

Self-Esteem

RISING

The Hance Family Foundation is proud to present Self-Esteem Rising, a suite of educational self-esteem programs. **All programs are available virtually!**



Raising a Beautiful Child is our seminar for anyone who is responsible for the care of a child. Learn practical strategies to connect with your child in a unique way, activate self-esteem and elevate their level of independence.



Beautiful Me is the flagship program that first extended Emma, Alyson and Katie's lessons to tens of thousands of people. Now, participants as young as 5 and as old as 105 learn vital skills **proven to increase social-emotional competencies**. Our foundation's mission will always begin and end with Beautiful Me. We partnered with Harvard Medical School's *The Baker Center for Children & Families* to develop our Beautiful Me Teacher Training modules.



Empower Me is designed for women in corporate settings and college campuses. This program provides tools to eliminate the confidence gap. Participants take an active role in learning to create success personally and professionally.



The Confidence Club is our answer to the many Beautiful Me graduates who want more! This gender-neutral program extends the lessons learned in Beautiful Me focusing on self-awareness, enhanced relationships with others and the power in helping others and volunteering.



Self-Esteem Rising Ambassadors is our competitive program for natural leaders seeking to develop critical pre-professional skills while learning to inspire their communities with the Hance Family Foundation's mission. Ambassadors learn about leadership, equity, goal setting and more.