

1. WHO AM I BECOMING?

- ♥ Identity
- ♥ Self-discovery
- ♥ Strengths
- ♥ Values

Create your vision for who you are becoming!

2. CONFIDENCE FROM THE INSIDE OUT

- ♥ Self-esteem
- ♥ Self-worth
- ♥ Positive self-talk
- ♥ Affirmations

I am confident.
I am enough.
I am HER.

3. HEALTHY FRIENDSHIPS & RELATIONSHIPS

- ♥ Supportive friendships
- ♥ Boundaries
- ♥ Red flags & green flags
- ♥ Respect & kindness

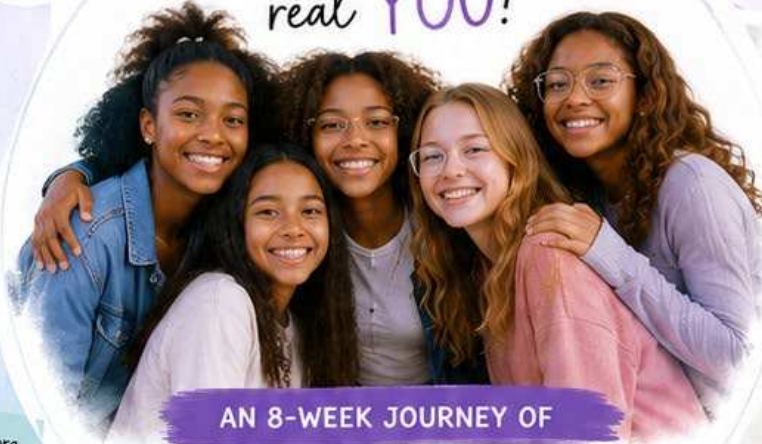
Build healthy relationships and set boundaries!

4. SOCIAL MEDIA, COMPARISON & SELF-IMAGE

- ♥ Media literacy
- ♥ Healthy self-image
- ♥ Digital wellness
- ♥ Positive online habits

You are more than a like. Be real. Be YOU!

Discover the real YOU!



AN 8-WEEK JOURNEY OF SELF-DISCOVERY, CONFIDENCE, FRIENDSHIPS, AND DREAMS

5. HANDLING STRESS & BIG EMOTIONS

- ♥ Emotional wellness
- ♥ Coping skills
- ♥ Stress management
- ♥ Resilience



6. FINDING MY VOICE

- ♥ Leadership
- ♥ Communication
- ♥ Self-advocacy
- ♥ Speaking up



7. DREAMING BIG

- ♥ Goal setting
- ♥ Future aspirations
- ♥ Vision board
- ♥ Action plan

Dream it. Plan it. Achieve it!



I can dream it. I can achieve it.

8. BECOMING HER CELEBRATION

- ♥ Reflection
- ♥ Growth
- ♥ Celebration
- ♥ Future self letter

Celebrate your growth and all you've become!



DISCOVER HER KEEPSAKES - A COLLECTION OF MEMORIES & GROWTH



Identity Bracelet



Affirmation Mirror Card



Friendship & Boundaries Card



Digital Wellness Pledge



Stress Toolbox Ring



My Voice Matters Statement



Dream Board Page



Becoming HER Portfolio



DISCOVER. GROW. LEAD. DREAM. BECOME HER.

Building confidence, discovering strengths, creating positive relationships, finding your voice, and dreaming big about your future! ♥

You are unique. You are valuable. You are **BECOMING HER.**



Becoming HER

LEADERSHIP & WELLNESS PROGRAM

FOR MIDDLE SCHOOL GIRLS | GRADES 6-8

Becoming HER Journey empowers middle school girls to build confidence, develop leadership skills, strengthen peer connections, and prepare for **future success**.

PROGRAM AT A GLANCE

GRADES 6-8
Designed specifically for middle school girls.

90-MINUTE SESSIONS
Engaging, interactive weekly sessions.

8-WEEK CYCLES
Structured curriculum with meaningful impact.

10-15 STUDENTS
Small cohorts for personalized attention and connection.

IMMEDIATELY AFTER SCHOOL
Convenient, on-campus programming.

UP TO FOUR COHORTS
Offered throughout the school year.

OUR FOUR COHORTS

COHORT 1
DISCOVER HER
Identity • Confidence
Self-Worth
Girls explore who they are, build self-confidence, and develop a strong sense of identity and self-worth.

COHORT 2
LEAD HER
Leadership • Communication
Community Impact
Girls discover their leadership potential, strengthen communication skills, and learn how to create positive change in their communities.

COHORT 3
THRIVE HER
Wellness • Resilience
Healthy Habits
Girls build resilience, practice healthy coping strategies, and develop habits that support their mind, body, and future.

COHORT 4
DREAM HER
Future Planning • Careers
Entrepreneurship
Girls dream big, explore future possibilities, and gain the tools to set goals and plan for the life they envision.

OUR MISSION: Empowering girls to become their best selves.

We provide a safe, supportive environment where middle school girls feel seen, heard, and **empowered** to grow into confident, capable young women.



Emmilise Santiago
Founder & Executive Director

becomingherjourney.net



Flyer Summary

Title: Becoming HER Journey

Summary: Becoming Her Journey is a girls' empowerment cohort designed for students in grades 6–8. Through interactive workshops, group discussions, and hands-on activities, participants build confidence, leadership skills, self-awareness, healthy relationships, and goal-setting habits in a supportive and encouraging environment.

URL: <http://becomingherjourney.net>

Company: Oasis Wellness Enterprises LLC

Email: hello@becomingherjourney.net

*These flyers are shared for informational purposes and do not represent District-sponsored or District-supervised events.
Sharing these materials does not imply endorsement by Collier County Public Schools.
The purpose of Community Flyers is to connect CCPS families with out-of-school-time community activities and opportunities.*

