

THE

~~IN~~VISIBLE

GIRL

"YOU ARE THE LIGHT"

MATTHEW 5:14

"Be Seen"

www.raisingesther.com

MATTHEW 5:14-16

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

To qualify for this coaching program, the following must apply:

Girls:

- Must be between the ages of 9 - 18
- Must have a sincere desire to grow and succeed in life.
- Must be committed to the process

Moms:

- Must be have daughters between the ages of 9 - 18
- Must be tired of business as usual and have a sincere desire to grow and pivot
- Must be committed to the process
- Must find value in investing in their own growth and progress.

This coaching program is for the girl who:



Holds things in because she not feel like her opinion matters.



Struggles with "people pleasing" or feeling responsible for the happiness of others



Feels intimidated by other girls



Struggles with body image, self-esteem & self-worth



Experiences anxiety around sharing her thoughts for fear of how she might be perceived.



Moves with the crowd in order to be accepted



Prefers isolation due to fear of rejection



Blames herself for the actions and decisions of others



Is afraid to showcase her gifts publicly

This coaching program is for the mom who:



Feels like she is not operating at her greatest potential



Fails to prioritize her own self-care and needs



Needs to heal from past trauma, which has been affecting the quality of her parenting



Wants to be a better example for her daughter to follow but feels stuck.



Has lost her personal sense of worth and value (separate and apart from being a mother and or a wife).



Has struggled to truly connect deeply with her daughter due to business or inner challenges



Is ready to become a pivotal part of her daughter's growth and development

This coaching program includes:

- ✔ Weekly live coaching sessions with a certified, faith-based, Life Coach for girls and their moms.
- ✔ A confidential, non-judgemental setting for authentic self-expression
- ✔ Strategies for overcoming fear and anxiety
- ✔ Strategies for overcoming self-blame and "people pleasing"
- ✔ A community of young queens who can relate to you and cheer you on!
- ✔ Access to the "Regal Moms Club" private Facebook group
- ✔ A (separate) self-care checklist for moms and daughters
- ✔ A "Parenting on Purpose" (POP) checklist
- ✔ A professional photoshoot
- ✔ A Certificate of Completion

Upon completion of this program, girls will:

-  Discover their own "secret sauce" and appreciate their uniqueness.
-  Create a value system for their own life
-  Prioritize their own self-worth so that they can stand up for themselves
-  Overcome "people pleasing" syndrome
-  Learn to project their own voices and opinions without feeling intimidated.
-  Successfully maneuver through difficult transitions
-  Experience a heightened level of peace and joy within themselves
-  Assert themselves by sharing one gift or talent publically

Upon Completion of this program, moms will:



Re-discover their own "secret sauce" and appreciate their beauty.



Re-discover their inner worth and value separate from their relationships.



Create schedules that allow them to parent on purpose (POP).



Prioritize their own healing so that they can be the best version of themselves.



Learn to compartmentalize their roles as a woman.



Successfully maneuver challenging transitions with God's word as a guide.



Become women their daughters can be empowered by.



Experience a heightened level of peace and joy within themselves



Be ready to take their lives to the next level.