

First Lady Empowerment Foundation, Inc.



Our Mission

We are a charitable, tax exempt 501 (c) 3 organization, dedicated to promoting healthy self-esteem in adolescent girls and adult women. The foundation focuses on developing and implementing programs and activities in a safe environment that expand the mind, body, and soul and refine the character of girls and women.

1

CAMPS

One week Summer & Fall Workshops, Activities, and Self-Awareness Programs

2

CALLS

Empowerment Call Just for Girls

3

RETREATS

Intimate Get Aways for Girls to Recharge and Prepare for the Future



Life Skills



Empowerment Gatherings



Mentoring/ Coaching

1st Lady Empowerment Foundation, Inc. has for several years engaged in empowering young girls to develop the ability and prospective to celebrate self-worth and self-esteem as qualities of an internal set of characteristics. In 2008, we began this journey. We conducted summer camps, workshops and conferences all targeting the empowerment for young girls. Workshops that focus on

building self-esteem, leadership, friendship building, problem solving and conflict resolution, body image, nutrition, self-

defense, the importance of academics, pursuing dreams, and goal setting will contribute to the positive wellness and wholeness to everyone we serve. Since we began our first 6-week workshops at Lakewood Elementary in November 2008, we have served and mentored over 500 girls and women. John Powell argues that, “there is one need so fundamental and so essential that if it is met, everything else will almost certainly harmonize in a general sense of well-being. When this need is properly nourished, there will be no need for games and the whole human organism will be healthy and the person will be happy. This need is a true and deep appreciation of oneself, a genuine and joyful self-acceptance, an authentic self-esteem, which will result in an interior sense of celebration”.



“Body image, self-confidence, self-esteem, faith in their own talent and worth are tested everyday”

WORDS TO LIVE BY

***I HAVE VALUE, I HAVE WORTH
NO MORE QUESTIONS, NO MORE
DOUBT
CELEBRATION IS NOW IN ORDER
FOR MY VALUE AND MY WORTH
I HAVE PURPOSE FOR MY BEING
DIVINELY GIVEN AND I ESTEEM
FORWARD ALWAYS, DESTINY DRIVEN
HOPEFUL, GRATEFUL, VISION SEEN
NURTURED BY CONFIDENCE AND
DETERMINATION
INTERNAL STRENGTH PROPELS MY
DREAMS
COURAGE TO FACE MY EVERY
CHALLENGE
VIRTUOUS LIVING MY ONLY MEANS
I HAVE VALUE, AND I HAVE WORTH
THEY CANNOT BE ERASED,
I KNOW THEIR BIRTH***

***BY L. A. SWAN
First Lady Empowerment Creed***

For More Information, Visit
www.firstladyempower.org