

LONG FORM program

Who is the woman you are today, and who do you want to be tomorrow?

The role of the Tomorrow Woman long form program is for participants to feel they have the agency to author their own version of womanhood for theirs and future generations of tomorrow.

We are breaking down the narrow stereotypes and expectations placed on women. We are supporting women to connect with their unfiltered, truest, most authentic and innate voice by discovering tools that encourage speaking up and embracing the truest parts of themselves, and sharing this with the world.

We want all women to live fuller, healthier and bolder lives for tomorrow. And we want to help them get there.

All women should have the tools to live fuller, healthier and bolder lives. All women should be the author of their own reality for tomorrow.

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MODULE 1

HER CODE

A space enabling participants to express their authentic selves beyond the room, free from the limitations of society, peer expectations + stereotypes thus empowering participants to author their own version of womanhood.

MODULE 2

HERSTORY

Participants will gain a greater understanding of what has influenced their past, their generational history, and their own gendered lens, and how it impacts the women they want to be today + for the future.

MODULE 3

HER INFLUENCE

An opportunity for participants to look more deeply at how pressures + expectations influence the way we treat others, particularly other women. We'll provide tools to help create a more positive and empowering peer dynamic.

MODULE 4

HER VOICE

Sharing + understanding the stories we tell ourselves, and the limitations placed on us by our "inner critic" or as we sometimes call it, our "inner troll". Participants are taught tools to harness a more compassionate inner dialogue.

MODULE 5

HER EDGE

How do we begin to heal ourselves on a deeper level, when so many elements within our lives have disrupted the relationship we have with ourselves?

Participants explore boundaries + self care to enable them to redefine the relationship they have with themselves and how to honour and protect it.

MODULE 6

HER MANIFESTO

This final module allows each participant to step up + reintroduce the woman they are today and who they want to be for tomorrow. This re-authoring helps to create a better tomorrow for themselves + those who follow behind them.

SCOPE + SEQUENCING

We've developed a schedule to achieve the best possible outcome for this long form, six module program. We are happy to work with you individually to find a tailored schedule and module plan to suit.

The following example would follow one cohort of students through all modules.

example THREE YEAR JOURNEY

YEAR 10
FIRST YEAR



YEAR 11
SECOND YEAR



YEAR 12
THIRD YEAR

MODULE 1
Her Code

MODULE 3
Her Influence

MODULE 5
Her Edge

MODULE 2
HERstory

MODULE 4
Her Voice

MODULE 6
Her Manifesto

example TWO YEAR JOURNEY

YEAR 10
FIRST YEAR



YEAR 11
SECOND YEAR

MODULE 1
Her Code

MODULE 4
Her Voice

MODULE 2
HERstory

MODULE 5
Her Edge

MODULE 3
Her Influence

MODULE 6
Her Manifesto



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