



WELCOME

The Women's Enrichment Center

A 501(c)3 Non-Profit Organization



ABOUT US



- **The Women's Enrichment Center** was founded in 2016 to create and provide programs for the enrichment and development of all women.

Our mission is to empower women with the tools and resources necessary for personal, career, and lifetime growth. Through education, mentorship, and collaboration, we strive to uplift and inspire every woman to reach her fullest potential, creating a foundation for a brighter and more inclusive future.

“Above all, be the heroine in your life”

-Norah Ephron



OUR PROGRAMS



- **-Career Development:**
 - -Resume Writing
 - -Interviewing Skills
 - -Computer Skills
 - -Workplace Communication & Relationships
 - Ged Study Hall Mentorship
 - -Internship Programs



OUR PROGRAMS



- - **Entrepreneurial Education Initiatives:**
 - -How start your small business: forms & formation
 - -Business tax & accounting strategies
 - -Understanding your Business Insurance
 - -Marketing & Social Media: Tips & Tricks
 - -Computer Lab Services



OUR PROGRAMS



- - **Personal Growth & Development:**
 - The ABCs of Setting Goals
 - Work & Life Balance
 - Values & Boundaries
 - Genograms for Personal Development
 - The Myths of Happiness
 - Empathetic Communication





OUR FOUNDER

- **JULIE CABLER, PhD**

- Human Services, PhD
- Marriage & Family Counseling, MA
- Sociology & Psychology, BA

"I believe that many women struggle to reach their goals because of a lack of accessible critical information. My 50 years of work experience in various fields, and my educational experiences, allow me to pass on to others the knowledge they may need to press on and be fruitful in their lives."



OUR BOARD



- Julie Cabler, PhD
 - President/Chair of the Board
- Lacy Goldberg, BFA
 - Secretary/Board Member
- Carol Holguin, MC
 - Board Member
- Stuart Cabler
 - Board Member

- Although we are organized for the benefit of women, we believe that a diversified team offers the greatest opportunity for shared community values. Our goal is to implement a diversified board reflective of the community in order to effect optimal positive change and increased opportunity in the advancement and equality of all women.



OUR CLIENTS

Enriching Women





Who are our clients?

- Women wanting to advance in their careers
- Women wanting to update their work skills
- Women seeking internships prior to choosing a career
- Women seeking to complete their GED
- Women needing to improve work and social communication
- Women seeking to understand themselves better
- Women wanting to start a small business



Women in Need – Education & Occupational Statistics



- Only 27% of women ages 18-34 are enrolled in U.S. Colleges
- Women lag behind men for management opportunities
 - 43% of all U.S. management and administrators are women
- Only 15 Chief Executives of all Fortune 500 Companies are women

• (Retrieved November 4, 2016 at <http://www.womanstats.org/data.html>)



Women in Need – Wage Gaps & Pay Differential



- Average Social Security check is \$14,044 for women compared to \$18,173 for men
- 1M former Wal-Mart female employees allege discrimination in new civil rights class action law suit
- Wage gaps:
 - Mothers earn .72 to a father's \$1
 - Women aged 45-72 earn .72 to a man's \$1
 - Disabled women earn .72 to a man's \$1
 - African American Women earn .63 to a white man's \$1
 - Latino women earn .54 to a white man's \$1
 - Hawaiian & Pacific Islander women earn .70 to a man's \$1
 - Native American women earn .58 to man's \$1

(Retrieved November 4, 2016 at <http://www.womanstats.org/data.html>)



Women in Need – Health Related Statistics



- Women living below the poverty line report 2.5 times higher levels of depression
- 1 in 3 women report episodes of depression, anxiety or somatic complaints
- 55-90% of all specific phobias are reported by women

• (Retrieved November 4, 2016 at <http://www.womanstats.org/data.html>)



Women in Need – Violence & Abuse Statistics



- 35-40% of female domestic violence victims report one suicide attempt after leaving their partner
- 12.7 women per 1000 women report Intimate Partner Violence
- Disabled women (18%) are 2-3 times more likely to experience domestic violence
- 57% female murders are the result of former partner violence



How Can We Help Women in Need?



- Professional
 - Offer classes that teach occupational and multimedia skills
 - Offer continuing education and refresher classes
 - Promote community educational resources and opportunities
- Social
 - Discover music and the arts in our communities
 - Networking and craft clubs
 - Giving back to others
- Emotional
 - Personal and Relationship workshops in communication & conflict resolution
 - Workshops for self-discovery, identity and acceptance



CLASSES

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Small Business Start-up Clinic



- Sole-proprietor, Partnership, LLC, LLP, C Corp. S Corp, Non-Profit
- IRS requirements
 - EIN, 940 & 941, tax returns
- State Requirements
 - State ID, Licensing, Sales Tax, Zoning
- The Business Plan
 - Profit & Loss Budgeting
 - Capital & borrowing
- Advertising & Marketing



Multi-Media Marketing



- Facebook
- Pinterest
- Twitter...and more
- Graphics Design & Selection
 - Logo Development
 - Website Building
 - Blogging



Creative Banking & Budgeting 101



- Checking for all credit types – no Chexsystems or FICO score
- Online banking
- Building credit
- Getting a car loan
- Budgeting
- Financial Management Counseling



The Myths of Happiness



- What is happiness?
- Where is happiness?
- Looking back to move forward
- Discovering our gemstones & talents
- Choosing peace
- Journaling & daily reminders
- Renewing goals



Genograms for Personal Development



- In this engaging women's class on Genograms, each participant will learn to create a basic Genogram, a valuable tool for mapping family relationships, personal connection, and medical history.
- Through hands-on activities, you'll discover how to chart familial connections, recognize patterns of behavior, and identify inherited traits.
- We will cover key components such as symbols and structure, interpreting emotional relationships, and understanding generational influences.
- By the end of the class, you'll possess the skills to build your own advanced Genogram, gaining deeper insights into yourself and family dynamic history.



The ABCs of Goal Setting



- In this class you will learn the **ABCs** of choosing and working with **goals**.
 - A**nalyze using a 360-degree wellness chart
 - B**reak large goals into smaller doable steps
 - Embrace **C**ourage to practice the changes that will bring your goals to fruition

You will also learn to track and celebrate your progress so that you will know what's working and what modifications may be needed.



Create a Fun Work-Life Balance



- Create a dynamic balance between personal life, family life, and work/other responsibilities.
- In this interactive class, you will learn to:
 - --Acknowledge the many facets of your life and identify the priority of each
 - --Discover how to nurture the aspects you value most
 - --Learn to set boundaries to effectively and confidently hold space and time for what brings you the most joy and meaning
 - --Work creatively with your schedule and your resources to include work, play, family, and personal activities.



Cell & Cyber Tips & Tricks for Women



- This class is taught by Shane Reid of Reidtech. Shane is an expert in computer and phone programming.
- In this class we will focus on the tips and tricks available to you for both safety and privacy on your cell phone.
- You will learn what to turn on, what to turn off, and why it matters.
- There is much, much more to your cell phone than just that camera!



Developing Your Unique Values & Boundaries



How do you know what really matters?

How to you find your true happiness?

This class will guide you through a journey of self-discovery and personal empowerment.

You will identify key values and understand how they shape your life.

Boundaries pave your way toward a life rooted in authenticity and happiness.

We will use the study guides from the book “A Value Driven Life” by Dr. Julie Cabler to hone in on what really matters.



VOLUNTEERING

Educational Interns



What is an Educational Intern?





What is an Educational Intern?

- An Undergraduate or Graduate student seeking to develop and enhance their teaching skills
- A Counselor wanting to help heal the hearts of women through teaching
- A Retired individual with specific knowledge or experiences to share
- A skilled laborer wanting to teach a trade
- A passionate artist wanting to encourage and facilitate new artists
- An educator or employee wanting to provide necessary understanding of common necessities: taxes, banking, probate and trusts...or college processes.
- Anyone with a passion for sharing knowledge that helps build up and grow another.



ROLES & RESPONSIBILITIES

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Teaching Internships



- 6 months
- Co-teaching partnerships
- Select a Professional, Social or Emotional component to teach
- Create lesson plan
 - Design handouts with primary references
 - Design worksheets for in-class activity
 - Design a PowerPoint presentation for class handout
- Review Program with Executive Director
- Schedule Course
 - Collect end of class evaluations



TRAINING & ORIENTATION

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Training



- Interns are required to complete an orientation before being selected to teach. This orientation will help the Intern to understand all the areas of our mission:
 - Overview of The Women's Enrichment Center
 - Values Assessment Alignment
 - Work-related Assessment
 - Organizational Systems
 - Human Resources
 - Administration
 - Management
 - The Unique struggles of women
 - Depression, anxiety, stress, attachment theory and abuse
 - Parenting, Step-Parenting & Relationships
 - Support systems
 - Teaching & Empowering Women
 - Diversity



WHAT'S IN IT FOR YOU??

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We're a Fun Group!



SATISFACTION PLUS++



- **Research indicates that volunteering has many benefits**

- Career Advancement
- Brings FUN & Fulfillment
 - Provides a sense of purpose
- Connects you with others
 - Builds social and relational skills
- Builds long-lasting relationships
 - Make new friends
- Offers fabulous community networking resources
 - Make new friends and contacts
- Good for the mind and body
 - Counteracts the effects of stress, anger and anxiety
 - Combats depression
 - Increases self-confidence

- (Retrieved from <http://www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm#career>)



VOLUNTEER LEADERSHIP GAINS

Intellectual challenge of developing successful strategies

Opportunity to interact with colleagues and community leaders

Being at the forefront of positive change

Accomplishing a goal with long-lasting rewards

(Nonprofit World website, 2016)



WE WILL support YOU!



- Each intern will have an hour each week of one-on-one time with the Director of Programs
- Each intern will be paired with a co-teaching intern for collaborating & teaching
- Each intern will be part of our group mentor program
- Each intern may attend any of our classes
- Each intern will receive a weekly assessment and guiding goals report
- Each intern will be recognized through a personal Bio on our website directory of volunteers after completing their first teaching assignment
- Each intern will be entered in our monthly team drawing for a chance to win a personal gift.
- Each intern will be eligible for “Intern of the Month” award
- Every intern is eligible to apply for open positions within the organization when their internship is completed



THE FINAL FACTOR

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YOU WILL BLOSSOM



*The
willingness
to share
does not
make one
charitable,
it makes
one free.*

Robert Brault

 myjoyoga.com



References

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