

# Fearless

**THE  
MENTORING PROGRAMME  
FOR TEENAGE GIRLS**



## BRINGING OUT THE BRAVE, CONFIDENT AND RESILIENT SPIRIT IN TEENAGE GIRLS

Fearless is our new mentoring programme for teenage girls.

Whilst girls are more likely than boys to get into a university, girls face unique challenges to their growth and personal development.

Most teenage girls are busy working out who they are and where they fit into the world. They're searching for their identity. For example, trying out new or different clothing styles, music, art, friendship groups and so on.

In their teenage years their relationships with family and peers go through big changes and shifts.

They become more self-conscious, especially about physical appearance. Their self esteem is often affected by appearance, or by how they think they look.

The 'Fearless' mentoring programme is designed to help underachieving or disengaged teenaged girls navigate their way through this journey and achieve the best results possible.

The mentoring is delivered by a team of highly experienced female mentors that have a track record of making a positive difference in the lives of young girls.



### THE PROGRAMME AIMS TO HELP STUDENTS:

- BUILD RESILIENCE
- DEVELOP SELF ESTEEM
- GROW CONFIDENCE
- IMPROVE ATTITUDE TO LEARNING
- RAISE ASPIRATIONS