Empress Rising

Unleash Your Inner Wings

FOR SCHOOL & PARENT COMMUNITIES

Something worth sharing with families.

Independent online programme for girls aged 11–14 · Term 1, 2027

Her voice.
Her next chapter.

Eight weeks. Two age-specific pathways. Practical confidence and resilience learning for girls aged 11–14, delivered online to families across Australia.

What is Empress Rising?

Created by educator **Allison Stummer**, who has more than 20 years of experience working with young people, Empress Rising offers psychology-informed education and practical mentoring. The focus is on everyday skills girls can make their own, without tests or grades.

Ignite AGES 11–12

Friendships, big feelings, self-belief and finding her voice.

Ascend AGES 13–14

Identity, social pressure, boundaries and greater self-trust.

Why families may be interested

Age-matched online learning over eight weeks, with practical tools for real situations and optional Empress Circles.

What is asked of schools?

Only to consider sharing the item below as a community notice. No delivery, purchase or endorsement is requested.

READY-TO-PUBLISH NEWSLETTER COPY

Empress Rising is an independent, eight-week online confidence and resilience programme for girls aged 11–14, founded by experienced educator Allison Stummer. Through practical, psychology-informed learning, girls explore friendships, big feelings, boundaries and finding their own voice. Two age-specific pathways are available: Ignite (ages 11–12) and Ascend (ages 13–14). Families can view Term 1, 2027 programme information, inclusions and fees at **empressrising.com.au**. This is an optional, parent-funded programme and is not organised or endorsed by the school.

A FREE PARENT RESOURCE IS ALSO INCLUDED

Five ways to help your daughter find her voice

The accompanying PDF may be shared with families as a standalone, no-cost resource.

empressrising.com.au