

Live Your Legacy  
Career and Leadership Retreat  
August 6<sup>th</sup>-11<sup>th</sup>, 2017



## Dear Parents and Students:

I am writing about a unique and fun opportunity for your high-school student to attend a Career and Leadership Retreat for girls August 6-11th, 2017 sponsored by International Body-Mind Empowerment Enterprises - i.b.mee. (I Be Me). i.b.mee. is an educational organization in Asheville, NC whose mission is to set the standard and bring to life W.E.L.L. Students. (well, empowered, leaders, who love to learn and are living their legacy).

This opportunity is open to rising 10th and 11th grade students, (and any seniors who are not ready to apply for college in September) who are motivated to attend college but are stressed and overwhelmed on all the steps it takes to get there as well as how to navigate their way when they arrive. At the camp, we provide a certified Empowerment Coach for every 4 girls. They take part in experiential activities ranging from Vision Mapping (life and career planning), personal wellness, and leadership development.

### Girls who attend our camp will:

- learn a new definition of health, happiness, success, and purpose that lowers stress and builds confidence to be themselves,
- gain clarity around their passions and careers and take steps in reaching their college, career and life goals,
- practice decision making and conflict resolution with peers and adults so they feel confident and get what they need, even when they're upset and things are not working,
- practice living in the present moment even when there is lots to do so they are less stressed and more motivated,
- participate in healthy and fun activities like hiking, yoga, white water rafting, ropes course, expressive art, and more.

For more information about the camp, please see our website at <http://ibmee.org/live-your-legacy-camp/> and our e-brochure attached.

Meg Hanshaw PhD, the founder and Director of i.b.mee., created the camp 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.

The cost to attend the camp is **\$1200** plus a **\$10** application fee. The costs of the camp include all meals, drinks, snacks, lodging, activities, travel during camp, and personal and group coaching. Traveling to and from the camp is the parent or student responsibility. Students may drive to camp with parent permission. Scholarships are available but the \$10 application fee is still required for all applications. **Make check or money order payable to i.b.mee.** No cash please.

Students will live on the campus of Montreat University's Team and Leadership Center in Black Mountain, NC with 15 other high school girls from around the region and beyond. Our facilities are beautiful, fun, and relaxing. For more information on the facilities, please go to <https://tlc.montreat.edu>.

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### How To Secure Your Spot to Attend:

- Fill out the attached application.
- 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 and **sends it in with the application**.
- Send the completed application packet and the \$10.00 application fee (check or money order) to:  
**i.b.mee. Attention: LYL Camp 16 Audubon Drive Asheville, NC 28804**
  - The deadline for the application is **Friday, June 9th, 2017**. We accept students on a first-come-first-serve basis. Notification of selection will be on or before **Friday, June 16th, 2017**.
  - If accepted, you will receive permission forms in a confirmation packet. The deadline to return the required confirmation packet forms is no later than **Friday, July 14, 2017**. (health, student driver, ropes course, white water rafting forms)
- Determine how you will pay for the camp.
  - Pay in full by **Friday, June 20th, 2017 and the reduced cost is \$1000**
  - **OR you can choose to pay 3 Monthly Payments of \$400 each may be made** (one on each of these days June 20, July 20, & August 20; These can be post-dated checks or money orders, or a Credit Card #.
  - OR you can apply for a Scholarship when you return your application packet. (See scholarship form.) We will contact you about payment options once you are awarded a scholarship.

We hope that you are interested in this summer camp opportunity and look forward to receiving your application. If you have any questions or need further assistance, contact Meg Hanshaw at 828-242-9067 or email her at [meg.hanshaw@ibmee.org](mailto:meg.hanshaw@ibmee.org).

Sincerely,

Meg Hanshaw PhD, BCC  
Founder and Executive Director

**Information and Forms included:** Camp Brochure, Student Information Form, Parent Information Form, Faculty Recommendation Form, Request for Scholarship

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**INSTRUCTIONS & INFORMATION TO APPLY**

Student Information Form	Must be completed and signed by student
Parent or Guardian Information Form	Must be completed and signed by parent or guardian
Faculty Recommendation Form	<b>Give faculty recommendation form to a teacher or counselor <i>who knows you well</i>. <u>The faculty member must sign the form, verifying that you have a C+ or higher grade point average.</u> It is the student's responsibility to make sure the faculty member completes the recommendation.</b>
\$10 Application Fee	<b><u>No cash please.</u></b> Make check or money order payable to i.b.mee.

**APPLICATION DEADLINE:** Submit a completed Application Packet by **Friday, June 9th 2017** with \$10 application fee. (Application is attached to this email.)

**SUMMER CAMP FEE: \$1,200**

- Must be Paid in full by **Friday, June 20th, 2017 and the cost is \$1,000.**
- **3 Monthly Payments of \$400 each may be made** (one on each of these days June 20, July 20, & August 20; These can be post-dated checks, money orders or a Credit Card #.
- Scholarships are available. Please apply! (See attached form.)

**MAIL COMPLETED FORMS AND APPLICATION FEE TO:**

**i.b.mee. Enterprises**  
 Attn: Meg Hanshaw  
 16 Audubon Dr.  
 Asheville, NC 28804  
 OR email: meg.hanshaw@ibmee.org

**CRITERIA FOR SELECTION:**

- Girls entering 10<sup>th</sup> or 11<sup>th</sup> grade in the 2017-2018 school year (and any Seniors who are not ready to apply for college in September)
- An overall C+ or above grade point average
- Enthusiastic recommendation from principal, counselor, or teacher
- Permission of parent or guardian
- Payment of \$10 application fee
- Completion of application materials

**SELECTION PROCESS:**

Notification of selections will be mailed on or before **June 16, 2017**. Students will be sent additional documents that must be completed and returned no later than Friday, **July 14, 2017**.