



## 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. Co-founded by a mother-son duo, 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!

**Contact:** Neethu Gopal, Co-Founder

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



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### What's Inside the Daring Student Power Program

Our curated spaces help middle-schoolers and teens stretch their comfort zones safely:

#### **SpeakHER Space**

Students speak on fun topics, learning expression and presence.

#### **JudgeHER Space**

Students give and receive positive, fun feedback to build resilience.

#### **DebateHER Space**

Engaging debates on light, age-appropriate topics.

#### **LeadHER Space**

Students lead debates, developing leadership in action.

#### **GameHER Galaxys**

Students take turns leading games that spark creativity and teamwork.