



Empowering the Next Generation: 2025 Marin Teen Girl Conference Inspires Confidence and Leadership

San Rafael, CA – The 2025 Marin Teen Girl Conference concluded with record-breaking attendance, bringing together nearly 200 participants for a day of empowerment, education, and community. Hosted by the [Marin Women's Commission](#), this annual event remains a powerful force for young women, providing them with the tools, connections, and confidence to navigate their futures.

From the moment attendees walked into the Embassy Suites in San Rafael, they were immersed in an atmosphere of inspiration and possibility. Guided by 20 dedicated Teen Girl Ambassadors from schools across Marin, the conference was a true "for girls, by girls" experience, ensuring that every discussion, panel, and workshop resonated with the real concerns and aspirations of today's young women.

The conference featured a compelling keynote address by Christy Smith, Executive Director of [Emerge California](#), who encouraged attendees to embrace their leadership potential with resilience and courage. Her speech, "*Stronger Than You Think: Building Confidence and Courage through Life's Challenges*," left a lasting impact, reinforcing the message that young women are capable of shaping their futures with determination and vision.

Throughout the day, participants engaged in dynamic workshops covering essential topics such as career development, financial literacy, self-defense, and healthy relationships. Hands-on sessions like "*Be Your Own Bodyguard!*" and "*WI\$E Up: Financial Education for Teen Girls*" provided practical tools that attendees could carry forward into their daily lives. The session

"What is Consent?" led by the [SANE-SART](#) program, sparked critical conversations on healthy relationships and personal boundaries, empowering young women with knowledge and confidence to navigate complex social dynamics. The career panel, "Dominating in Male-Dominated Fields," featured trailblazing women from industries such as emergency medicine, automotive repair, law, and social entrepreneurship, offering firsthand insights into breaking barriers and succeeding in competitive fields.

Beyond the workshops and panels, the Teen Trailblazer Hall showcased 18 exhibitors, ranging from local nonprofits to businesses dedicated to supporting young women's ambitions. Organizations such as Marin County Youth Commission, Planned Parenthood Northern California, and the Marine Mammal Center provided invaluable resources on everything from advocacy to career readiness.

For many, the conference was more than just a day of learning—it was a transformative experience. Teen Girl Ambassador Annie Carmona reflected, *"Being part of this conference was truly life-changing. It showed me how powerful it is when young women come together to uplift each other. Organizing this event pushed me to grow as a leader and connect with so many inspiring people—I feel more empowered than ever to make a difference."*

This year's success would not have been possible without the generous support of the [Marin Community Foundation](#), and the [Marin County Board of Supervisors](#), along with many local donors and sponsors. Thanks to their contributions, every teen was able to attend free of charge, ensuring that this vital opportunity for empowerment remained accessible to all.

Leslie Belingheri, Chair of the Marin Women's Commission, emphasized the profound impact of the conference, stating, *"When young minds are given the tools, confidence, and support to lead, they not only transform their own futures but uplift entire communities. Seeing the passion, engagement, and resilience of these participants reminds us why this work is so essential. We are proud to continue fostering a space where they can connect, grow, and inspire one another."*

The Marin Teen Girl Conference stands as a testament to the enduring commitment of Marin Women's Commissioners to fostering confidence, ambition, and leadership in the next generation. With each passing year, the conference continues to uplift and empower young women, ensuring they have the skills and support to become the leaders of tomorrow. For more information about the Marin Teen Girl Conference, visit www.marinteengirls.org.



Attendees listen to the Career Panelists discuss futures in law, entrepreneurship, mechanics, and medicine.



Exhibitor Hall featured 18 interesting and thoughtfully curated organizations.



The event was sold out, and welcomed students from every high school in the County.



Girls participate in one of the



Exhibitors had a great time



Marin Women's



Marin Teen Girls 2025 conference

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