

BE EMPOWERED



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Be Empowered is a comprehensive mentor program designed to equip young women in **grades 9-12** with the skills and confidence to face and overcome the challenges that await them as they navigate adolescence and school and prepare for adulthood.

We also mentor **adult women ages 19-26** to equip them with the skills and confidence they need to navigate adulthood successfully.

The programs empower young women to become resilient and capable leaders. The mentor sessions are a combination of virtual and in-person one-on-one and group activities. The programs are customizable to meet the individual needs of the mentee. Through our programs, our mentees will develop the skills, knowledge, and confidence they need to thrive in adulthood and make a positive impact on their communities.

Program Activities

- Leadership
- Setting Boundaries
- Financial Literacy
- Goals and Communication
- Empowerment and Self-Advocacy
- College and Careers
- Mental and Physical Health
- Self-esteem and Confidence
- Social Media
- And Much More

