



S.T.E.P.S., Inc.

STRIVING TOWARD EMPOWERED PERSONAL SUCCESS
Empowering Young Women Since 2008

2016/2017 – A Momentous Year!

Facilitator's Update – Erin McDonald

S.T.E.P.S. had a momentous year! Our 2016/2017 school year was tremendously successful. Our girls celebrated their many achievements and accomplishments at our "End of the School Year Celebration." We were pleased to see our girls getting their first job, obtaining their driver's license, making honor roll and other academic achievements, transitioning to high school, graduating high school, being accepted to colleges, improving relationships, completing community service, and being leaders in their school, our program, and in the community.

Our annual variety show was outstanding. Our girls came together to display their talents and walk down the runway modeling elegant and casual wear clothing. Talents included plate spinning, singing, dancing, acting, playing instruments, and more!

Our Summer Leadership Program was a lot of fun and included a variety of enriching opportunities and guests for our girls. We offered a cooking class at Grey Goose Cookery in Mystic, CT. The girls learned about cooking safety and prepared a three-course meal. We enjoyed a movie night, watching "*Hidden Figures*" and discussing the challenges and achievements of the women portrayed in the movie. The girls also took advantage of community service opportunities at Centro De La Comunidad in New London and Farmer's Markets in both New London and Groton, CT. The girls truly enjoyed giving back to the community.

S.T.E.P.S. plans to keep this momentum going for the 2017/2018 school year! We look forward to partnering with organizations and guests that champion the mission to empower and support adolescent girls in the community.

Our topics of focus for the 2017/2018-year center on self-esteem and self-efficacy as they relate to the wellness wheel, the foundation of our curriculum.

S.T.E.P.S. concentrates on seven components of wellness:

- Physical
- Academic/Career
- Social/Cultural
- Intellectual
- Emotional
- Spiritual
- Financial

Guest speakers who share their expertise in these different areas of wellness are an important part our program. Speakers for 2017/2018 include representatives from Higher Edge, Emily Boushee from the office of Senator Murphy, Dr. Leah Russack-Baker, a clinical psychologist, and Jessica Clayton, LCSW from SHE Rescue Home.



YOUNG WOMEN'S LEADERSHIP CONFERENCE



"THIS DAY OPENED UP MY EYES AND MADE ME THINK IN A WAY I'VE NEVER THOUGHT BEFORE"
2017 CONFERENCE ATTENDEE

S.T.E.P.S., Inc. successfully held its first leadership conference for teen girls on Saturday, October 14th at the New London Holiday Inn. STEP Up and Lead! 2017 hosted more than thirty girls from southeastern Connecticut for a day of workshops, discussions and speakers on leadership. Commander Erica Mohr, U.S. Coast Guard, Retired; Executive Director, The Sasamani Foundation, and 2017 Connecticut Women's Hall of Fame Honoree, delivered the keynote address. She encouraged the girls to discover their "superpower" and use it to work toward goals that excite and inspire them.

Conference workshops were designed to help attendees learn how to thrive in change, have healthy relationships, manage their money, and celebrate their uniqueness. Speakers represented many local businesses and organizations including Hartford HealthCare, Safe Futures, Charter Oak Federal Credit Union, Sacred Intelligence, and View Beyond. Attendees enjoyed the in-depth and interactive nature of the workshops. Many of the girls noted that they learned more about themselves as well as skills to help them make better decisions on a day-to-day basis.



The conference was made possible through the support of media sponsor, The Day, workshop sponsor, Charter Oak Federal Credit Union, and panel discussion sponsor, The Community Foundation of Eastern Connecticut. Attendee scholarships and in-kind donations were given by many individuals, organizations, and businesses. A special thank you to all volunteers.

S.T.E.P.S., Inc. looks forward to hosting our 2018 Young Women's Leadership Conference – STAY TUNED!