

1. Understand:

- **The Thought Model** - Discover the powerful connection between your thoughts and feelings, and practice reframing negative thought patterns to feel better.
- **How to Face Your Feelings** - Learn how to FEEL instead of avoiding or reacting. Create your own Top 3 Tools Strategy to build emotional resilience to get through the hard times.
- **Developmental Stages of Girls** - Get your Sideline Strategies Playbook you'll need to guide your daughter through this stage.

2. Grow:

- **With the Confidence Spectrum** - Use this life-changing visual as a daily check-in for your self-worth and true confidence.
- **Be-you-tiful Body Confidence** - Escape the comparison traps and discover your unique beauty.
- **Your Dreams** - Create your own Confidence Maps: Unpack your suitcase, gather souvenirs, and use your compass to live the adventures you were meant for.
- **Your Courage** - Get the toolbox of Failure Fixes you'll need to try new things and be your amazing self, no matter what.

3. Connect:

- **Unlock the Connection Formula** - Master the most important equation you need to thrive emotionally and in all your relationships.
- **With Each Other** - Learn how to create a safe space where you and your daughter can talk about anything.
- **With Friends** - Use the Friend Drama Survival Kit to navigate friendships with confidence.