

# Self-Esteem

## RISING

The Hance Family Foundation is proud to present Self-Esteem Rising, a suite of educational self-esteem programs. **All programs are available virtually!**



Raising a Beautiful Child is a seminar offered to parents, educators, caregivers and others who are entrusted with caring for children. In the seminar, adults are taught practical strategies and methods that will help them activate self-esteem in the children they care for.



Beautiful Me is the flagship program that first extended Emma, Alyson and Katie's lessons to tens of thousands of people. Now, participants as young as 5 and as old as 105 learn vital skills **proven to increase social-emotional competencies**. Our foundation's mission will always begin and end with Beautiful Me. We partnered with Harvard Medical School's Judge Baker Children's Center to develop our Beautiful Me Teacher Training Modules.



Empower Me is designed for corporations and college campuses. This program focuses on providing the self-esteem tools necessary to find success in your career and teaching participants how to take an active role in creating personal and professional success.



The Confidence Club is our answer to the many Beautiful Me graduates who want more! This gender-neutral program extends the lessons learned in Beautiful Me, focusing on self-awareness, enhanced relationships with others and the power in helping others and volunteering.



Self-Esteem Rising Ambassadors is our competitive program for natural leaders seeking to develop critical pre-professional skills while inspiring their communities with the Hance Family Foundation's mission. Ambassadors learn to implement our programs in their own schools.



LEARN MORE AT:  
[SELFESTEEMRISING.ORG](http://SELFESTEEMRISING.ORG)

