



# Julie Lasure

Heart & Sole Head Coach  
Fox Mill Elementary



*“Heart & Sole has been a great program for our 6th grade girls. The transition from elementary to middle school isn’t always easy and Heart & Sole really helps the girls become more confident.”*

## **Favorite GOTR NOVA Memory:**

One of my proudest moments was several seasons ago at the Ballston 5k. We finished and gathered our girls at the corner to cheer for the rest of our team. One of our girls came around the corner to the finish line near the end of the race pack. She lit up with the biggest smile when she saw our team standing there, cheering for her, and jumping up and down like crazy.

## **Favorite Part of Volunteering with GOTR NOVA:**

Knowing that we are making a difference for girls by giving them confidence and tools to deal with their friends, families, and school. And teaching them to help in their community.



## **Lesson You’d Share with Your Younger Self:**

The breathing would have been a great lesson to learn at a younger age, as would learning about negative self-talk. Having an opportunity to think about ways to stand up for others and practice them are invaluable lessons I would have loved to learn at a younger age.

## **Heart & Sole Difference:**

The transition from elementary to middle school isn’t always easy and the Heart & Sole curriculum really helps the girls become more confident. The small group helps to create a safe environment for the girls to explore their emotions, identify their personal strengths and values, practice standing up for themselves and others, and so much more!