groups
- One-to-one mentoring sessions with trainers during residential training
- Assignment and qualifying dissertation support
- Full year of monthly supervisions online for running your first group
- First year's membership to the Rites for Girls Association, with full benefits
- Peer group support programme
- Copy of 'From daughter to woman, parenting safely through the teenage years' by Kim McCabe

Early Bird discount:

£5,965

when booked within 2 weeks of webinar

Up to 50%

bursaries

available - p26
see criteria

Investment Plan

- Three payments of £2120 on 1st August, 1st October and 1st December 2026
- Twelve monthly payments of £532 starting no later 1st March 2026 (£24 admin fee)
- **Early bird discount**
 - Three payments of £1988 on 1st Aug, 1st Oct and 1st Dec 2026
 - Twelve monthly payments of £499 from 1st Mar 2026 (£23 admin fee)

Don't let the finances be the only obstacle to you attending, call us.

Our training venue

A core value for running Girls Journeying Together groups is to offer a comfortable, safe and nourishing environment for the girls. We endeavour to model this in our provision for you whilst attending your training programme, whilst keeping it affordable.

Nutley Edge Cottages is the home of our Girls Journeying Together Facilitator training, a 17th-century building that has been renovated to offer modern accommodation while retaining original features like an inglenook fireplace with a log burner, overlooking the Ashdown Forest, located in Nutley, Sussex.



Accommodation

You will be accommodated in the beautiful farmhouse or cottages. Training sessions are conducted in the sitting room, yurt and outdoor spaces. All bedrooms are twin rooms. (There may be the possibility of paying extra for a single room, but this will depend on availability and cannot be guaranteed.)



Food

Prices for accommodation include full board, with breakfast, lunch and dinner served in the main farmhouse. Herbal teas and coffee are provided throughout each day, finishing with a celebratory meal on our final night. Meals are wholesome and nourishing and lovingly prepared by our amazing caterers with fresh seasonal produce, most often organic. Gluten free, dairy-free and other diets can be catered for. Please let us know of any dietary requirements at the time of booking.





Rites for Girls®

Hospitality Prices

The accommodation and food is an additional cost for each residential module. A shared twin room with full board for eight nights / nine days:

Module 1 - around £700 tbc

Module 2 - around £700 tbc

Module 3 - around £700 tbc

Please note: all accommodation and food costs are due six weeks before arrival. Room requests will be allocated on a first-come first-paid basis.

Travel and Timings

There is parking at the venue.

Nearest train station is Uckfield with taxis costing under £20 for a 10-minute ride (aim to share).

Nearest airport is London Gatwick with taxis costing around £40 for 30 minutes ride (we can help put you in touch with each other to share).

Full details will be given on acceptance onto the training and we will support you to meet up with the other women so you can travel together whenever possible.

Training will begin at 2pm on the first day and finish at 1pm on the last day, with lunch provided between 1 - 2pm, before you make your return journey home.

How do I apply?

Women choosing to join this pioneering work can apply for a place on the Girls Journeying Together Facilitator Training programme by completing the application form and sending it to info@ritesforgirls.com with a £200 deposit to Rites for Girls.

We also welcome applications for training bursaries from women who will be able to bring Girls Journeying Together to girls we wouldn't normally be able to reach.

We already have National Lottery funding to offer free places to girls on our Girls Journeying Together groups.

Your application confirms your commitment to the whole training, including the three residential training modules and online tutorial/supervision sessions. If you are not accepted onto this training, your deposit will be returned in full.

The £200 non-returnable deposit is due on application by bank transfer:

Rites for Girls CIC 08-92-99 65834732

International a/c no: GB30 CPBK 0892 9965 8347 32 Bank ID code: CPBK GB22

All information will be treated as confidential

In the case of unforeseen events, we reserve the rights to change venue, dates and staff at short notice. In the rare event that this would be needed, we will do all we can to ensure that the programme will be completed, and that the quality of the training will not suffer. If the training is not completed, you will receive a pro rata refund. If the whole training programme is postponed, you will be offered the choice of a full refund or to keep your place for a future programme.

Thank you! We will get back to you soon.

Kim and Helena, Charlotte and Jo



Rites for Girls®

Girls Journeying Together facilitator training application form

A £200 non-returnable deposit will be due on application. Your application confirms your commitment to the whole training, including the three residential training modules and online tutorial/supervision sessions. If you are not accepted onto this training, your deposit will be returned in full.

Payment can be made on our website or by bank transfer: Rites for Girls CIC 08-92-99 65834732 International a/c no: GB30 CPBK 0892 9965 8347 32 Bank ID code: CPBK GB22

Please answer the questions below as fully as possible (form is also available in word).
If you wish to apply for a training bursary include answers to the four bursary questions.
All information will be treated as confidential

Name

Address, telephone, email

Date of birth

Children

1. What is your motivation for training to become a Rites for Girls facilitator? (Please answer fully and be as open as you are able, including something about your own experience of being a teenager – what were your teen years like?)
2. Please tell us about what attracts you to this training, including any experience you have with teenagers.
3. How do you think your experience as a teen has influenced your adult life?
4. What could have made a difference for the better and why?
5. We would also like to know about your previous experiences of personal development work or other psychotherapeutic work or training you have undertaken.
6. What is your previous experience of working in groups, and women only groups, as a participant or as a facilitator?
7. What, if any, are your concerns about doing this work?
8. Please tell us about your training and qualifications
9. Your work: list your relevant work experience and your current occupation
10. Medical history: a) please tell us of any relevant medical issues and medication. b) please explain how these may enhance and/or challenge your participation on this training and any ways in which you would appreciate support.
11. Please add any specific life experiences you regard as relevant and anything else you want us to know about you.

I understand that this is an in-depth training that will require deep inner enquiry and I undertake to follow up with my own therapeutic support should I need this. (tick box)

☐

Girls Journeying Together Facilitator training Bursary Application

At Rites for Girls, we want all girls to have access to a Girls Journeying Together group. One of the most powerful ways to make this happen is by supporting local women to train as facilitators and offer girls' groups within their own communities. We are committed to adapting our materials with you, so they reflect the lived experience and needs of the girls you serve.

Do you belong to an under-represented community that would benefit from our work?

We warmly welcome applications from women in UK who are embedded within communities that face barriers to access, whether due to ethnicity, cultural marginalisation, language, disability, socioeconomic disadvantage, or other forms of exclusion.

Rites for Girls CIC is a not-for-profit organisation and all our training is delivered at cost. Thanks to funding support, we are able to offer a limited number of subsidised places to women who will take this work back into their communities, helping us reach girls we would otherwise struggle to serve.

We welcome all applications for training bursaries and our wish is for the process to be unobtrusive and handled with sensitivity and respect for all concerned. We also need your help in sharing the funds in a fair way, giving most to those who need most. So, in addition to describing your connection to the community that you belong to, please can you explain which category of bursary you would like to apply for.

To apply for a training bursary, please email us at admin@ritesforgirls.com with your answers to the questions below and your completed application form.

- 1) What community do you belong to?
- 2) What connections do you have to youth groups, parents, leaders in your community?
- 3) Thinking of the girls in your community, what particular needs are you aware of?
- 4) How are you willing to work with us to make sure our programme suits your community?
- 5) Which category of bursary are you applying for?
 - a) 50% of all costs, training fees plus board and food = £tbc
 - b) 25% of training fees = £1,590 discount
 - c) 10% of training fees = £636 discount

Facilitator Training fee for two-year programme £6,360

Board and food: 1st module £tbc, 2nd module £tbc, 3rd module £tbc (total £tbc)

Full cost of training £tbc (early bird discount £tbc)



Rites for Girls®

Rites for Girls CIC

If you have any questions, or
you'd like to schedule a chat
with a Facilitator, don't
hesitate to contact us.



www.ritesforgirls.com

info@ritesforgirls.com

Sign up to our next [free information webinar](#)



Our training venue

A core value for running Girls Journeying Together groups is to offer a comfortable, safe and nourishing environment for the girls. We endeavour to model this in our provision for you whilst attending your training programme, whilst keeping it affordable.

Hoath House is the 'home' of our Girls Journeying Together Facilitator training, a Victorian and Tudor mansion, set in vast beautiful gardens, featuring a seasonal swimming pool overlooking the Ashdown Forest, located in Chiddingstone, Kent.



Accommodation

You will be accommodated in the beautiful mansion and converted barn. Training sessions are conducted in the sitting room, games room and outdoor spaces. All bedrooms are twin rooms. (There may be the possibility of paying extra for a single room, but this will depend on availability and cannot be guaranteed.)

