



Dear Parents, Principals, Counselors, and Teachers:

Western Carolina University and International Body-Mind Empowerment Enterprises - [i.b.mee.](http://i.b.mee.org) (I Be Me) an Empowerment Education nonprofit in Asheville, NC will host its *Live Your Legacy Leadership Summit* for Girls at Western Carolina University in Cullowhee, NC the week of June 17-23, 2018. The camp is open to rising **10th through college freshmen** girls. www.ibmee.org/live-your-legacy-camp/

We know that the stress and overwhelm that our high school and college students have about what they want in their lives, why they want it, and how to get there, is real. We have found that there are key empowerment and leadership principles and skills that if understood and practiced students will feel more calm and prepared for college, career, relationships, and living a healthy life.

Meg Hanshaw PhD, the founder and Director of i.b.mee. and her staff have designed and implemented this Leadership Summit based on her education, wellness, peak-performance, and leadership research over the last 30 years on what it takes to help high school students reach their full potential. She has been coaching high school and college students to be leaders and live a purposeful lives since 1986.

Girls who attend the Summit will:

- learn a new definition of health, happiness, and success that lowers stress and builds confidence to be themselves.
- gain clarity around their passions and purpose and learn how to vision map and take steps in reaching their college, career and life goals.
- practice decision making, conflict resolution and communication skills with peers and adults so they feel confident even when they're upset and feel that things are not working.
- participate in empowering and fun activities like hiking, yoga, white water rafting, ropes course, self-expressive arts, and more.
- design and present a purposeful project that sets them on a path for lifelong contribution.

Along with this letter, you will receive a brochure/flier and a general application. These documents are also on our website. www.ibmee.org/live-your-legacy-camp/ **We would appreciate it if you could share these things with as many high school girls as possible especially those in leadership roles.**

We are only accepting 16 girls this year!

COSTS: The cost of this high level *Live Your Legacy Leadership Summit* is \$1500 plus a \$10 application fee. The application fee is refundable for students not able to attend the summit.

IMPORTANT ABOUT THE COST: It does cost this amount to offer a cutting edge program like this with highly trained staff, but no matter what, all girls who want to attend, will get to attend (space permitting).

We have *scholarships, fundraising, and sponsorships* available on a need basis. We encourage motivated girls from all backgrounds, races and economic means to apply.

This cost includes: dorm, linens, snacks, towels, meals, T-shirt, copyrighted leadership materials and processes, and all activities including individual and group career and life coaching during and after the camp.

FOR MORE INFO: We have **9 webinars** that will answer questions, and inform girls and parents on scholarships, fundraising and sponsorships on Wednesday nights from 8:00-8:30pm beginning March 28th through May 23rd. Please let your interested girls know.

Download Zoom at <https://www.zoom.us> and JOIN MEETING using this Video Link - <https://zoom.us/j/310937401>

- you can join without a video camera.

OR

Email meg.hanshaw@ibmee.org for more info about how to join the webinar.

To apply to the Leadership Summit:

1. Fill out the general application that is attached or go to www.ibmee.org/LYApplication/ .
2. Give the Faculty Recommendation Form to a teacher or counselor **who knows the student well**. The faculty member must sign the recommendation form, verifying that the student has a C+ or higher grade point average. **It is the student's responsibility to make sure the faculty member completes the recommendation.**
3. Have the parent or guardian fill out their section of the general application.
4. Send the **completed** application packet to: i.b.mee. % Summit 16 Audubon Drive Asheville NC 28804
5. The **deadline** for the application is **Friday, May 18, 2018**. Notification of selections and confirmation packets will be mailed on or before **Friday May 25, 2018**.
6. For selected students, the deadline to return required forms enclosed in the confirmation packet and all camp fees are due no later than **Friday, June 8th, 2018**. Applications and forms received after the designated deadlines will not be considered. Incomplete packets will not be presented to the selection committee.

Thanks for your time and consideration!...and for all that you do for our young people!

Sincerely

Meg Hanshaw PhD, BCC
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Application Packet Includes PDF's of the following documents: Camp Brochure, General Camp Application (includes Parent Information, Faculty Recommendation, and Request for Scholarship Forms).