

SPRING 2026



INAUGURAL
COHORT
♥ 2026 ♥

A Graduation That Changed Generations

Celebrating the Inaugural *Generational Confidence*™ Graduation
In Partnership with **Value Schools Foundation**



Empowering *Confidence*.
Developing *Leadens*.
Transforming *Generations*.

CHIN UP. SHOULDERS BACK. HAPPY FACE. YOU GOT THIS!™

A MESSAGE FROM *Founder Shakila Stewart*



What happened at our first-ever **Generational Confidence™ Graduation** was more than a ceremony—it was a transformation.

For five months, mothers and daughters came together to explore confidence, leadership, self-worth, communication, and personal growth.

As I watched the graduates walk across the stage and receive their certificates, it was the **first graduation** where I cried.

I wasn't crying because they completed a program.

I was crying because I could feel mothers fighting for themselves, their daughters, and future generations.

I watched women begin to see themselves differently. I watched confidence become real. I watched barriers break.

One of the most meaningful aspects of this journey was making the program accessible to Spanish-speaking families. Through the support of University Prep Value High School substitute teacher, Deisy Say, our curriculum was translated into Spanish, allowing mothers to fully engage, participate, and experience the program in their native language.

In that moment, confidence was no longer limited by language. Every woman had the opportunity to be seen, heard, valued, and empowered.

Teen girls were also guided through creating vision boards alongside leaders from Disney Studios Inc. an experience that helped them dream boldly, visualize their futures, and see themselves as the leaders they already are.

This graduation reminded me that when a woman discovers her voice, generations change.

Chin Up. Shoulders Back. Happy Face. You Got This!™

“

This graduation reminded me that when a woman discovers her voice, generations change.

— *Shakila Stewart*

Founder & Executive Director
Chin Up! You Got This!™ ♥

”

THE JOURNEY —❤️—

In January 2026, Chin Up! You Got This!™ partnered with Value Schools Foundation to launch the inaugural Generational Confidence™ Program, serving mothers and daughters together.



JANUARY 2026
Partnership Launch



FIVE MONTHS OF GROWTH
Monthly sessions of learning, connection and empowerment



CONFIDENCE
Building self-worth and believing in who you are



LEADERSHIP
Stepping into your voice and leading with purpose



GRADUATION
Celebrating transformation and generational impact

THROUGH MONTHLY SESSIONS, PARTICIPANTS EXPLORED:



Self-Image & Identity



Self-Esteem & Confidence



Leadership Development



Posture, Presence & Personality™



Goal Setting & Vision Planning



Communication & Self-Advocacy

Together, mothers and daughters learned to recognize their strengths, embrace their voices, and step into leadership within their families and communities.

*The result was more than confidence.
It was transformation.*



GRADUATION HIGHLIGHTS



CERTIFICATES AWARDED

Mothers and daughters proudly received certificates of completion.



VISION BOARDS

Teen girls created vision boards and explored their dreams for the future.



DISNEY VOLUNTEERS

Volunteers from Disney Studios joined the experience, helping participants bring their goals and aspirations to life through vision board activities.



ENGLISH & SPANISH PROGRAM

The program was offered in both English and Spanish, ensuring every family had the opportunity to fully participate.



STANDING OVATIONS

The room was filled with tears, laughter, standing ovations, and breakthrough moments that will impact families for generations.



NEW LEADERS

Participants walked the confidence runway and celebrated their personal growth.



VOICES

FROM THE PROGRAM



“

MOTHER PARTICIPANT

“No one has ever told me that I was a leader until this class.”

“

MOTHER PARTICIPANT

“This is an excellent program. There is so much leadership development that helps shape your personality. It is an honor to be part of this program. It is a pleasant environment where you feel comfortable.”

“

TEEN PARTICIPANT

“Before this program, I didn’t know I had a gift for public speaking. Now I feel more confident sharing my voice.”

“

TEEN PARTICIPANT

“Creating my vision board helped me see that my dreams are possible and that I can achieve my goals.”

“

FROM OUR PARTNER

“Students who had previously participated in the Chin Up! You Got This!” program went home and shared their experiences with their mothers. The moms told us, ‘We need this.’ Many shared that no one had ever told them they were leaders. You could see the transformation in just a few sessions. The mothers felt heard, and that made all the difference.”

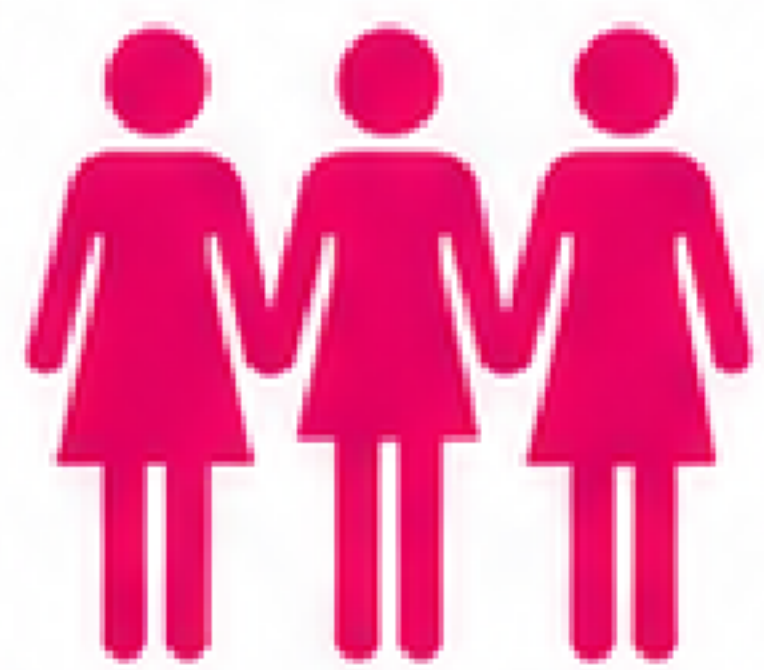
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— **David Doyle**

President, Value Schools Foundation

THE IMPACT

BECAUSE OF THIS PROGRAM:



MOTHERS DISCOVERED
THEY ARE LEADERS.



FAMILIES GREW
STRONGER TOGETHER.



DAUGHTERS FOUND
CONFIDENCE IN THEIR
VOICES.



PARTICIPANTS FELT
SEEN, HEARD, AND
VALUED.



CONFIDENCE INCREASED
AT HOME AND AT SCHOOL.



NEW LEADERS
EMERGED.

THIS IS MORE THAN CONFIDENCE.

THIS IS GENERATIONAL TRANSFORMATION.



THANK YOU —

To our incredible partners, supporters, and community,

- ♥ Susan and Jerry Porath
- ♥ David Doyle
- ♥ Deisy Say
- ♥ Kristen Kain
- ♥ Jocelyn Kirkland
- ♥ Christa Shelmon
- ♥ Value Schools Foundation Educators

And every mother, daughter, volunteer, donor,
and supporter who helped make this historic
graduation possible.



*Your belief, your time, and your support
are changing lives and building brighter futures.*



WHAT'S NEXT?

The success of this inaugural cohort has shown us what is possible when women and girls are given the tools, encouragement, and support to believe in themselves.

We look forward to expanding Generational Confidence™ and continuing to empower, elevate, develop leaders, and transform generations.



EMPOWERING
CONFIDENCE.



DEVELOPING
LEADERS.



TRANSFORMING
GENERATIONS.

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