



Contact Information



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Phenomenal Girls

Empowering
Young Minds

**WHERE
CONFIDENCE, JOY,
AND MINDFULNESS
GROWS.**

Workshops, Coaching,
Unique Birthday
Experiences, Etiquette,
Make-Up, Modeling and
More



Our Programs Are Centered In

Confidence & Self-Love

Mindfulness & Mental

Wellness

Creativity & Joy

Celebration & Community

Our Services:

- Mental Wellness Workshops
- 1:1 Coaching
- Celebrate YOU
- Make-up & Skincare Tutorials
- Etiquette
- Modeling
- Dress Up Tea Parties

Our Mission

Phenomenal Girls is an extension of Phenomenal Women, designed to nurture the next generation of confident, mindful, and resilient young women. We combine mental wellness tools, mindset practices, and creative activities to help girls embrace their inner strength.



Join Our Workshops

- **Mental Wellness Workshops -** Interactive, age-appropriate workshops that introduce mindfulness, gratitude, vision boards, and self-care practices to build resilience and positivity.
- **1:1 Coaching-** Personalized coaching sessions to help young girls set intentions, build confidence, and cultivate a positive mindset. Includes goal-setting, affirmations, and self-esteem boosting activities.
- **Celebrate YOU Parties-** Transform birthdays/special events into empowering celebrations! Parties feature fun, creative activities like vision boards, affirmation circles, dream jars, customized wellness kits, make-up and skin care tutorials and more.

Why Phenomenal Girls?

We believe every girl deserves to know her worth and embrace her power. Our offerings blend mental wellness, fun, and manifesting dreams in ways that inspire lifelong confidence.

