BESPOKE GROWTH
SOLUTIONS

Braver Girls. Brighter Futures.

An immersive, experience-led leadership development programme for girls aged 13–15.

Where confidence becomes capability.



BESPOKE GROWTH SOLUTIONS

Delivered in partnership with Bespoke Change as part of the Life Skills Framework.

WHY IT MATTERS

Because 13–15 is a pivotal time.

These are the years when girls are working out who they are, testing what they believe and finding their place in a bigger world.

Confidence, voice and judgement are still being shaped. The right experiences now can help girls trust themselves, back their choices and step forward with greater self-belief.



01 **SELF-AWARENESS** is still developing



02 **SOCIAL COMPARISON** intensifies



03 **IDENTITY** is taking shape

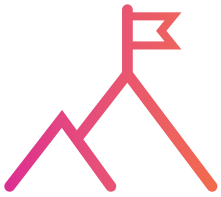
This is the moment that matters.

A DIFFERENT APPROACH

Don’t just tell her she’s capable.
Give her the evidence.

Girls don’t just learn about leadership. They experience it.

Braver Girls. Brighter Futures. uses real challenges, coaching-led reflection and ongoing support to help girls understand what they can do.



EXPERIENCE.
Step into real situations.



REFLECT.
Make sense of what happened.



DECIDE.
Choose what to try next.



USE IT.
Apply it in school, life and future opportunities.

Real experiences. Lasting change.

WHAT GIRLS DEVELOP

More than confidence.

A stronger sense of self.

Girls leave knowing themselves better, trusting their judgement and seeing real evidence of what they can do.

DEEPER SELF-AWARENESS.

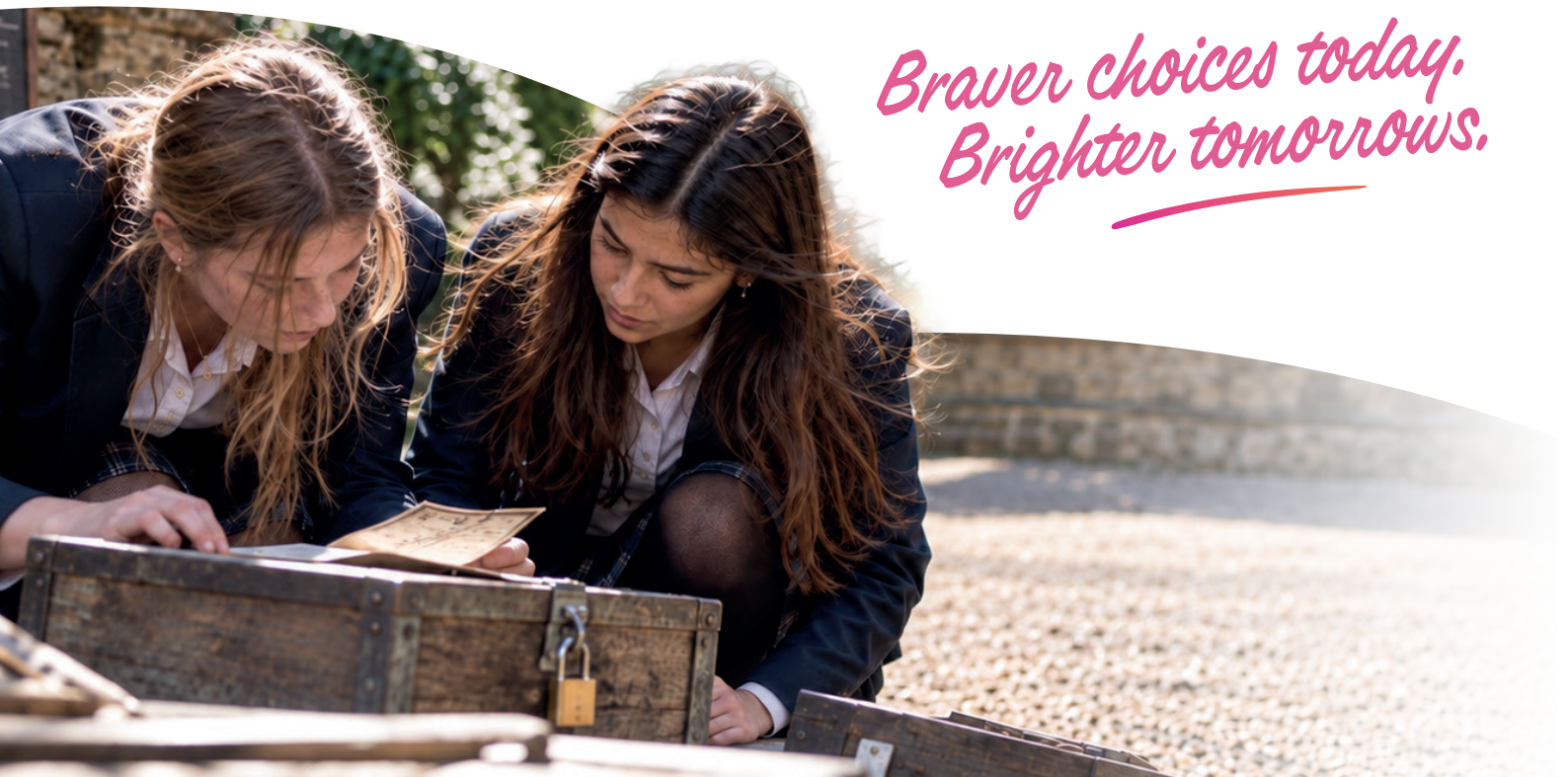
Understand their strengths, patterns and ambitions.

BACK THEIR JUDGEMENT.

Make considered choices and adapt when things change.

USE THEIR VOICE.

Communicate with confidence and influence with empathy.



Braver choices today. Brighter tomorrows.

HOW IT WORKS

Ten weeks.
Three sessions together.
Real life in between.

One connected journey in your school for up to 20 girls aged 13-15 from across year groups.

WEEK 1 — WEEK 10

1 **DISCOVER ME** FULL DAY

2 **REWRITE THE RULES** HALF DAY

3 **COURAGE IN MOTION** HALF DAY

Real challenges, group experiences and coaching-led reflection.

IN BETWEEN SESSIONS



HER JOURNAL

Short prompts to capture what she's trying, learning and noticing in herself.



A BIG SISTER

A woman chosen by the school, offering encouragement and a glimpse of what's possible.

EXPERT-LED By an ICF-accredited executive coach and a trained co-facilitator.



SAMPLE ACTIVITY: DAY 1

MISSION 60

ONE HOUR. ONE MISSION. NO APPOINTED LEADER.

The clock starts. The room gets loud. Sixty minutes of decisions, twists and pressure. Then a coach-led debrief on what worked and what she'll try next.

Real challenge. Real discovery.

A DISTINCTIVE OPPORTUNITY

Invest in your girls. Invest in what's next.

The impact reaches beyond the cohort into classrooms, friendships and the wider school community.



STRENGTHEN YOUR OFFER.

Add something genuinely different to your leadership, pastoral and enrichment provision.



SHOW YOUR COMMITMENT.

Show families you invest in who girls are becoming, not just what they achieve.



SUPPORT RETENTION.

Give families another reason to value your school and choose to stay.



SUSTAIN THE IMPACT.

After the first cohort, schools can opt to have their own staff trained to deliver the programme in-house under licence.

WHY I CREATED IT

I've seen what's possible when girls are given the right experiences.

I've spent more than 15 years working with leaders through change, challenge and growth. And one thing has stayed with me.

Confidence rarely comes from being told you can.
It comes from finding out for yourself.

Most of us find out much later, and often the hard way.
I wanted girls to get there sooner.

So I created

Braver Girls. Brighter Futures.

It gives girls aged 13–15 real challenges and the space to reflect, so they discover what they're capable of while they're still figuring out who they are.

Less "I hope I can."
More "I know I can."



Codie James

Founder, Bespoke Growth Solutions
ICF-accredited Executive Coach

BESPOKE GROWTH
SOLUTIONS

Brighter Futures Start Here.

School partnerships now open.

SCAN TO LEARN MORE

bespokegrowthsolutions.co.uk/bravergirls
office@bespokegrowthsolutions.co.uk
07875 281155

Where confidence becomes capability.

Delivered in partnership with Bespoke Change as part of the Life Skills Framework.