



2023-2024 Program Application

Dear Empoweree Applicant,

1 Year to Empowerment is a year-long program designed to help teenage girls live healthy, balanced lives and learn self-reliance, self-respect, and self-esteem through monthly "main day" activities* and after school activities. By joining us, you will make a commitment. A commitment to us, yourself, and to your sponsor, who will fund your program for an entire year. This sponsorship not only includes each activity, but also meeting costs such as, some materials such as t-shirts, journals and yoga mats, and many extra activities that you and your Empoweree group will participate in throughout the year.

Your official program year will begin in August 2023 and will end in July 2024

In general, you are expected to attend each monthly activity. In addition, it is our hope that you will attend the after school "Boutique Nights", spread the word about our program, and attend fundraising and community service events when they arise. Our program is a big commitment, but it is also very fulfilling! You will learn how to work as a team and develop personal-life skills, such as leadership. You will learn many tangible skills throughout your year during activities such as boxing and self-defense workshops, an aerial yoga class, a "how to change a tire" event, a CPR and Babysitting Certification class, and MUCH MORE!

What makes this program quite unique is the large emphasis placed upon you to better yourself and your peers. It is truly a supportive group and a safe place to be yourself and to grow. You will also be guided by our 1 Year to Empowerment staff and fantastic volunteers from our community. 1 Year to Empowerment is not a therapeutic program but it is designed to promote mental and physical wellness and balance.

Lastly, this program includes middle and high school girls from schools across the Lower Eastern Shore of Maryland. We have designed the program to provide a healthy, non-judgmental, and supportive environment where everyone works together to better the program and themselves. As such, it is important that you are ready to communicate in this manner and support the other Empoweerees in our group, just as they will support you. We look forward to starting our journey together!

The application is due no later than Saturday, May 6, 2023. You can email or mail the application using the contact information below.

PLEASE SEND YOUR COMPLETED APPLICATION BY MAY 6TH TO

Executive Director, Natalie Bennett

BY EMAIL: nbennett.empowerment@gmail.com

OR BY MAIL:

1 Year to Empowerment

200 W. Main Street

Salisbury, MD 21801

**All meetings (unless otherwise noted) will take place at the Greater Salisbury Building in Downtown Salisbury*

1) BASICS

EMPOWEREE FULL NAME _____

EMPOWEREE DATE OF BIRTH _____

EMPOWEREE'S SCHOOL IN THE FALL OF 2023 _____

EMPOWEREE'S GRADE LEVEL IN THE FALL OF 2023 (CIRCLE ONE) 6TH 7TH 8TH 9TH 10TH 11TH 12TH

EMPOWEREE E-MAIL _____

EMPOWEREE PHONE NUMBER _____

EMPOWEREE ADDRESS: _____

PARENT/GUARDIAN(S) NAME(S) _____

PARENT/GUARDIAN E-MAIL _____

PARENT/GUARDIAN PHONE NUMBER _____

2) SHORT ANSWER

Why do you think you are a good candidate for *the 1 Year to Empowerment* Program? What do you hope to gain from participating?

The *1 Year to Empowerment* Program is a yearlong commitment. How do you plan to demonstrate your commitment to the program and bettering yourself?

How do you get along with others, especially those who are different from you?



SHORT ANSWER (CONTINUED)

Please list anything else about yourself that you would like to share with us:

3) PARENT/GUARDIAN SECTION

Why is your daughter a good candidate for the *1 Year to Empowerment* Program?

What do you believe your daughter's level of commitment to the program will be?

Do you foresee any barriers to your daughter attending each activity? If so, what?

EMPOWEREE SIGNATURE

PARENT/GUARDIAN SIGNATURE

This application is also available on our website: oneyearthoempowerment.org

