



# WELCOME

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## The Women's Enrichment Center

A 501(c)3 Non-Profit Organization

*"Above all, be the Heroine of your life."*

-Norah Ephron

# ABOUT US



- **The Women's Enrichment Center** was founded in 2016
  - Offices located in Wimberley, Texas
  - Provide FREE Workshops for Women
- **Career Development Programs:** Resume Writing, Interviewing Skills, Computer Skills Training, Bookkeeping & Budgeting, Workplace Communication & Relationships, Internships
- **Entrepreneurial Education Initiatives:** How start your small business: forms & formation, Business tax & accounting strategies
- **Personal Growth Workshops:** Self-discovery & familial patterns, Communication Skills Training, work/life balance
- **GED Study Hall Mentoring**
- **Scholarship Opportunities**



## OUR FOUNDER

- **JULIE CABLER, PhD**
  - Human Services, PhD
  - Marriage & Family Counseling, MA
  - Sociology & Psychology, BA
- Julie was raised in Campbell, California and holds several employment firsts:
  - she was the very first bookkeeper of internationally acclaimed "Fox Clothing" (fka The Moto-X-Fox, Inc.) in 1975 at age 17.
  - she was the first to balance the books to the penny for the Non-appropriated Funds Division of the US Army at Caserme Ederle, Italy, in 25 years through her self-designed accounting system.
  - From bookkeeping she moved into insurance, both personal lines and health lines, where she developed all the sales comparison quotes for Agents closing employer groups of 5-500 with the highest closing rate.
  - After raising her children, she opened her own full line insurance agency in Ruidoso, NM where she was voted Agent of the Year in her first year, 2006.
- Julie has a passion for helping women advance in all areas of their lives, from work to family, to self. She believes that each area of enrichment helps a woman to move forward in her journey where she can give back to her community, her family, and herself.

# OUR BOARD



- Julie Cabler, PhD
  - President/Chair of the Board
- Lacy Goldberg, MS
  - Secretary/Board Member
- Carol Holguin, MS
  - 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 MISSION

- **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.**



# OUR CLIENTS

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# 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 seeking a work/life balance
- Women wanting to start a small business

# What a Woman Needs – 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>)



# What a Woman Needs – 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>)

# What a Woman Needs – 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>)

# How Can We Enrich Women?



- Professional
  - Offer classes that teach occupational and multimedia skills
  - Offer classes that help women advance in their careers
  - Promote community educational resources and opportunities
- Social
  - Discover music and the arts in our communities
  - Networking
  - Giving back to others
- Emotional
  - Personal and Relationship workshops in communication & conflict resolution
  - Workshops for self-discovery

# CLASSES

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# Small Business Start-Up Workshop



In this class you will gain essential knowledge to turn your entrepreneurial dreams into reality.

Key topics include:

- How to develop a business plan, navigate legal and regulatory requirements, and understand the fundamentals of marketing and branding.

- How to set up accounting systems, managing cash flow, and selecting the right business structure.

By the end of this workshop, you'll be equipped with the practical tools and insights needed to launch a small business.

Instructor: Dr. Julie Cabler

**ALWAYS FREE. See CLASSES tab for dates, location, and times.**

# Bring Your Goals to Life



- In this class you will learn the **ABCs** of choosing and working with **goals**.
  - Analyze using a 360 degree wellness chart
  - Break large goals into smaller doable steps
  - Embrace **Courage** 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.

Instructor: Carol D. Holguin, MS

**ALWAYS FREE . See CLASSES tab for dates, location, and times.**

# Resume Writing & Interview Skills



This workshop will help you to:

- Understand the purpose, design, format, & structure of the resume
- Analyze your skillset & Identify your strengths
- Tailor your resumes for job description
- Write strong summaries & objectives
- Detail your work experience, education, and personal achievements
- Dress for the specific interview
- Prepare your verbal and nonverbal delivery
- Make a strong first impression
- Prepare for objections and tough questions

Instructor: Julie Cabler, PhD

**ALWAYS FREE. See the CLASSES tab for dates, location, and times.**

# Banking & Finance 101



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

Instructor: Lacy Reid, MS

**ALWAYS FREE. See CLASSES tab for dates, location, and times.**



# A Balanced Life



- 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
  - --Discover your top ten values in life
  - --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.

Instructors: Carol D. Holguin, MS & Julie Cabler, PhD

**ALWAYS FREE. See CLASSES tab for dates, location, and times.**

# Understanding Your Genogram



- In this engaging women's class on Genograms, each participant will create a basic Genogram, a valuable tool for mapping family relationships 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 Genogram, gaining deeper insights into your family dynamics and history.

Instructor: Julie Cabler, PhD

**ALWAYS FREE. See CLASSES tab for dates, location, and times.**

# My Story-Speaker Series



Our Speaker Series program allows us to learn and grow from listening to the pathway stories of other women in our community.

We invite women of all backgrounds and career paths to come and share, laugh, and answer questions about how their journey has been, how they manage their days, family, and social life, and how the struggles have shaped them.

If you would like to be a speaker, or nominate one, please email us at: [thewomensenrichmentcenter@gmail.com](mailto:thewomensenrichmentcenter@gmail.com)

**ALWAYS FREE.** See **CLASSES** tab for dates, location, and times.

# Brown Bag Ladies' Circle



We hope you can join us for our Brown Bag Ladies' Circle, where we come together to share, listen, unload, and laugh. Guaranteed you will make new friends. Your presence can inspire or lift another, or provide that relaxing space for you to unwind and be heard.

Bring your brown bag lunch (no microwave available) and we will provide the drinks and treats.

**ALWAYS FREE.** See **CLASSES** tab for dates, location, and times.

# VOLUNTEERING

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# How Can I Help?



- The success of our organization is built on the talents and strengths of our volunteers. Here are some ways you can help:
  - Fundraising and Event Planning
  - Program Development & Think Tank Sessions
  - Hosting & Serving at Events
  - Classroom Assistant
  - Teach
  - Office Management
  - Social Media Development
  - Boardmember

# EDUCATIONAL INTERNS

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# 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.

# INTERN ROLES & RESPONSIBILITIES

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# Teaching Internships



- One Semester
- 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 handbook for reading/review/remembering
- Review Program with Executive Director
- Schedule Course
  - Collect end of class evaluations

# TRAINING & ORIENTATION

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# Training



- Interns are required to complete a one-day orientation before being selected to teach. This orientation briefly covers
  - Overview of The Women's Enrichment Center
  - Values Assessment
  - Work-related Values Assessment
  - Organizational Systems
    - Human Resources
    - Administration
    - Management
  - The Unique struggles of women
    - Career Advancement
    - Updating Skills
    - Depression, anxiety, stress, attachment theory and abuse
    - Parenting, Step-Parenting & Relationships
    - Support systems
  - Teaching & Empowering Women
    - Diversity (Merchant & Whiting, 2015).

# 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

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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 free of charge
- Each intern will receive a monthly 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

# THE FINAL FACTOR

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# YOU WILL BLOSSOM



# References

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