



Overview

Empower Me is designed for women in corporate and college settings. This program focuses on providing the self-esteem tools necessary to find success personally and professionally. Self-Esteem Rising seeks to eliminate the confidence gap!

- Introduction to the Hance Family Foundation
- Self-awareness and self-regulation activity
- Discussion about stress
 - Stress and anxiety can lead to growth if you respond productively
 - Heal, reclaim and recover
- Strategies on how to recover from stress
- Forward thinking: identifying future goals
- The benefits of change
- Compliment activity
- Gift from Jackie Hance



LEARN MORE AT:
SELFESTEEMRISING.ORG

