

# THE QUARTERLY IMPACT

The *Quarterly Impact* highlights the programs and progress of the i-MPACT | i-LEAD Foundation, showcasing how we equip young adults with the emotional intelligence and leadership skills needed to thrive. From our flagship Impactful Conversations series to school-based initiatives like EQed Peer Mediation, our programs are designed to build self-awareness, empathy, and responsible decision-making. Each issue of the newsletter features key activities, student reflections, and/or notable achievements, celebrating the growth, connection, and impact happening through our work every quarter.

## Meet Our Founder

Dr. Phyllis Donatto is the Founder of the i-MPACT | i-LEAD Foundation. She is dedicated to empowering young adults through emotional intelligence, personal development, and leadership training. With a deep belief that success extends beyond academics, Dr. Donatto established the foundation to help young people cultivate self-awareness, empathy, and emotional resilience, skills essential for navigating life's challenges and realizing their full potential.



## Program Spotlights

In this inaugural issue of The Quarterly Impact, we're proud to highlight our two cornerstone youth programs designed to build emotional intelligence, leadership, and connection.

Our Flashship Program, **Impactful Conversations**, is a monthly experience that empowers young adults to develop personal and social competencies through intentional dialogue and real-world skill-building. Held at the Office of Juvenile Justice in St. Martinville, LA, each session creates an opportunity for reflection, growth, and meaningful connection.

The **EQed Peer Mediation Program** is an interactive student workshop rooted in the core principles of The EQed Classroom: Leveraging Self-Awareness to Create Engaging Environments. This initiative trains students to become peer mediators, equipping them with emotional intelligence tools to resolve conflicts, foster empathy, and build stronger peer relationships within their schools.

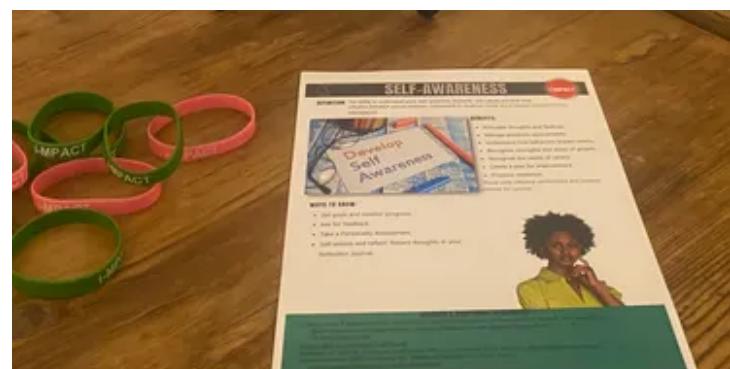
Together, these programs reflect our commitment to emotionally aware, socially responsible, and empowered young leaders.



### Support our Cause

Contact us @  
[info@impactilead.org](mailto:info@impactilead.org)

Mail Donations:  
401 Iberia Street, Unit 276  
Youngsville, LA 70592



# THE QUARTERLY IMPACT

Welcome to the first quarter issue of *The Quarterly Impact*, where we spotlight the work of the i-MPACT | i-LEAD Foundation and celebrate the growth of the young leaders we serve. This issue focuses on our flagship youth development program, Impactful Conversations, which empowers young adults to build personal and social competencies through the power of engaging, reflective, and real-world learning experiences.

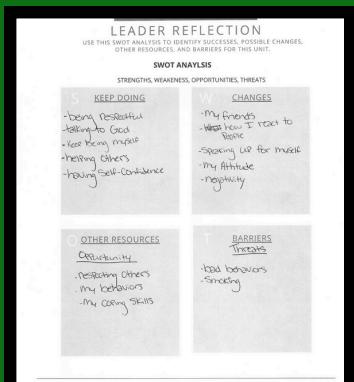


## 1st Quarter Meeting Dates and Activities

- Feb 5 | Relationship Agreement (OJJ): Participants created personal relationship agreements, defined values, set boundaries, and expectations for healthy interactions.
- Feb 10 | Self-Concept (ULL): Participants explored self-awareness concepts, personal identity, and the impact of external influences on self-perception.
- Feb 19 | Getting to Know Myself (OJJ): Participants explored personality traits and examined how these traits influence their decision-making and everyday interactions.
- Mar 5 & 9 | Emotional Intelligence (OJJ & ULL): Participants engaged in activities to practice emotional regulation, empathy, and effective communication.
- Mar 18 | Personal Affirmations (OJJ): Participants explored the impact of positive self-talk and affirmations on confidence, resilience, and overall self-perception.
- Apr 1 | Awareness SWOT Analysis (OJJ): Participants conducted a SWOT analysis to identify strengths, weaknesses, and growth opportunities for personal development.

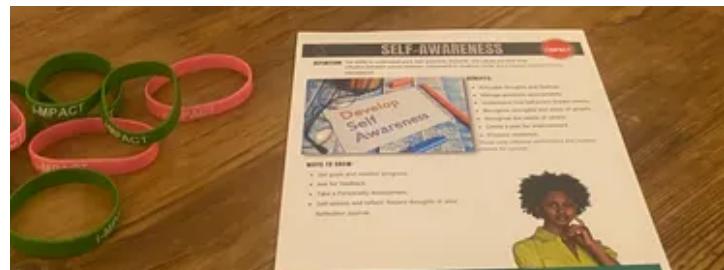
## Samples of SWOT Analysis Activity

Students completed a Self-Awareness SWOT Analysis—a reflective exercise designed to deepen their understanding of self-awareness, which is the ability to recognize and understand one's own emotions, thoughts, and behaviors. Using the SWOT framework—Strengths, Weaknesses, Opportunities, and Threats—students explored their personal traits, internal challenges, external possibilities, and potential obstacles. This activity helped them develop greater self-insight and begin setting intentional goals for growth in both their academic and personal lives.



## Culminating Activity Artifacts Personal Journals and Affirmation Bags

Participants created personal affirmation bags, filled with positive words and encouraging notes to remind them of their strengths and potential. In addition, students received personal journals to continue their journey of self-awareness, goal setting, and emotional growth beyond the program.



## Sample Self-Awareness Reflection Questions

- What are my greatest strengths, and how do they help me succeed?
- What distractions or obstacles could keep me from reaching my goals?
- How do my emotions influence the way I respond to situations or people?

# THE QUARTERLY IMPACT

In this 2nd quarter issue of *The Quarterly Impact*, we highlight the powerful collaboration between the i-MPACT | i-LEAD Foundation and local partners who share our commitment to personal growth and youth development. This edition showcases the engaging learning experiences, hands-on activities, and shared efforts that brought our mission to life through meaningful, community-centered impact.



## 2nd Quarter Meeting Dates and Activities

- May 20th | Body Awareness Presentation by Be Luxxe Spa
- June 17th | Self-Awareness and Health Body Decisions 30-Minute Workout
- July 15th | Responsible Decision-Making Conversations
- August 30th | Summer Soiree - Fun Activity Day for Positive Behavior

## Thank you!

### Be Luxxe and Confidence Campaign

During the Self-Awareness Class held on May 20th at the LA DOC Office of Juvenile Justice in St. Martinville, girls ages 13 and over participated in an engaging and empowering session focused on understanding themselves and their changing bodies. Through interactive discussions and guided activities, they explored topics such as personal hygiene, body changes, and the importance of self-awareness.

Participants also enjoyed an energizing fitness session led by The Confidence Campaign, designed to promote body positivity, self-confidence, and a healthy lifestyle. Participants also engaged in conversations about body image, healthy choices, and self-worth.

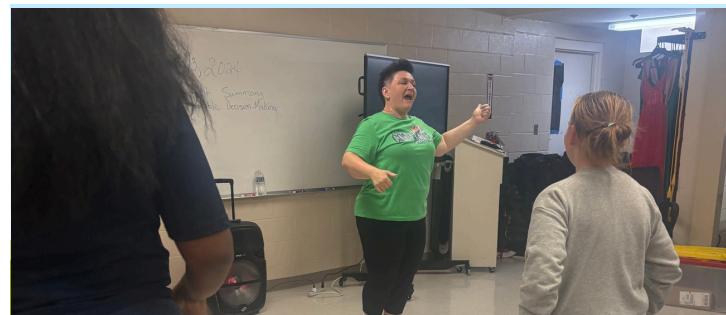
### SELF-AWARENESS CLASS

MONDAY, MAY 20TH  
3:30 PM - 5 PM

Girls  
Ages  
13 & over



Each girl received an i-MPACT | i-LEAD T-shirt as a wearable reminder that they are strong, capable, and built to lead for impact!



Susan Titus, founder of **The Confidence Campaign**, got the girls moving with a fun, high-energy workout that mixed dance, fitness, and empowerment!

# THE QUARTERLY IMPACT

In the 3rd quarter issue of *The Quarterly Impact*, we highlight how Impactful Conversations guided students through a journey of personal development. From exploring personality traits and their role in decision-making to practicing emotional regulation and self-affirmation, each session empowered participants to grow with confidence. The quarter concluded with a proud milestone—the presentation of the i-MPACT | i-LEAD Leadership Scholarship, recognizing a young leader who stood out for their growth, resilience, and leadership potential.



## 3rd Quarter Meeting Dates and Activities

- October 14th | Decision-Making Tendencies | Decision-Making Tools
- October 28th | Five Habits of Responsible Decision-Making

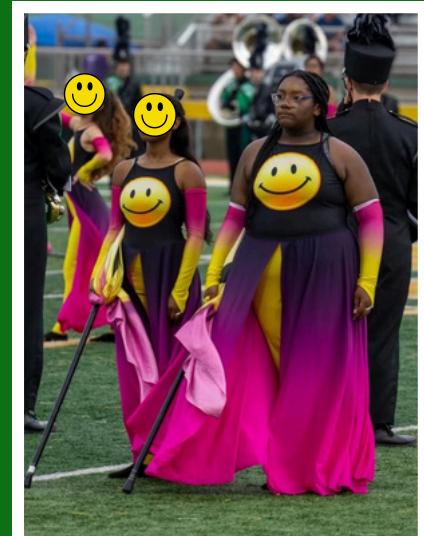
### Congratulations Kourtlynn Livings 2024 Scholarship Recipient

The i-MPACT | i-LEAD Foundation proudly awarded the 2024 i-MPACT | i-LEAD Scholarship to Ms. Kourtlynn Livings, a student at Lafayette High School. This \$400 scholarship honors Kourtlynn's commitment to personal growth, leadership, and self-awareness, recognizing her efforts to make a meaningful impact in her community and beyond.

In her scholarship essay, Kourtlynn Livings highlighted how the i-MPACT | i-LEAD Foundation would help her develop self-awareness and responsible decision-making. She shared how recognizing her strengths and areas for growth has guided her personal and academic journey.

Kourtlynn also discussed her community service experiences, emphasizing how volunteering has strengthened her empathy and leadership skills. Additionally, she detailed her involvement in school sports and extracurricular activities, demonstrating her commitment to teamwork and personal development.

Her essay reflected a strong dedication to growth, leadership, and making a positive impact, making her a well-deserving recipient of the i-MPACT | i-LEAD Scholarship.



Leading and Learning  
Keep being impactful  
Kourtlynn!



# THE QUARTERLY IMPACT

In this 4th quarter issue of *The Quarterly Impact*, we highlight how Impactful Conversations continued to empower young adults through engaging, skill-building experiences. Participants explored career pathways during the Career Quest: Journey to Self-Discovery at the PBC Community Outreach Center and concluded the year with a Responsible Decision-Making celebration. These meaningful moments were made possible in part by a generous grant from Home Bank, helping us further our mission to equip youth with the tools for personal growth, leadership, and long-term success.



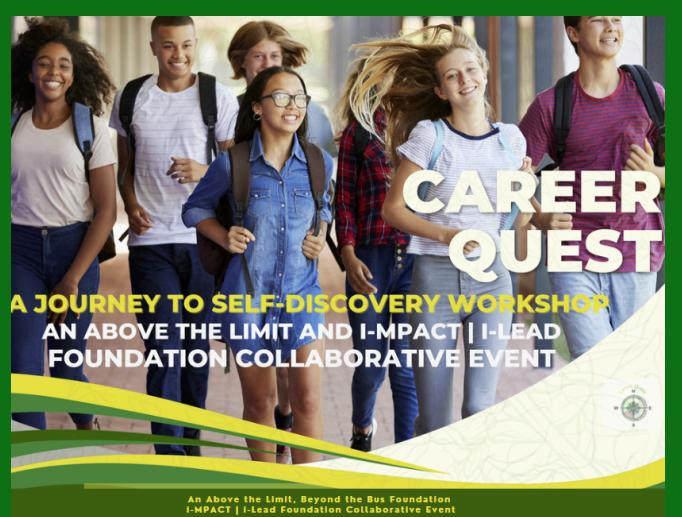
## 4th Quarter Meeting Dates and Activities

- November 7th | Career Quest Journey to Self-Discovery | PBC Community Outreach Center
- December 23rd | Responsible Decision-Making Culminating Activity and Celebration

i-MPACT | i-LEAD Receives Home Bank Grant  
Thank you Home Bank!

## Impactful Collaboration

The i-MPACT | i-LEAD Foundation, in partnership with Above the Limit Beyond the Bus, hosted an interactive Career and Self-Discovery Workshop for teens, which was made possible by the grant received from Home Bank. Participants engaged in hands-on activities to explore career paths, identify personal strengths, and build goal-setting skills. Through self-reflection and collaboration, students deepened their self-awareness and gained practical strategies for making informed decisions about their academic and career journeys—from school to college and beyond.



Each student researched and reported on their chosen career path, including potential income and the best route to get there, whether through college or a certification program.



Students explored various career paths and gained insight into future opportunities and the steps needed to achieve their goals.