



# EmpowerHer

## *Leadership, Confidence & Sisterhood*

A Sirv Program for Schools & Organisations Supporting Confident, Connected  
Young Women

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### Do You Have a Lot of “Drama” in Your School?

Friendship breakdowns. Cliques. Exclusion. Social media stress.

If your school is seeing a rise in peer conflict, disengagement, or emotional dysregulation among girls—you’re not alone.

EmpowerHer is an evidence-informed wellbeing and leadership program designed to shift the culture among girls aged 10–17 from competition and comparison to confidence, connection, and collaboration.


This is more than a workshop—it’s an investment in school culture, emotional literacy, and future-ready leadership.

### Program Outcomes

EmpowerHer helps girls:

- ✓ Build practical leadership and teamwork skills
- ✓ Develop confidence, resilience, and identity awareness
- ✓ Navigate friendships, boundaries, and peer pressure
- ✓ Reflect on their values, voice, and strengths
- ✓ Celebrate diversity and the power of sisterhood

Our workshops are interactive, inclusive, and designed to disrupt toxic peer dynamics with empathy, self-awareness, and community-building.

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**Ideal For:**

- Grades 5–12
- Whole-cohort wellbeing events
- Girls leadership or transition programs
- Targeted interventions in year levels facing high levels of relational tension
- School Wellbeing Days, Harmony Weeks, International Women's Day

**School & Organisation Pricing**

Program Type	Duration	Flat Fee (AUD, incl. GST)	Max Participants	Location
Half-Day Workshop	3 hours	\$2,500	Up to 50	Any location*
Full-Day Workshop	6 hours	\$4,000	Up to 50	Any location*
Six-Week Program	1 hr/week (6 weeks)	\$25 per student/session	Up to 30	Toowoomba only

\* Additional travel fees apply for rural, regional, or interstate bookings.

**Why Schools Choose EmpowerHer**

Delivered by expert facilitators in youth leadership, education, and mental wellbeing

Based on the latest research in adolescent psychology and group dynamics  
Practical tools for reducing relational aggression, exclusion, and low self-esteem

Aligns with ACARA's Personal and Social Capabilities and student wellbeing frameworks

Creates long-lasting change in how girls see themselves and each other