



ELLA
Empowered

Our Curriculum Overview

Ella Empowered exists to support women and girls in understanding themselves more deeply through emotional awareness, self-worth, and connection. This program creates safe, supportive spaces to explore identity, self-worth, boundaries, and relationships through reflection, conversation, and practical tools. Rooted in compassion, research, and real-life experience, Ella Empowered helps participants reconnect with who they are, trust themselves, and move through the world with greater confidence and clarity.

CORE LESSONS & OUTCOMES

Lesson 1: Knowing Yourself - Who We Are Beneath The Noise & Conditioning

This foundational lesson helps participants develop self-awareness by examining identity, values, life experiences, and internalized beliefs. Through guided reflection, storytelling, and facilitated discussion, participants explore how childhood experiences, family dynamics, and cultural expectations shape how they see themselves and move through the world. Core concepts such as awareness, acceptance, forgiveness, and self-trust are introduced, reinforcing that empowerment begins with understanding one's inner world.

Participants engage in reflective exercises that help identify inherited beliefs, recognize unspoken family rules, and begin separating their authentic selves from learned roles and expectations.

Outcome:

Participants demonstrate increased self-awareness, emotional insight, and clarity about personal values, supporting healthier decision-making and a stronger sense of self-identity.

Lesson 2: Self-Worth

This lesson focuses on cultivating intrinsic self-worth and reducing reliance on external validation. Drawing from evidence-based research, including Brené Brown's work, participants explore how shame, perfectionism, and people-pleasing undermine confidence and disconnect them from their authentic selves.

Through experiential activities such as power poses, guided reflection, and "mask" exercises, participants identify where they hide, perform, or diminish themselves in order to be accepted. The lesson reinforces that self-worth is internal, not earned, and introduces practical tools for self-compassion, resilience, and challenging negative self-talk. Participants are supported in reconnecting with their inherent value through courage, vulnerability, and meaningful connection.

Outcome:

Participants develop stronger internal confidence, reduced self-criticism, and an increased ability to engage authentically without fear of judgment or approval-seeking.

Lesson 3: Strong Boundaries Create The Right Relationships

This lesson centers on the essential role boundaries play in building respectful, sustainable relationships, emphasizing that strong, healthy connections require clear boundaries rooted in self-worth, courage, and self-respect. Participants explore how many women are conditioned to associate boundaries with guilt, selfishness, or conflict, and how this conditioning often leads to emotional exhaustion, resentment, and disconnection. Through guided discussion and reflection, boundaries are reframed as acts of self-respect, clarity, and emotional responsibility rather than rejection or punishment.

Through interactive activities and shared reflection, participants move from awareness to action. Exercises such as the Boundary Scavenger Hunt and group storytelling help normalize common boundary struggles and foster connection. The powerful "Bury the Limiting Beliefs" activity invites participants to identify, confront, and symbolically release beliefs that have kept them silent.

The lesson closes by reframing boundaries as bridges rather than walls, tools that strengthen trust, improve communication, and support emotional well-being. By practicing real-life boundary scenarios, participants develop practical language, renewed confidence, and a clear understanding that honoring their needs is not selfish, but necessary for growth, peace, and healthy relationships.

Outcome:

Participants gain practical boundary-setting skills, stronger communication strategies, and increased confidence advocating for their needs while maintaining connection and mutual respect.

Lesson 4: Goodbye Shame

This deeply reflective lesson addresses shame as a learned and internalized experience rather than a personal flaw. Drawing on research-based frameworks from Brené Brown, participants explore the differences between shame and guilt, how shame thrives in silence, and how it influences self-worth, relationships, and decision-making.

Through experiential activities, participants identify personal sources of shame and practice releasing them in safe, guided spaces. Symbolic Sharing of Shame invites participants to explore and reflect on experiences that have carried shame, fostering connection and vulnerability. Shame and Self-Care on the Scale helps participants visualize the weight of shame compared to acts of self-care and compassion, emphasizing the power of intentional practices to restore balance. Lifting the Veils of Shame offers a symbolic and reflective experience that demonstrates how self-compassion, gratitude, and support can gradually lift the layers of shame that weigh participants down.

The lesson emphasizes that shame loses power when acknowledged, shared safely, and met with compassion. Participants leave with practical strategies for recognizing and interrupting shame patterns, supporting resilience, authenticity, and stronger, more trusting connections with themselves and others.

Outcome:

Participants experience increased emotional resilience, reduced shame-based thinking, and a greater capacity for vulnerability, self-trust, and meaningful connection.

Lesson 5: Rewrite Your Relationship Story

This lesson explores how generational beliefs, cultural norms, and learned behaviors shape relationships in family, romantic, friendship, and work contexts. Participants examine old patterns, such as prioritizing others over themselves, tolerating disrespect, or avoiding

vulnerability, and practice rewriting these beliefs into empowering frameworks for connection.

Through interactive activities such as “What’s the Source?”, participants identify inherited limiting beliefs and explore strategies to build healthier relationships. They learn to set boundaries, foster mutual respect, and advocate for themselves, applying these skills across family, romantic, friendship, and professional contexts.

Outcome:

Participants gain insight into generational patterns, challenge limiting beliefs, and build relationships rooted in self-trust, respect, and balance.

Lesson 6: Social Media & The Illusion Of Connection

This lesson explores how social media can subtly impact self-worth, amplify comparison, and pull women and girls away from self-trust. Grounded in research on shame and belonging, participants examine how handpicked online content encourages comparison without context and reinforces performance over authenticity.

Rather than framing social media as something to avoid, the session approaches it as a conversation about boundaries and self-awareness. Through guided reflection, participants learn to engage more consciously, distinguish true belonging from fitting in, and regain a sense of worth that is not defined by likes, visibility, or external validation.

Outcome:

Participants increase digital self-awareness, strengthen self-trust, and develop healthier boundaries that protect emotional well-being in online spaces.