



OUR MISSION
To inspire, educate, empower, value and support all youths to have a sense of purpose and live to their full potential.



Programs Offered

Pre-Teen Workshop
Ages 10-12
Be Who You Are-Free Spirited Child. Transform pre-teens to become confident leaders.

Teen Workshop
Ages 13-16
Discover Your Identity, Not Your Image. Inspire teens to reach their goals & connect with others.

Youth Workshop
Ages 17+
Stand Strong-The Ultimate Empowerment. Empower young adults to take on the world.

School Programs
All ages, school-wide
Workshops for esteem building, confidence boosting & academic success.

Just Girls
Two programs are offered exclusively for girls: Mother-Daughter workshop and Girls' Summer Camp



Empowered Me: captivating an audience...

"EmpoweredMe is a place for you to be if you're seeking guidance, motivation, and in general, if you want to be empowered."

- P.P.A., Participant Testimonial

Programs for the growing-up ages

Empowered Me is a community-centered program that aims to inspire youth and teach them how to be resilient and empowered through fun educational workshops and classes.

Youth today continue to encounter significant obstacles to their well-being and success, particularly around body image and building life skills and a healthy network of peers.

With Empowered Me in their corner, they can bravely exclaim that they are strong and excited to take charge of their futures.

Empowered Me works with students to help them develop life skills. Each facilitator brings a wealth of experience, expertise, and commitment backed by solid professional training.

The workshops are designed to be motivational to drive personal change, development and self acceptance. With a variety of workshops offered, EmpoweredMe can enhance each participant's life journey while celebrating their success.

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Our Vision

We strive for a world where every child feels valued, self-assured, empowered and never faces isolation, negativity, fear or disempowerment.

Empowered Me aims for global recognition for the unshakable commitment to focus on cognitive and social competencies so every child can have an amazing life journey.

More about the Empowered Me programs...

Empowered Me Objectives: to assist our students in all spheres of their lives and translate that knowledge into action. The goal is to help our students be the best versions of themselves.

Course Lengths: from ½ day, 1 and 2 day weekend workshops, to our popular “I believe in me because...” four week program. All workshops are customizable to meet your needs.

Format: interactive, round table discussions, participant-centered and one on one dialogues.

Recognition: 2017 Youth Empowerment Award & 2016 Excellent Community Initiative Appreciation Award; 2016 Rotary Integrity Award.

For pricing see www.empoweredme.ca



To motivate participants, gain a positive identity, and know their value and strengths



To improve participants' communication and interpersonal skills



To increase social skills, make good decisions & healthy responses to peer pressure



To have a high sense of purpose in life and the ability to sustain confidence



Harriet Tinka, Founder and Program Facilitator
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“I believe everyone deserves to feel happy, confident & empowered!”

Harriet Tinka is a transformational speaker, life coach, author, blogger, youth supporter and an enthusiastic, passion-driven entrepreneur.

Her deepest desire in life is to empower people of all ages to let go of their limitations and fears and to be the truest expression of themselves.

Empowered Me program runs on workshops, retreats, school engagements and motivational presentations.

Fueled by the positive energy of Empowered Me, participants take giant steps forward in their lives, living with gratitude, confidence and big dreams.

