



Dear Students, Parents, Principals, Counselors and Teachers:

Western Carolina University and International Body-Mind Empowerment Enterprises – i.b.mee. (I Be Me), an Empowerment Education nonprofit in Asheville, NC will host its 3rd Annual *Live Your Legacy Leadership Summit* for Girls at Western Carolina University in Cullowhee, NC the week of June 16-22, 2019. The camp is open to rising **10th through 12th** grade girls. www.ibmee.org/live-your-legacy-camp/

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

Meg Hanshaw PhD, the founder and Executive 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.

We would appreciate it if you could **share** our website link (<http://ibmee.org/live-your-legacy-camp/>) and flyer (on the website) with as many high school girls as possible especially (1) those already in leadership roles who want to expand themselves, and (2) those who have some leadership qualities, but are noticeably afraid to step up and step out! We are looking for 1 to 2 girls to attend from every high school in Western North Carolina. Can you think of girls that you would like to represent your high school? **The flyer and general application is located on our website. Girls can fill out an online application, or print of a hard copy and mail it in.**

Girls who attend the Summit will:

1. learn a new definition of health, happiness, and success that lowers stress and builds confidence to be themselves.
2. gain clarity around their passions and purpose and learn how to vision map and take steps in reaching their college, career and life goals.
3. 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.
4. participate in empowering and fun activities like hiking, yoga, white water rafting, ropes course, self-expressive arts, and more.
5. design and present a purposeful impact project that sets them on a path for lifelong contribution.

COSTS: The cost of this high level *Live Your Legacy Leadership Summit* is \$1500 plus a \$10 non-refundable application fee. Please pay the application fee online at <https://secure.donationpay.org/ibmee/> with credit/debit card or send in a check with the application made to i.b.mee. We have *scholarships and payment plans* available on a need basis. We encourage motivated girls from all backgrounds, races and economic means to apply.



IMPORTANT: The LYL Leadership Summit is very different when it comes to personal change and growth. Every 4 girls who attend will have their own certified life and wellness coach as well as take part in personalized wellness and empowerment skills. The costs to offer a cutting edge program like this with highly trained staff at a university like Western Carolina University can be as high as \$2800. So we feel like the costs for the Summit are very reasonable. But no matter what, we will do our best to ensure that all girls who want to attend get the support they need to attend (space permitting).

Costs include: dorm, linens, towels, meals, T-shirt, gift, water bottle, copyrighted leadership materials and processes, and all activities including individual and group career and life coaching during and after the camp (for 2 sessions).

To apply to the Leadership Summit:

1. Fill out the application at www.ibmee.org/live-your-legacy-camp/.
2. Give the Faculty Recommendation part of the application to a teacher or counselor **who knows the student well** (or have them go to the website to fill out the online application). 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 the PARENT Section of the application (or Send the **completed** application packet to: i.b.mee. % Summit 16 Audubon Drive Asheville NC 28804 or fill everything out online.
4. The **deadline** for the application is **April 26, 2019. Please apply as soon as possible to secure your spot.** Notification of selections and confirmation packets will be emailed on or before **Friday May 3rd, 2019.**
5. For selected students, the deadline to return the required forms and camp tuition (unless on the payment plan) are due no later than **Friday, June 7th, 2019.**

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

Sincerely

Meg Hanshaw PhD, BCC
i.b.mee. Founder and Executive Director
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FOR MORE INFO: We have **webinars** that will answer questions and inform girls and parents on scholarships and information about the Summit on Monday nights from 7:00-7:30pm beginning February 18th through the end of April. Please join us!

Zoom Meeting
<https://zoom.us/j/692583385>