



PROPEL

WOMEN'S SCHOLARSHIP

**A 12-Week Transformational Journey for
Women Ready to Step Into Their Next Level**


www.bridge-24.org

What Is the Propel Women's Program?

Propel is a **12-week scholarship program** designed specifically for women who are *ready to move beyond surface-level motivation and experience real, lasting change*. Funded by Bridge-24, this program gives women access to a **world-class transformational coaching experience**.

Your thoughts drive everything. Propel helps participants interrupt old, limiting thought patterns and replace them with new, empowering ways of thinking and responding. The result is measurable shifts in confidence, clarity, decision-making, and performance, both personally and in the workplace.

This is not a motivational seminar. It is a structured, evidence-informed process that rewires how participants think, respond, and lead, delivering tools that are repeatable, reliable, and dependable in real life.



What Each Participant Receives

Each participant gets access to a private online portal containing world-class resources developed over 40 years by Mary Morrissey and the Brave Thinking Institute. Every week throughout the 12-week journey, participants are guided through:



Guided reflections that don't just shift your mindset, they rewire how you think, decide, and move



A coaching portal packed with practical tools and daily exercises you can actually use



Weekly live group coaching with Certified Life Mastery Coach Darlene Miles - recorded so you can revisit any session, any time



A community of transformational thinkers committed to growth, accountability, and stepping into their next level

Program Structure

The 12 weeks are organized into four progressive phases, each building on the last:

PHASE 1: Weeks 1 - 3	Foundation	Clarify vision, identify limiting beliefs, and begin shifting from autopilot thinking to intentional living.
PHASE 2: Weeks 4 - 6	Inner Alignment	Develop emotional mastery, shift identity, and strengthen decision-making and commitment.
PHASE 3: Weeks 6 - 9	Integration	Translate new thinking into consistent action through habits, discipline, and overcoming resistance.
PHASE 4: Weeks 10 - 12	Expansion	Solidify transformation, expand capacity, and step into leadership, influence, and future vision.

Program Outcomes

For women who are ready and willing to fully engage, the impact is profound. We see participants:

- ✓ Step out of limitation and take ownership of their future
- ✓ Show up with renewed confidence, clarity, and sense of purpose
- ✓ Make better decisions and improve productivity in the workplace
- ✓ Build emotional resilience and reduce overwhelm
- ✓ Take consistent action aligned with their goals and values
- ✓ They bring that growth back into their workplaces, families & communities



2026 Program Schedule

The program runs three times in 2026. Each cohort follows the same 12-week curriculum and includes two live coaching session time options to accommodate different schedules:

Summer Program

May, June, July

Tuesdays 12:30–1:30 PM
Thursdays 6:00–7:00 PM

Fall Program

July, August, September

Tuesdays 12:30–1:30 PM
Thursdays 6:00–7:00 PM

Winter Program

October, November, December

Tuesdays 12:30–1:30 PM
Thursdays 6:00–7:00 PM

Note: Participants will select their preferred session time (Tuesday or Thursday) upon registration.

Technology Requirement

To fully participate and engage with the live sessions, portal resources, and community, every participant should have access to a laptop or desktop computer with a reliable Wi-Fi connection.

Partner With Us

Bridge-24 created the Propel Women's Scholarship to give women access to this level of transformation regardless of financial circumstance.



We are actively seeking organizational partners *who see the value in investing in their people, not just for performance, but for long-term wellbeing and impact.*

For every donation of \$1,955, a woman has the opportunity to change not only her own life but every life she touches.

Together, we transform nations, one person at a time.

WANT TO FUND A SCHOLARSHIP?

If you would like to come alongside what we are doing, we welcome your support. **A donation of \$1,955 funds one woman's full 12-week journey.**

[DONATE HERE](#)



Apply or Nominate

Know someone who's ready?
Or is that someone you?

APPLY FOR A SCHOLARSHIP

If you are a woman ready to invest in your own growth, you can apply directly for a Propel Women's Scholarship. The application covers your goals, your current season of life, and your commitment to completing the program.



APPLY

NOMINATE SOMEONE FROM YOUR WORKPLACE

Know a woman in your organization who is ready for this? Put her forward. The nomination form asks why you are recommending her and confirms she meets the basic participation requirements.



NOMINATE

Empowering Small Businesses to Have Big Impact

www.bridge-24.org



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