Empress Rising

Unleash Your Inner Wings



THE EXPERIENCE GUIDE

Eight weeks to *find her own voice.*

Explore what girls learn, the practical tools they can use in real life, and the guidance parents receive alongside the journey.

IGNITE 11-12 / ASCEND 13-14

WHY WE CREATED EMPRESS RISING

The moments that matter.

Not every important moment looks important from the outside.





IT OFTEN STARTS WITH THE LITTLE THINGS

> A message written, deleted, and written again.

> A friendship changing without an explanation.

> Feeling smaller after scrolling for five minutes.

> Saying yes when a quiet part of her wants to say no.

She deserves more than a quick fix.

Empress Rising offers language for speaking up, perspective when comparison feels loud, and practical ways to navigate boundaries, friendships and big feelings. She can explore what matters to her, try a small skill, and carry it into real life.

A COMPLETE EXPERIENCE

What she joins. What you receive.

An eight-week experience that supports girls and their families with more than lessons alone.

8	56	8	8
WEEKS	SHORT LESSONS	LIVE CIRCLES	PARENT SUMMARIES

1 Her own age pathway

Ignite (11-12) and Ascend (13-14) explore the same foundations through language, examples and activities designed for each age group.

2 Practical skills for life

Toolkits, prompts, boundary language and small real-world challenges help girls try the ideas outside the lessons.

3 Connection by choice

Optional moderated Empress Circles, girls-only community discussion and non-urgent Ask Allison guidance offer a sense of connection.

4 A parent experience too

Weekly Parent Summary Sheets, conversation starters and learning-progress information help parents support without hovering.



Designed to fit real life.

Approximately one hour of short recorded lessons each week, flexible activities, and an included optional 45-minute Circle - with parent guidance alongside the journey.

A SIMPLE, FLEXIBLE RHYTHM

Her week, made manageable.

Seven focused episodes unlock each week. She can watch, pause, return and practise when it suits her.

1

A new theme opens

The next seven short lessons and accompanying weekly resources become available in My Rise.

2

Watch in her own time

Each episode is around 8-9 minutes. Together, that is approximately one hour of viewing.

3

Try something small

A toolkit activity could involve practising a boundary phrase or choosing one brave next step.

4

Reflect or explore

Journalling prompts, curated stories and relevant ideas let her make the learning her own.

5

Connect, if she wants

She may join Thursday's optional Empress Circle to listen, contribute or simply be present.

For parents: a weekly summary and gentle conversation prompts help you support her without needing to follow every lesson.

Eight weeks. Real-life relevance.

Each week combines seven short lessons with reflection, practical tools and ideas to try beyond the screen.

1

FIND YOUR SIGNAL

The Noise vs Your Voice

Girls explore the difference between their own thoughts and the noise of other people's opinions, social media and expectations. They consider what matters to them, notice when outside pressure gets loud, and practise finding words to express a view that is genuinely theirs.

2

SEE YOURSELF CLEARLY

The Mirror Trap

Comparison can make even a good day feel smaller. Girls look at self-image, curated online highlights and the stories they tell themselves. They explore ways to question unfair comparisons, recognise their own strengths and respond to themselves with more balance and kindness.

3

FIND YOUR PEOPLE

Social Survival vs Belonging

Belonging is different from changing yourself to fit in. Girls explore friendship dynamics, group pressure and the feeling of being genuinely accepted. They learn to notice supportive friendships and consider ways to stay true to themselves when group situations, loyalties or friendships change.

4

CHOOSE FOR YOURSELF

The Approval Trap

A yes can sometimes feel easier than an awkward no. Girls examine approval-seeking, people-pleasing and the fear of disappointing others. They explore how to pause before agreeing, check what they really want and practise respectful language for making choices they can stand behind.

No grades, no single right answer. The focus is practice, not pressure - and each girl chooses what to take into her life.

Eight weeks. Real-life relevance.

Each week combines seven short lessons with reflection, practical tools and ideas to try beyond the screen.

5

PROTECT YOUR SPACE

Boundaries Are a Superpower

Boundaries are not about being difficult or unkind. They help protect time, comfort and self-respect. Girls explore personal limits and the difference between clear, respectful communication and conflict. They consider practical words for saying no, asking for space and standing by what feels right.

6

FEEL AND RESPOND

Big Feelings = Big Strength

Big feelings are a normal part of growing up, not a weakness to hide. Girls develop language for emotions, explore what those feelings might be telling them and consider useful ways to respond. The focus is on finding a pause, choosing a manageable next step and recovering after hard moments.

7

LEAD YOURSELF

Becoming the Person You'd Follow

Confidence also shows in how we treat others and make everyday decisions. Girls explore values, integrity, influence and the qualities they appreciate in people they admire. They consider the kind of friend and leader they want to be, then connect those qualities to small, everyday choices.

8

CARRY IT FORWARD

Power That Doesn't Need Permission

The final week brings the journey together. Girls reflect on what they have noticed about themselves, the ideas that felt useful and the tools they want to keep. They consider a realistic next step for friendships, boundaries, confidence or resilience, and how to keep practising beyond the course.

Ignite uses concrete examples; Ascend explores identity, independence and social pressure in greater depth.

Inside My Rise.

A clear, age-appropriate online home for the learning that opens each week.

Her space. Her pace.

Each week she sees the latest theme, seven short video lessons and the related activities available to her. She can pause, revisit a lesson and decide what to try in her own world.

LEARN	New lessons and released resources
TRY	Toolkits, small challenges and prompts
REFLECT	Space for thoughts that remain her own



A look inside her learning space

MY RISE — ILLUSTRATIVE STUDENT VIEW

THIS WEEK

Week 3 | Belonging

Explore the seven lessons and tools now open.

7
LESSONS OPEN

WATCH
Short video lessons

TRY
Toolkit activities

REFLECT
Private prompts

Illustrative interface; actual account views may differ. Lesson access follows the weekly release schedule.

BEYOND THE VIDEO

Useful in the moments that matter.

Each weekly theme gives girls language, tools and opportunities to reflect or try an idea.





See it. Try it. Make it hers.

When she wants to say no

She can practise a short boundary phrase that feels respectful and natural.

When comparison takes over

She can pause, question an unfair comparison and choose a fairer thought.

When a friendship shifts

She can consider what belonging feels like and what a supportive friendship looks like.

When emotions feel big

She can identify the feeling and choose one manageable next step.

Journalling is an invitation, not a performance. Some girls will write. Others may choose a small practice, a quiet thought or a conversation with someone they trust.

CONNECTION, WITH CHOICE

She can show up as herself.

Weekly Empress Circles and guided community spaces make room for connection without the pressure to perform.



EMPRESS IGNITE | 11-12

Thursdays

7:00-7:45pm Melbourne

One included, optional Circle each week, led by Allison.

EMPRESS ASCEND | 13-14

Thursdays

8:00-8:45pm Melbourne

Age-matched discussion and reflection; participation is her choice.

Listening counts.

Cameras are optional. Girls are not required to speak or disclose personal experiences to take part. Circles are not recorded and cannot be replayed. Between sessions, the girls-only community and Ask Allison provide additional ways to connect and ask non-urgent programme questions.

For participation choices, privacy and support boundaries, families can read the Care Standard at empressrising.com.au/care.

FOR PARENTS AND CARERS

Your place in her journey.

You stay connected with the learning, without becoming another teacher or hovering over her private reflections.

Context. Reassurance. Better conversations.

Parent Compass is your separate home base. Each week, Parent Summary Sheets explain the theme, why it matters and how to open a useful conversation. Your account brings together enrolment information, the week ahead and recorded lesson completion.



PARENT COMPASS

ILLUSTRATIVE PARENT VIEW

THIS WEEK

Understanding belonging

An overview of the theme and a helpful prompt for home.

PROGRESS

Lessons

Completion, not a wellbeing score.

A CONVERSATION STARTER

"When do you feel most comfortable being yourself with friends?"

Illustrative examples only. Parents do not see student journals, moods or private toolkit notes in the intended portal design.

For complete privacy information and the limits of support, please see the website Privacy Policy and Care Standard.

MEET THE FOUNDER



Allison Stummer

Two decades of listening. One clear mission.

Founder. Educator. A guide who knows that growing up is often messy, wonderful and complicated, sometimes all at once.

Meet Allison

Her story and qualifications online.

A course with a person and a purpose behind it.

For more than 20 years, Allison has worked alongside young people through the moments that shape identity: shifting friendships, comparison, big feelings, new independence and the quiet question of who they are becoming.

Her psychology-informed approach draws on education, listening and practical conversations. She created Empress Rising to give girls useful language and small, relevant tools, not another standard to live up to.

FROM ALLISON

"The world will give girls plenty of reasons to question themselves. I want to give them the tools, confidence and courage to trust themselves instead."

WHAT FAMILIES CAN EXPECT

Warmth, candour, useful tools and respectful guidance. No tests, no grades and no pressure to present a polished version of confidence. Instead, girls are offered age-aware language, structure and room to grow in their own voice.

QUALIFICATIONS

Teaching and Psychological Science qualifications. See her complete academic background online.



THE JOURNEY IS HERS.

The support is *for both of you.*

Empress Rising

Unleash Your Inner Wings

Eight weeks to explore a stronger relationship with herself. Fifty-six short lessons, practical tools, private reflection, optional connection with girls her age, and thoughtful guidance for parents along the way.

Explore Empress Rising

Scan to meet the pathways, explore the complete experience and see how to take the next step together.

www.empressrising.com.au