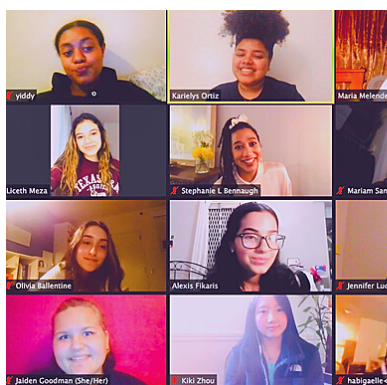


# EMBRACE HER LEGACY ACADEMY

20  
24

## 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 CURRICULUM

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- **I Am Enough! Break Up With Your Inner Saboteur**
  - Objective: Establish a healthy self-relationship, embracing vulnerability, and relinquishing perfectionism.
  - Key Focus Areas: Elevate confidence, overcome negative self-talk by identifying and addressing inner self-sabotaging voices.
- **Win the Battle in Your Mind: Dismantling Fear, Anxiety, and The Strong “Black Woman” Stereotype**
  - Objective: Identify and dismantle negative thought patterns.
  - Workshop addressing the “strong Black woman” stereotype, unlearning misconceived strength, and its impact on emotional wellness and legacy.
- **Slaying My Goals (Vision Board MastHERclass) + Steps to Starting a Business**
  - Objective: Learn the “goals framework” and strategies to define, set, and achieve personal and professional goals.
  - Followed by a workshop on the initial steps to building a business.
- **Squad Goals: Developing PowHERful Relationships and Embracing the Power of Forgiveness**
  - Objective: Develop meaningful personal and professional relationships, establish healthy boundaries, and identify signs of toxic relationships.
  - Highlight the power of forgiveness for emotional freedom.
- **Annual “Embrace Her Legacy” Panel Discussion**
  - Objective: Facilitate a panel discussion and networking workshop with esteemed professional women.
  - Topics: Success, career, personal mission, and confidence.
- **Keeping it REEL: Cultivating a Healthy Relationship with Social Media + Building Your Brand Online**
  - Objective: Embrace healthy self-esteem amidst social media pressures
  - Learn do’s and don’ts of social media, personal branding strategies, and building an online presence.
- **Financial Literacy 101: Getting Your Money Right + The Legendary Panel**
  - Objective: Discuss financial literacy topics - credit, debt, savings, earnings, student loans.
  - Followed by a panel featuring previous Embrace Her Legacy Academy legends.
- **Negotiate Like a Boss + Build Your Resume Like a Boss Workshop**
  - Objective: Learn graduate-level negotiation skills and engage in a resume-building workshop.
- **Laws of Becoming a Fierce Leader**
  - Objective: Teach strategic leadership principles for leading lives, organizations, and teams.
- **Girl Boss 101: Becoming the CEO of Your Life & Career**
  - Objective: Empower students to become the CEOs of their careers and lives.
  - Highlight common mistakes in career development for a proactive approach.



# PROGRAM GOALS

The Embrace Her Legacy Academy aims to help young women:

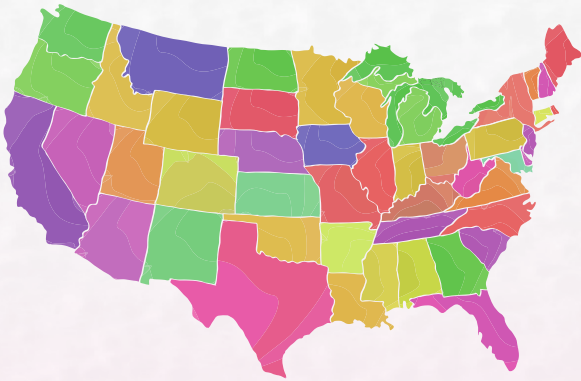
- Enhance social-emotional development, emotional wellness, and self-confidence, fostering a positive self-concept crucial for healthy self-interactions.
- Recognize and overcome negative thought patterns, referred to as their "inner saboteur," by cultivating resilience and adopting healthier thought patterns.
- Equip themselves with the necessary tools to attain confident leadership skills and achieve their career, financial, educational, and lifestyle aspirations

IMPROVED EMOTIONAL/MENTAL WELLNESS:	ENHANCED ABILITY TO MANAGE NEGATIVE EMOTIONS (E.G., FEAR, ANXIETY)	UTILIZATION OF TOOLS TO IDENTIFY AND IMPLEMENT BOUNDARIES
85% increase	75% improvement	70% adoption rate
STRENGTHENED ACADEMIC SKILLS	BOOSTED OVERALL SELF-CONFIDENCE	IDENTIFICATION AND INTEGRATION OF PERSONAL VALUES
100% enhancement	88% increase	4 out of 5 participants



# PROGRAM NATIONAL IMPACT

**15+ CITIES REACHED**



## PROGRAM PARTNERS

AMERICAN EAGLE  
BAKED BY MELISSA  
BLACK GIRL FREEDOM FUND  
BLACK GIRL SUNSCREEN  
CAMARENA ADELANTE FOUNDATION  
COMPENDIUM JOURNALS  
COVERGIRL  
DEVACURL  
DIOP  
GRANTMAKERS FOR GIRLS OF COLOR  
JUNIOR ACHIEVEMENT NYC  
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  
LAKELAND, 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

120+

TOTAL EMBRACE HER LEGACY  
ACADEMY PROGRAM GRADUATES

70

TOTAL SCHOOL PARTNERS  
NATIONWIDE



PROGRAM FOCUS AREAS

SELF-  
CONFIDENCE,  
MENTAL HEALTH &  
EMOTIONAL  
WELLNESS

- Cultivate a healthy relationship with self
- Understand shame, vulnerability, and perfectionism
- Build resiliency against negative cognitive distortions
- Explore boundaries and tools for boundary-setting
- Recognize and address the "inner saboteur"
- Establish routines for personal wellness and self-care

PERSONAL &  
LEADERSHIP  
DEVELOPMENT

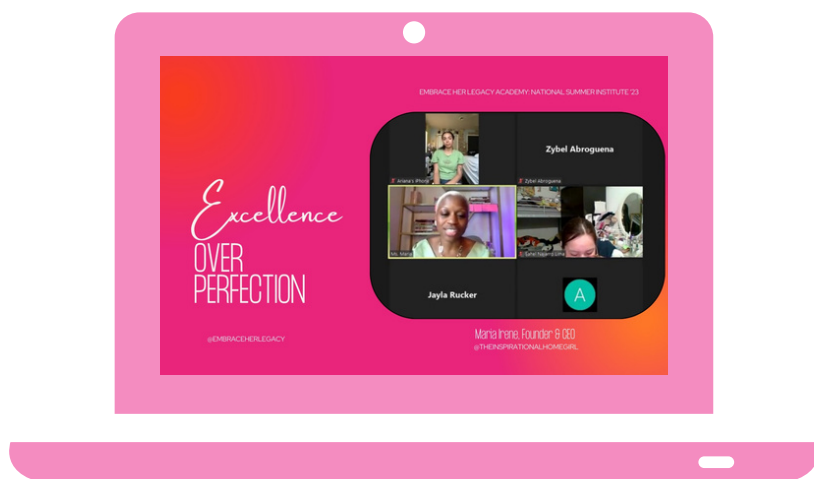
- Explore concepts of personal development
- Create personalized growth plans
- Acquire effective leadership skills
- Nurture meaningful mentor relationships
- Foster a positive relationship with social media
- Develop effective journaling practices

COLLEGE, CAREER &  
LIFESTYLE PREP

- Develop goal-setting techniques
- Introduce essential financial literacy skills
- Acquire negotiation strategies for graduate-level opportunities
- Chart career trajectories and lifestyle aspirations
- Create impactful resumes and cover letters
- Learn the do's and don'ts of career building

## OUR LEGENDS

CLICK ON IMAGE BELOW TO WATCH OUR 2023  
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.

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