



## Daring Student Power Program

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### Empowering Girls to Step into Their Full Potential

AP4Women's *Daring Student Power Program* is a **Confidence Gym** designed specifically for girls and young teens. Unlike traditional leadership classes or seminars, AP4Women helps students build confidence ounce by ounce through fun, hands-on, immersive activities.

Our program is perfect for families seeking meaningful social interaction, skill-building, and emotional development in a safe, nurturing environment.

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### Why We Created AP4Women

AP4Women is a seed planted from personal experience. This program was inspired by the journey of overcoming fear and developing genuine inner confidence. Today, AP4Women exists to help girls who may be quietly battling self-doubt and who need a joyful, empowering space to thrive.

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### Why AP4Women Works

#### ✓ A Safe, Supportive Social Environment

Participants engage in structured peer interaction through speaking, debating, leading, and working together on collaborative activities.

#### ✓ Hands-On Confidence Training

Students build confidence by *doing*, not by listening. Every participant actively practices communication, leadership, and self-expression.

#### ✓ Small Group Setting

We accept **only 20 students per class**, ensuring personal attention and deep engagement.

#### ✓ Light Mindfulness Yoga

Helps students stay grounded, focused, and emotionally aware—supporting both academic and personal growth.



**AP4Women**

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### A Perfect Fit for Middle schoolers and Teens!

- ✓ Builds communication and leadership skills
  - ✓ Offers safe structured socialization
  - ✓ Encourages emotional resilience and self-belief
  - ✓ Complements academic learning
  - ✓ Helps students discover their voice and potential
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### Join Us!

**AP4Women Confidence Gym** is now open in Alpharetta!

Give your child the gift of confidence, courage, and a supportive community!

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*Help your child step out of fear and into their full potential*