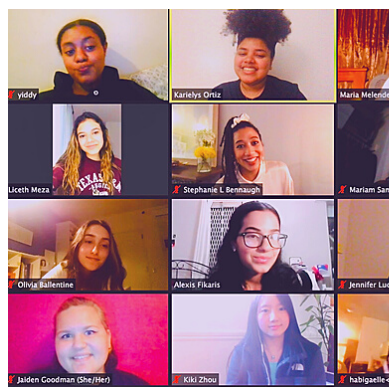


EMBRACE HER LEGACY ACADEMY

20
22

PROGRAM KPI'S + DASHBOARD





OUR MISSION & VISION

Embrace Her Legacy is a 501(c)(3) non-profit personal development organization dedicated to equipping women and girls with the tools needed to overcome internal and external challenges in fulfilling a purpose-driven legacy. Our vision is that every girl and every woman defeats her inner saboteur, masters her relationship with self and lives out her legacy...unapologetically.

We offer transformative personal, leadership and social-emotional development programs, workshops and coaching for women and girls, with a emphasis on serving millennial women and Gen Z girls of color.

THE EMBRACE HER LEGACY ACADEMY

Our Embrace Her Legacy Academy is a 10-session social-emotional, personal development and leadership development program offered to young women ages 14-19. Since our program is now virtual, students are participating from all over the country. The institute is targeted to girls who demonstrate strong leadership and academic ability. With small cohorts of 10-15 students, we equip these young women with the tools needed to achieve success in self-confidence, personal development, career, education and leadership.

OUR IMPACT

Since inception, we've impacted more than 15,000 women and girls worldwide in over 35 countries through our programs, workshops, social media and podcast and we've reached 2,500 women and girls in the NYC/tri-state area alone.



PROGRAM GOALS

The Embrace Her Legacy Academy aims to help young women:

- Increase social-emotional development, emotional wellness and self-confidence while learning to adapt behaviors that lead to the development of a positive self-concept in order to interact positively with self.
- Identify negative-thought patterns (their “inner saboteur”), build endurance against those negative thought-patterns and replace those thoughts with new, effective thought-patterns.
- Obtain the tools to achieve confident leadership ability and career, financial, education, and lifestyle goals.

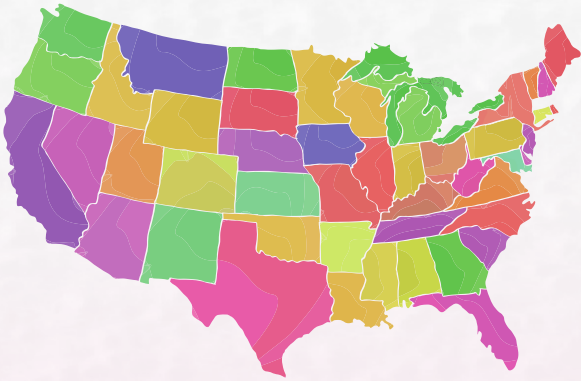
INCREASE IN EMOTIONAL/ MENTAL WELLNESS	BETTER ABLE TO MANAGE NEGATIVE EMOTIONS (I.E. FEAR, ANXIETY)	TOOLS TO IDENTIFY & IMPLEMENT BOUNDARIES
85%	75%	70%

STRENGTHENED ACADEMIC SKILLS	INCREASE IN OVERALL SELF-CONFIDENCE	IDENTIFY AND LIVE PERSONAL VALUES
100%	88%	4 of 5



PROGRAM NATIONAL IMPACT

15 CITIES REACHED



PROGRAM PARTNERS

AMERICAN EAGLE
BAKED BY MELISSA
BLACK GIRL FREEDOM FUND
BLACK GIRL SUNCREEN
CAMARENA ADELANTE FOUNDATION
COMPENDIUM JOURNALS
DEVACURL
DIOP
GRANT MAKERS FOR GIRLS OF COLOR
LUSH COSMETICS
MAC COSMETICS
THE OPPORTUNITY NETWORK
VOGLER FOUNDATION
WEGMANS CHARITABLE FOUNDATION

BRIDGEPORT, CT
BRYAN, TX
CHICAGO, IL
CORONA, CA
FORT WASHINGTON, MD
HUNTINGTON VALLEY, PA
JACKSON, OH
LAKE LAND, FL
LOS ANGELES, CA
MATTESON, IL
NEW YORK, NY
PISCATAWAY, NJ
RAYMORE, MO
SAN FRANCISCO, CA
VIRGINIA BEACH, VA



EMBRACE HER LEGACY ACADEMY

AT A GLANCE

100

TOTAL EMBRACE HER LEGACY
ACADEMY PROGRAM GRADUATES

70

TOTAL SCHOOL PARTNERS
NATIONWIDE



PROGRAM FOCUS AREAS

SELF-CONFIDENCE, MENTAL HEALTH AND EMOTIONAL WELLNESS

- Establishing a healthy relationship with self
- Understanding shame, vulnerability, perfectionism
- Identifying and building endurance against cognitive negative distortions
- Understanding of types of boundaries and tools to implement boundaries
- Learning their inner saboteur
- Develop routines of personal wellness and self-care

PERSONAL & LEADERSHIP DEVELOPMENT

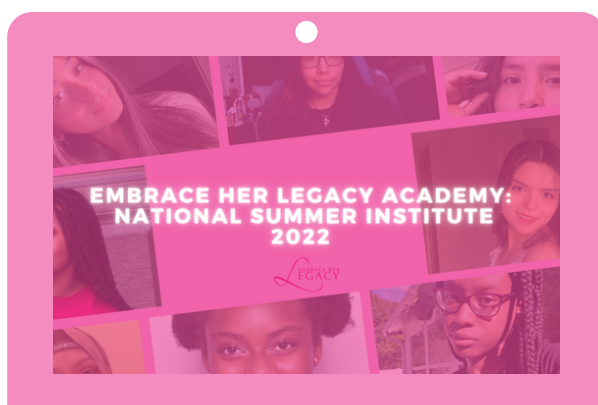
- Understanding personal development
- Developing personal growth plans
- Learning effective leadership development skills
- Building effective mentor relationships
- Cultivating a healthy relationship with social media
- Journaling skills

COLLEGE, CAREER AND LIFESTYLE PREP

- Goal-setting strategies for short term and long-term goals
- Introduction to financial literacy skill (Credit, debt, student loans, savings, earnings etc.)
- Graduate-school level negotiation strategies
- Career-mapping and lifestyle goals
- Resume building and cover letters
- Career building do's and don'ts

OUR LEGENDS

CLICK ON IMAGE BELOW TO WATCH OUR 2022
NATIONAL EHL ACADEMY VIDEO RECAP



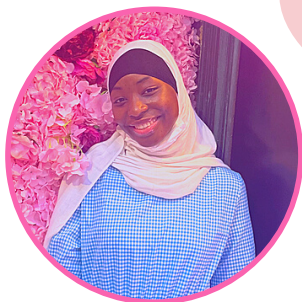
Before Embrace, I felt I had no direction. Thanks to the summer program, I have the confidence to follow my dreams. I am also able to stand up for myself when I feel I'm at my lowest. Without the guidance and help Embrace provided the fall of 2020, I never would have applied to my study abroad program. I now have the tools I need to grow.

Jaiden, OH | EHL Legend 2020



Embrace Her Legacy inspired me to love myself more each day. Now, when I look into the mirror, I believe I'm one of the most beautiful women on this planet. Embrace played a big role in helping me with my confidence — my dream of going to Harvard seemed so out of reach, and now I'm here!

Mariama, NYC | EHL Legend 2021



Embrace gave me the tools and inspired me to become a woman of leadership. I never forget to surround myself with like-minded people who are encouraging my dreams, not tearing them down. Embrace Her Legacy sparked a hunger to better myself, and to expand my dreams, knowing I was capable of accomplishing anything I set my mind to.

Shania, NYC | EHL Legend 2015





QUESTIONS? CONTACT US.

EMBRACEHERLEGACY.COM

MARIA@EMBRACEHERLEGACY.COM

@EMBRACEHERLEGACY

