



## **MEDIA RELEASE**

**09 OCTOBER 2019**

### **NEW EMPOWERMENT PROGRAM FOR GIRLS IN REGIONAL AND REMOTE AUSTRALIA TO ROLL OUT IN NOVEMBER**

A new empowerment program for adolescent girls living in rural areas is being rolled out to regional Queensland with one of the first workshops to be held in Emerald on November 17.

The Heart of the Feminine workshops have been designed by Queensland-based facilitator and motivational speaker Jasmine Cherie to assist teenage girls aged 12-16 with their personal development to build resilience and find emotional balance.

The program is a full-day workshop followed by a six-week online personal mentoring period to support the participants and provide a platform to share journeys and cultivate lifelong friendships.

The workshops are limited to 25 participants to provide a more positive and personalised experience.

The program's developer Jasmine Cherie has a decade of experience in personal and professional development, during which time she identified a strong demand from rural communities for programs that support teenage girls.

"The Heart of the Feminine was created to impact the lives of teenage girls as they journey the tricky years towards womanhood.

"After talking with parents living in regional areas who want the very best for their daughters, I saw a real need for programs like this to connect with girls who wouldn't normally get the opportunity to access this type of support.

"Teenage girls are facing complex issues, including serious matters such as cyber-bullying and relationship difficulties with peers and family.

"Good mental health and emotional wellbeing allows young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

"The Heart of the Feminine focuses on building self-confidence, developing deep and supportive friendships, strengthening body image, understanding boundaries and gaining an overall sense of excitement for life.

"These are the conversations I wish I'd had when I was a teenage girl."

The first Heart of the Feminine workshops in regional Queensland will take place at Mackay on November 16 and Emerald on November 17 with tickets available through [www.tinyurl.com/heartfeminine](http://www.tinyurl.com/heartfeminine).

With a major focus on rural and regional communities in Australia, the Heart of the Feminine Project for teenage girls will cover:

- Understand, process and communicate strong emotions
- Create certainty in communicating boundaries
- Understand there is always a choice in life - no matter the circumstances
- Empower her to be create a life that she loves
- And cultivate lifelong friendships through connecting with other girls her age.

Each participant will attend a full-day workshop and receive access to a six-week online program which provides continued mentoring and support as they integrate all that they learned in the workshop.

### **About Jasmine Cherie:**

After a successful career working for the business world's elite as an Executive Assistant, Jasmine has in more recent years embarked on a journey as a management consultant; coaching and consulting corporate clients to unleash their human potential and leadership capabilities, as well as working with their teams on maturing their effectiveness.

Jasmine's insatiable fascination for the conversation of 'what it is to be a human being', has been the driver for her professional, personal and spiritual development over the last decade.

She has immersed herself in leadership transformation modalities and journeyed deep feminine embodiment practices.

### **Upcoming workshop dates:**

Mackay Date: Saturday 16 November	Emerald Date: Sunday 17 November	Gold Coast Date: Sunday 1 November
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**Tickets are available through** [www.tinyurl.com/heartfeminine](http://www.tinyurl.com/heartfeminine)

**Please see attached speaker's bio for further information on speaking at local high schools and community events.**



[www.facebook.com/theheartofthefeminine](http://www.facebook.com/theheartofthefeminine)

[www.tinyurl.com/heartfeminine](http://www.tinyurl.com/heartfeminine)



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