



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 3<sup>rd</sup> 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 **10<sup>th</sup> through 12<sup>th</sup>** grade girls. [www.ibmee.org/live-your-legacy-camp/](http://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, 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.

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.

**We would appreciate it if you could share our flyer and website link with as many high school girls as possible especially (1) those already in leadership roles who want to expand themselves (2) those who have may have leadership qualities, but are noticeably afraid to step up and step out!**



**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. 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 do add up, 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).

**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 **January through April 2019**. Please let your interested girls know.

Join Zoom Meeting (Will prompt you to download Zoom if you don't have it; then join the meeting)

<https://zoom.us/j/334521865>

Or call in

+1-646-876-9923, access 334521865# US

*You can join without a video camera.*

*Email [meg.hanshaw@ibmee.org](mailto:meg.hanshaw@ibmee.org) for more info about how to join the webinar.*



**To apply to the Leadership Summit:**

1. Fill out the hardcopy of the general application that is attached in this email or go to [www.ibmee.org/live-your-legacy-camp/](http://www.ibmee.org/live-your-legacy-camp/) to fill out an online application.
2. Give the Faculty Recommendation Form 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 general application (or have them go to the website to fill out the online application.)
4. Send the **completed** application packet to: i.b.mee. % Summit 16 Audubon Drive Asheville NC 28804 or fill everything out online.
5. The **deadline** for the application is **Friday, April 5, 2019**. Notification of selections and confirmation packets will be mailed on or before **Friday May 3<sup>rd</sup>, 2019**.
6. 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 7<sup>th</sup>, 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  
[www.ibmee.org](http://www.ibmee.org)  
[www.ibmee.org/live-your-legacy-camp/  
meg.hanshaw@ibmee.org](http://www.ibmee.org/live-your-legacy-camp/meg.hanshaw@ibmee.org)  
828-242-9067

**Hard Copy Application Packet attached includes PDF's of the following documents:** Student Application which includes Parent Information, Faculty Recommendation, and Request for Scholarship Forms.