



THE
**Empowerment
Project**
PODCAST
with Nicole Dargie

bio

FROM PSEUDO ENLIGHTENMENT AND FEMALE SEXUALITY. EMPOWERING TEENAGERS AND THE NEW RISE OF MENS VULNERABILITY.

"The Empowerment Project opens up controversial conversations that conjure new ways of thinking to create positive change."

Cracked wide open by past trauma and grief, Nicole Dargie holds the space for others to open up through deep gritty conversations and share their experiences and life's work to create change. She cuts the fluff and exchanges thought provoking ideas to create solutions that educate, inspire and empower.

ask nicole

- What is Womens Empowerment?
- Why is Mens Empowerment important to you?
- How can parents encourage Teen Empowerment?
- Can you give us three tips to improve our wellbeing?
- How can you empower a loved one?

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topics

WOMENS
EMPOWERMENT

MENS EMPOWERMENT

TEEN EMPOWERMENT

WELLBEING

RELATIONSHIPS
AND FAMILY

