

EMPRESS RISING

Private Mentoring Parent Session Guide

A clear guide to the available support formats, what to expect, and how a parent can decide whether private mentoring is a helpful additional layer.

A thoughtful additional support. Private mentoring is a structured, age-appropriate option for confidence and resilience practice and practical next steps. It is not therapy, counselling, diagnosis, or crisis care.

Choose the support rhythm that fits your family

Empress Rising programme

8-week group programme

Weekly video worlds, Tool Chests, live community sessions, and parent resources.

Mentored programme

Programme plus 3 private sessions

Everything in the programme, plus 3 × 30-

\$575

AUD, GST-inclusive. Four fortnightly payments of \$143.75 available.

minute private video mentoring sessions.

\$785

AUD, GST-inclusive. Four fortnightly payments of \$196.25 available.

Private starter block

3 private video sessions

A short, focused private mentoring option with a clear practical next step from each session.

\$240

AUD, GST-inclusive. \$80 per 30-minute session.

Private mentoring series

10 private video sessions

A longer, considered private mentoring rhythm, subject to availability and fit.

\$700

AUD, GST-inclusive. \$70 per 30-minute session.

What a private session is designed to offer

- A calm, age-appropriate space to reflect on a confidence and resilience tool or a practical situation.
- Guided practice of one useful skill, such as a boundary script, reset, or next-step plan.
- A small, realistic action the girl can choose or shape for herself.

- Clear parent communication about the process and appropriate practical next steps, without asking parents to monitor private reflection.

How to prepare

Parents do not need to prepare a detailed written history. A useful starting point is simply considering which support format feels most appropriate, the age pathway, and the broad type of confidence and resilience support the family is exploring. The parent enquiry form asks only for these practical choices.

Good to know

Availability is confirmed after enquiry. The Empress Rising team reviews the age pathway, session interest, and practical fit before offering a next step.

Privacy is respected. The enquiry form does not request a child's name, detailed story, or private disclosures.

Urgent concerns need the right service. If there is an urgent safety, medical, school, or crisis concern, please contact the appropriate local service straight away.

Next step

Visit the Private Mentor Sessions page and submit the short parent-only enquiry. The team will review the request and share appropriate next steps where capacity and fit allow.