



# EmpowerHer

*Building Leadership, Confidence, and Sisterhood*

## What is EmpowerHer?

EmpowerHer is a hands-on leadership and wellbeing experience designed especially for girls aged 10–17. Whether your daughter is quiet and reflective, bold and expressive, or still figuring out who she is—this program is here to support her growth.

At EmpowerHer, girls explore what it means to lead with confidence, build resilience, and connect with others in a space that celebrates diversity, inclusion, and the power of sisterhood. It's about becoming strong in yourself—and standing strong with others.

## What Will She Learn?

Your daughter will:

- Build practical leadership and communication skills
- Explore her strengths, values, and self-worth
- Practice confidence and resilience techniques
- Engage in supportive group discussions
- Learn how to navigate friendships, peer pressure, and social media
- Celebrate diversity, identity, and shared experience

Each EmpowerHer session is led by experienced, compassionate facilitators who make sure every girl feels seen, supported, and safe.

## Program Options & Pricing

Choose the EmpowerHer experience that fits your family's needs:

Program Type	Duration	Cost per Participant (AUD incl. GST)	Location
Half-Day Workshop	3 hours	\$50	Any location*
Full-Day Workshop	6 hours	\$80	Any location*
Six-Week Series	1 hour/week for 6 weeks	\$25 per session	Toowoomba only



**Behaviour  
Support.**



**sirv**  
we serve you



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### **Why Join EmpowerHer?**

- Run by experts in youth wellbeing, education, and leadership
- Designed for girls aged 10–17, with age-appropriate content
- Focuses on emotional strength, identity, and belonging
- Welcomes all backgrounds and identities
- Your teen leaves with real tools, new friendships, and a stronger sense of self

### **Is EmpowerHer Right for Your Teen?**

Yes—if she is:

- Curious about leadership
  - Struggling with confidence or friendships
  - Feeling left out or unsure of her identity
  - Ready to meet others in a safe, supportive space
  - Just wanting to try something new and empowering
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