

# Alpha Zeta Chi Sorority, Inc

## Programs and Initiatives

This document outlines the various Programs and Initiatives of our organization, focusing on empowering professional growth ,youth development, and women's wellness.

### AZX Initiatives

#### AZX Career Ascension Network (CAN) - "Empowering Sisters for Professional Greatness"

This initiative is centered on career development and professional growth. A structured program to support members in advancing their careers with confidence, connections, and skills.

- ❖ **Career Readiness and Advancement**



- ❖ **Mentorship and Leadership Development**



- ❖ **Leadership and Career Development Workshops**

Alpha Zeta Chi Sorority Inc. "Empowering Sisters for Professional Greatness"

# Youth Empowerment & Leadership Initiative (Y.E.L.L.) - "Igniting Purpose. Inspiring Potential. Impacting Generations"

This initiative aims to empower youth ages 12-18 with the skills, confidence, and guidance needed to become future leaders through mentorship, personal development, and service-based learning. These initiatives are designed to uplift, educate, and equip young people especially underserved or at risk youth with the tools, knowledge, and confidence to become strong leaders and contributors in their communities.

- ❖ **Mentorship & Life Skills**
- ❖
- ❖ **Youth Leadership Development**
- ❖
- ❖ **Career and College Readiness**
- ❖
- ❖ **Community Engagement**

## **EmpowerHER Girls Circle**

- A safe empowering space for girls ages 10-17 to grow in self esteem, confidence, sisterhood, and expression. Covers topics life self image, bullying, peer pressure, and goal-setting.

## **AZX Junior Ambassadors**

A selective leadership group of middle and high school students who partner with AZX for event planning, public speaking, and youth outreach.

## **Women's Health and Wellness Initiative**

- **Women Empowered to Live & Lead (W.E.L.L. Initiative)“  
Nurturing the mind, body, spirit, and sisterhood”.**

Mission- to promote total wellness among women mind, body, and spirit, through education, empowerment, and holistic support systems that foster lifelong health and self care practices.

This initiative will focus on empowering women to live healthier lives and lead from a place of wholeness, emphasizing physical, mental, emotional, and spiritual wellness. .

- ❖ **Empowerment Retreats and Sister Circle**
- ❖ **Wellness & Mental Health**
- ❖ **Vision Board and Purpose Journaling**
- ❖ **Health Screenings and Referrals**
- ❖ **Fitness Challenges**
- ❖ **Well- Woman Care Workshops**

## **Live Well Challenge**

A Seasonal wellness challenge ( spring, summer, fall) that includes fitness, meal prep, daily affirmations, and check-ins to support healthy living in the community.

## **Mind Over Matter Series**

Mental wellness workshops and sister check in nights focused on boundaries, burnout, anxiety, self esteem, and creating a life of peace.

**The W.E.L.L. Initiative is about more than just events; it's a commitment to making wellness a lifestyle, rooted in sisterhood and sustainable support. Whether you're helping a sister find a therapist or reminding her to drink water and rest, you're building a culture of healing and empowerment.**