

ABCs of a...

SHEnergized
School of Excellence

Life!



Accept the challenge
Be your best
Combine your words into actions
Dedicate your life to your dreams
Expect little, if you give little
Feel good about yourself
Get Going
Have a helping hand
Inspire somebody
Join the team
Keep on Keeping on
Let your light shine everyday
Make every moment count
Never say I can't
Overcome your obstacles
Put your best foot forward
Quit Quitting
Run this Race with patience
Stand strong
Trust in your sister
Use your talents
Value your time
Work until your work is done
X-ray your lifestyle
Yearn to achieve your goals and ambitions
Zealously be the best SH**E**nergized woman you can be

Avant School of Excellence Young Ladies Empowerment Program Principles

During this experience, each young lady will be edified, equipped and empowered to:

Value Herself: This includes valuing and appreciating herself; having healthy emotional, cognitive, and physical habits; and engaging in meaningful and rewarding activities.

Find Balance and Purpose: This includes having a sense of balance, meaning, and purpose in life; having and being able to adapt to change and cope successfully with adversity.

Connect with Others: This includes having compassion for others; identifying with a community; and having meaningful, rewarding, and supportive relationships.