



Rites for Girls®

GIRLS' NET MENTOR TRAINING



Professional
training
online:
resourcing
girls in times
of crisis and
change



Rites for Girls®

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Welcome

6 months online training to run
online groups for girls

January – June 2026 10 places, 6 remaining

In response to the increased mental distress that we're witnessing in girls in recent times, Rites for Girls has developed a short programme to support girls to emerge from challenging times equipped with tools to boost their resilience.





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This training is for you if...

- 01 You desire to develop as a woman as you role-model to the girls how to thrive through times of change.
- 02 You're looking for meaningful work, where you feel you could make a 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 pre-teen girls. Maybe you're a mum yourself, but you don't have to be.



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Girls' Net

A soul journey for girls to be resourced in times of challenge.

Six 1¼ hour sessions over six weeks for small groups of same-age girls (8-18yrs) guided by a Girls' Net Mentor online.

Restorative work:

- Mentoring for girls to see them safely through challenging times
- A safe place to talk in the privacy of home
- Healthy ways of coping
- Practising self-care
- Building resilience and confidence
- Support for life and school transitions
- Belonging to a safe circle of girls



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

This training is a unique opportunity for women to learn exactly that, how to give girls what they need during times of challenge. 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 girls being able to grow up strong and free. And that you are ready to meet yourself as a woman of deep beauty, power, wisdom and wicked humour!





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Empowering you to empower them

This training will develop you as a woman, as you role-model to the girls how to thrive through times of change. You will also gain empowerment techniques and tools to share with the girls. You will be equipped with a clear programme timetable for how to deliver this course, which includes support for working online with Zoom, and guidance on safeguarding, insurance and GDPR.

This programme will take you on a journey of the soul using story, so you can take the girls on a soul journey of their own.





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Meet your trainers



Kim McCabe

Founding Director of Rites for Girls and author of 'From Daughter to Woman'

Kim has been offering year-long groups for girls since 2011. She studied child psychology at Cambridge University, then became a counsellor to distressed teenagers, and taught sex education in schools and youth groups. She also trained as an assertiveness trainer, a 5Rhythms shamanic dance teacher, and a business management consultant. She is a home-educating mother of three.

After thirty years of researching and working with young people, Kim has found a way to support girls healthily through their teens. She is author of the book 'From Daughter to Woman, parenting girls safely through their teens' published by Robinson, July 2018 and the Mother-Daughter Date diaries published September 2019 and December 2020.



Helena Løvendal

Head of Education at Sexual Grounding Therapy International, and originator of Ways of Woman

Born in Denmark in 1958, Helena has been in private practice since 1988, offering psychotherapy, coaching and workshops for individuals and couples, as well as specialist training and supervision for professionals in the field of relationships, sex and gender relations in UK, Europe, and Scandinavia. Helena is a founder director of Man-Woman Project Ltd., UK Centre for Psychosexual Therapy & Education and The Centre for Gender Psychology.

Her first book 'Sex, Love and the Dangers of Intimacy – a Guide to Passionate Relationships when the 'Honeymoon' is over', published by HarperCollins in 2002, re published in 2010 by Lone Arrow Press. She is currently working on her next book.

www.helena-lovendal.com
www.psychosexualcentre.co.uk
www.genderpsychology.com



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Hear from our women



“*I wasn't expecting to feel so connected to the other women*”



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Training Format

1hr session with Kim on
Tuesday 13th January 7 – 8pm

- Introducing the training and laying groundwork for weekly sessions starting 20th January

Six 2½ hour sessions weekly online with Kim McCabe giving you the experience of Girls' Net as a girl

- 1¼ hr Girls' Net session as 11-year-old, followed by analysis on how to facilitate the session
- plus Zoom training and promotional and marketing input
- 7 - 9:30pm Tuesdays
January 20th, 27th,
February 3rd, 10th, 17th,
24th 2026

January – June 2026

Two days woman's work online with Helena Løvendal

- Weekend day partway through and another at the end of the six weeks
- Written work
- 10am – 6pm ish -
Saturdays 7th and 28th
February



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Running your first group

After the first eight weeks of intense training, you have a month or so to integrate and practise what you've learned, as you prepare to run your Girls' Net groups.

We give you all the training, materials, and support needed to run your first Girls' Net group. We help you publicise it and set it up and then we give you a group supervision every week for six weeks while you run your first group.





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Ongoing Support



Peer groups

Weekly 1½ hour group meeting with your peer group throughout the 6-month training period

Group supervision

Eight group teaching supervisions following completion of above training

- Group preparation supervisions
Tuesdays 6 - 7pm 10th and 24th March
- Mentors' group supervision by Rites for Girls while you run your first Girls' Net series
Tuesdays 6 – 7:30pm weekly group supervisions
April 14th, 21st, 28th, May 5th, 12th, 19th, 26th.



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Qualification

Within two weeks of completing your first Girls' Net group, you submit a short written assignment on a topic of your choice relating to your experience of running your first group.

There is an online graduation ceremony for all qualified Girls' Net Mentors.

We host photos of all our Girls' Net Mentors on our website, giving parents a place to check your credentials.

Graduation

Once graduated you join the Girls' Net Mentors Alliance which gives you the right to use our name, the Girls' Net materials, social media assets, and provides you with a wealth of support .

You belong to a private Facebook community with ongoing support from your peers, and have complimentary monthly group supervisions to continue your professional development and deepen your understanding of the work.



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Investment

£840 for 47 hours live training over six months finishing with a graduation ceremony and Girls' Net Mentor qualification certificate.

Training includes group supervision as you run a Girls' Net series offered to up to ten girls in April - May 2026.

Start earning while still in training which will contribute towards your set-up costs.

Each Girls' Net Mentor will need to subscribe to Zoom for two months @£13pm, hold professional indemnity insurance, enhanced DBS and complete NSPCCs 3-hour Safeguarding and Child Protection and Online Community Management training and join the Girls' Net Mentors Alliance.

Investment Plan

£100 deposit on application

Total investment: £840
payment due latest 1st December 2025

Payment plan available
£100 deposit on application, £252 due on 1st December 2025, 1st January, 1st February 2026



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How do I apply?

Please complete all sections and email your completed form to us at:

info@ritesforgirls.com

A £100 non-returnable deposit will be due on application. Your application confirms your commitment to the whole training, including running your first Girls' Net group, supervised.

If you are not accepted onto this training, your deposit will be returned in full.

Payment can be made 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, Kim and Helena reserve the rights to change, dates 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





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Girls Net Mentor training application form

All information will be treated as confidential. (form is also available in word)

Name

Address, telephone, email

Date of birth

Please answer the questions below as fully as possible, using extra pages when needed:

1. What is your motivation for training to become a Girls' Net Mentor? Please be as open as you are able, including something of your own experience of growing up.
2. Please tell us about any experience you have of being with children.
3. We would also like to know about your previous experiences of personal development work or other psychotherapeutic work or training you have undertaken.
4. What is your experience of working in groups, and women only groups, as a participant or as a facilitator?
5. What, if any, are your concerns about doing this work?
6. Your work: tell us about your relevant work experience and your current occupation
7. Training and qualifications
8. Medical history:
 - a. please tell us of any relevant medical issues and medication.
 - b. please explain how these may enhance or challenge your participation on this training and any ways in which you would appreciate support.
9. 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.

☐ I understand live attendance at every online training module is essential and I commit to this.

Thank you for taking the time to give us this information.
Kim and Helena



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

website www.ritesforgirls.com

email info@ritesforgirls.com

Sign up to our next free information webinar

