



Transforming Hearts, Nurturing Futures

# Empower Kidz and Teen Academy

Africa's Premier Life Academy for Children and Teenagers

A one stop shop for everything  
children and teenagers'  
empowerment





## OUR VISION

Our vision is to be a solid and steadfast pillar of support to parents as they navigate the path of raising godly, well-rounded, wholesome and exceptional children.

## OUR MISSION

To realize this vision, we are dedicated to empowering children and teenagers with the knowledge, skills, and values necessary to lead fulfilling and successful lives while also equipping parents with essential education.



# OUR SERVICES



## ONE YEAR COACHING PROGRAMME

A comprehensive group coaching programme that spans an entire year. It covers a range of topics that are relevant and beneficial for children and teenagers.



## SPECIALIZED COACHING PROGRAMMES AND SCHOOLS

Our specialized coaching programs and schools are designed to provide focused guidance and skill development in key areas.



## ONE-ON-ONE COACHING

One-on-one coaching involves individualised attention and guidance for a child or teenager. It addresses the unique needs, strengths and challenges of a child or teenager.

# A brief description of all programs and schools





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# ONE YEAR COACHING PROGRAM





## Kiddies Growth Adventure Club

Ages 5 to 12

A comprehensive life coaching program dedicated to nurturing the holistic growth and development of children. Our curriculum covers a wide spectrum of essential topics, including personal development, character education, sex education, etiquette, manners, and spiritual discipleship. Our curriculum is delivered in fun, exciting ways with a lot of story telling and activities to capture the hearts of children.



## Teen Girls Growth Adventure Club

Ages 13 to 19 Girls


A safe and supportive space where teenage girls can come together to grow, learn, and be empowered. We focus on building self-confidence, leadership skills, personal development, character and value, sex education, etiquettes, manner, purpose, practical life skills and spiritual discipleship. Through a variety of workshops, discussions, and activities, we help girls to discover their unique potential and navigate the challenges of adolescence with strength and resilience.



## Teen Boys Growth Adventure Club

Ages 13 to 19 Boys

A safe and supportive space where teenage boys can come together to grow, learn, and be empowered. We focus on building self-confidence, leadership skills, personal development, character and value, sex education, etiquettes, manner, purpose, practical life skills and spiritual discipleship. Through a variety of workshops, discussions, and activities, we help boys to discover their unique potential and navigate the challenges of adolescence with strength and resilience.







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# SPECIALIZED COACHING PROGRAMS





## Puberty Empowerment Programme

This program is designed to help preteens and teens embark on their puberty journey with confidence and knowledge. Our empowering workshops and interactive sessions will guide them through physical and emotional changes, building self esteem, understanding healthy relationships, and fostering resilience.

Duration: 12 weeks

Age: 9 and above

Option of Group or personalized

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## Sexual Purity Programme

Our Sexual Purity Program is designed to educate and empower adolescents and young adults, to make informed, responsible decisions about their sexual health and relationships. This program promotes the value of maintaining sexual purity while fostering a deeper understanding of the following key areas:

1. Healthy Relationships
2. Sexual Education
3. Emotional and Mental Well-being
4. Peer Pressure and Consent
5. Making Informed Decisions
6. Communication Skills
8. Real-Life Scenarios

Duration: 12 weeks

Age: 13 and above

Option of group sessions or personalized sessions

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## Navigating Dating Relationships

Our Navigating Dating Relationships Program is meticulously crafted to provide guidance through the complexities of dating, empowering participants to make informed and responsible decisions. This program assists participants in understanding the right time to begin dating, differentiating between dating and courtship, and aligning their journey with God's plan for marriage.

Duration: 12 weeks

Age: 13 and above

Option of Group or personalized

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## Transition to Secondary School

Our transition to secondary school program aims to ease the shift for students from primary to secondary education. The program often addresses emotional and social aspects, academic expectations, coping with peer pressure, time management, coping with boarding school, providing support for students to adapt smoothly to the changes in their educational journey.

Duration: 12 weeks

Age: Primary School Leavers

Option of Group or personalized

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## Transition to University

Our transition to university program is designed to help incoming university students adjust to the academic, social, and personal challenges of university life. It typically includes orientation sessions, academic advising, and workshops on study skills and time management. Overall, its goal is to facilitate a smooth and successful transition from high school or other backgrounds to the university environment.

Duration: 12 weeks

Age: Secondary School Leavers

Option of Group or personalized

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## Financial Literacy Programme

Our Financial Literacy Program is specially designed to introduce young minds to the world of money, savings, and responsible financial decision-making. Through fun and interactive activities, our program equips children with essential financial knowledge and skills, setting them on the path to financial responsibility and independence.

Duration: 12 weeks

Age: 5 and above

Option of Group or personalized

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## Entrepreneurship Programme

This program is designed to ignite the entrepreneurial spirit in young minds. We provide hands-on learning, mentorship, and resources to equip aspiring entrepreneurs with the knowledge and skills needed to turn their innovative ideas into successful businesses. Through workshops, networking, and real-world experiences, participants will gain a solid foundation in business development and management.

**Duration: 12 weeks**

**Age: 5 and above**

**Option of Group or personalized**

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## Digital Literacy Program

Our Digital Literacy and Online Safety Program is designed to equip children and teenagers with the knowledge and skills necessary to navigate the digital world confidently and securely. In an increasingly digital age, our program empowers participants with essential information to use technology safely and responsibly, fostering a sense of digital literacy and online safety.

Duration: 12 weeks

Age: 5 and above

Option of Group or personalized

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## Leadership Programme

Our leadership program, for children and teenagers, is tailored for future global leaders. Rooted in values and mentorship, it aims to nurture the unique qualities and divine calling within each participant, empowering them on how to lead with purpose."

Duration: 12 weeks

Age: 5 and above

Option of Group or personalized

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## Public Speaking Programme

Our Public Speaking Program is aimed at enhancing public speaking skills, confidence, and the ability to articulate ideas effectively, preparing children and teenagers for various speaking engagements and opportunities.

Duration: 12 weeks

Age: 5 and above

Option of Group or personalized

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# SPECIALIZED SCHOOLS





## School of Etiquettes and Manners

Our school of etiquettes and manners focuses on teaching children and teenagers the social graces and polite behaviours essential for various settings. Courses cover topics such as dining etiquette, professional decorum, communication skills, and social conduct. The goal is to enhance personal and professional interactions by instilling a sense of courtesy, respect, and cultural awareness. Practical scenarios, role-playing, and real-life examples are often integrated into the curriculum to reinforce proper etiquette in diverse situations.

Duration: 12 weeks

Age: 5 and above

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## School of Purpose Discovery

Our School of Purpose Discovery for children and teenagers is a transformative journey designed to help young minds understand that they were born for a purpose. Through engaging activities, and mentorship, participants embark on a path of self-discovery, gaining clarity on their unique purpose and potential for a fulfilling future."

Duration: 12 weeks  
Age: 5 and above

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## Worship and Music School

A training school for children who are called to worship and music. Children will learn all about worship, how to play musical instruments, worship dance, and improve on their natural singing talent. With a blend of joyful learning and creative expression, kids embark on a musical journey that nurtures their faith, artistic talents, and love for worship, creating a foundation for a lifelong connection with the spiritual and musical realms.

Duration: 12 weeks

Age: 5 and above

Option of Group or personalized

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## School of Spiritual Discipleship

Our School of Discipleship is devoted to nurturing children and teenagers in the ways of the Lord, with a primary focus on spiritual discipline. We are dedicated to aiding children in their spiritual growth journey. Through intentional teachings and practices, our aim is to instill strong spiritual values and a deep connection with faith, providing a foundation for their ongoing spiritual development.

Duration: 1 year  
Age: 5 and above

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# OUR STRENGTHS

1

**Faith-Based Foundation:** Our organization is built upon strong christian values, and our curriculum are centered around kingdom and godly principles.

2

**Expert and Specialized Coaches:** Our programs are taught by Christian expert and specialized coaches and mentors who have a proven walk with God, and are dedicated to guiding and empowering children and teenagers.

3

**Diverse Program Offerings:** We offer a wide range of programs, catering to a variety of interests and needs.

4

**Smart Classes:** Our classes are held online and accessible to children all over the world.

5

**Age Appropriate and Comprehensive Curriculum**

# Meet Our Founder

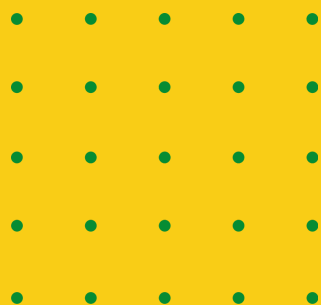


## Oluwapelumi Boluwaji

Life Coach for Children and Teenagers  
Biblical Parenting Coach  
Children Book Author

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[www.oluwapelumiboluwaji.com](http://www.oluwapelumiboluwaji.com)





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KIDz & TEENZ  
ACADEMY

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