

OUR JOURNEY

EMPOWERING TEEN GIRLS AND WOMEN

In 2015, Shakila Stewart founded Walk This Way Movement™, Inc. In Chicago, inspiring women to conquer fears, overcome obstacles, and build confidence through the art of walking in heels.

By 2016, Shakila recognized the need to empower teen girls with the same message. She launched Chin Up! You Got This! Confidence Training Workshops, equipping teen girls to pursue their dreams fearlessly—without heels.

In 2017, she expanded her mission to Los Angeles, hosting her first workshop with Los Angeles Business Source and securing Chin Up! You Got This!'s first educational contract with Magnolia Science Academy 3.

In 2019, Shakila published her first book, Chin Up! You Got This!™, and reached thousands through workshops, book signings, and corporate events.



WHERE WE ARE

A pivotal moment in 2024 inspired Chin Up! You Got This!'s transformation into a nonprofit. A young girl, after losing her mother, found hope in the words "Chin Up! You Got This!"—a testament to the power of positivity and resilience.

Now, Chin Up! You Got This!™ continues to impact lives, empowering the next generation with confidence, hope, and purpose.



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CHIN UP! YOU GOT THIS!™

"Empowering women and teen girls to thrive emotionally, Personally and professionally "

JOIN THE MOVEMENT



Chin Up! You Got This!™

A national Confidence and leadership development organization empowering women and teen girls to thrive emotionally, personally and professionally.

Our Mission

To equip teen girls and women with the confidence, self-esteem, and life skills they need to thrive—through innovative social-emotional learning, trauma-informed support, and career readiness programming.

Our Vision

Chin Up! You Got This!™ is building a global movement where every teen girl and woman—regardless of zip code, past, or circumstance—can rise with confidence, courage, and purpose.

Our Purpose

Is to strengthen confidence, emotional well-being, and career readiness in teen girls and women—equipping them with the skills and support needed to succeed in school, work, and life.

We empower individuals facing unique challenges to build confidence, resilience, and leadership.

- SCHOOLS & DISTRICTS
- CORRECTIONAL FACILITIES
- CORPORATE & WORKFORCE
- FUNDERS & PHILANTHROPISTS

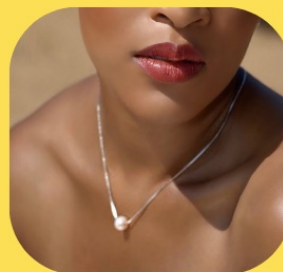


OUR PROGRAMS

Since its inception, Chin Up! You Got This!™ has empowered more than 7,000 teen girls and women through the support of our partners, sponsors, and community.

- **The One Pearl Mentoring Program™**
- **The Runway Workout™**
- **Pathway To empowerment™**
- **Posture, Presence & Personality™**
- **Chin Up! You Got This!™ Digital Confidence Curriculum**

Participants receive curriculum materials, journals, certificates, and our signature One Pearl Necklace™—a symbol of worth, resilience, and purpose.



Empower the next generation of confident teen girls and women by partnering with Chin Up! You Got This™

PARTNERSHIP OPPORTUNITIES

Your partnership will help us continue delivering life-changing workshops, mentorship programs, and community initiatives that instill resilience, hope, and self-worth.

Together, we can transform lives and create a lasting impact.

Sponsor Curriculum Expansion

Sponsor Digital Access

Sponsor Facilitator Training

Custom Partnership Opportunities

We are happy to collaborate and create a tailored partnership opportunity that aligns with your organization's goals and values.



Want to get involved?

Scan the QR Code for more information.