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Thank you for introducing me to the new Dorene. Thanks to Leap to Success, she is making her dreams come true.



2018 Celebration Report



We educate and empower women who are overcoming domestic violence, homelessness, and other major challenges, to reach their greatest potential.

Message of Gratitude



Dear Friends,

Thank you for being part of our community of support and empowerment for women who are rebuilding their lives from domestic vio-

lence, homelessness, and other major challenges.

This was a year of significant milestones:

- 10th anniversary since starting as a volunteer project
- 5th year as a 501c3 nonprofit organization
- 50th graduation of Leap to Confidence

Many of you have been with us every step of the way and have helped make this journey of growth and transformation possible for more than 2,000 women. The future is brighter because of you!

With love and appreciation,

Dana Bristol-Smith
Executive Director

Our Programs

(Provided by referral at no cost)

Leap to Confidence

Women overcoming challenges gain the confidence and skills they need to reclaim their lives, develop a positive outlook, manage stress, and present themselves professionally to potential employers—to help them become employed and self-sufficient. This seven week program is offered quarterly in San Diego and North County. Graduates are invited to attend the monthly *Empowerment Circle* for ongoing skill building, connection, and support.

Transformation Leadership

During a nine-month journey, participants set and meet significant goals and become leaders in their lives. Using public speaking skills, they raise awareness about prevention and recovery from domestic violence, homelessness, addiction, and other challenges they have overcome.

Shift Your Mindset to Success

This introductory workshop teaches powerful tools to manage stress and create positive and self-nurturing habits. Delivered at our community partner agencies to potential students and case managers, this class recruits program participants and educates partners on the offerings and outcomes of Leap to Success' programs.

Referrals Only

Women emerging from trauma and crisis need multiple services to aid their healing and recovery. That is why we only accept women who are referred by case managers, therapists, or counselors. Women need to have their fundamental needs met before attending our programs. We supply a Readiness Checklist to help our partners determine if a woman is ready to attend our transformational programs.

If your organization is interested in referring women, please contact us:

Email: info@leaptosuccess.org Phone: 760-710-9510

10 Years of Leaps

10

2018
615 Women Served
11 Programs



Highlights

215 Leap to Confidence attendees
400 Women empowered in outreach programs
550 Partner agency staff attended presentations

5

2013
142 Women Served
5 Programs



Highlights

Formed Board of Directors
Incorporated and became 501c3
Added North County location

3

2011
50 Women Served
3 Programs



Highlights

New partnership with Father Joe's Villages
Developed Leap to Confidence

1

2008
Volunteer project
6 Women Served
1 Program



Highlights

Partnership with YWCA of San Diego County and Family Justice Center to provide a leadership program to domestic violence survivors.

The Origin of Leap to Success

Dana Bristol-Smith, Founder and Executive Director, discovered a need in the community for women who had escaped domestic violence and were rebuilding their lives from homelessness to gain crucial skills necessary to restart life after major trauma. She gathered therapists, coaches, and trainers to develop a curriculum that would help women learn and implement these skills. This powerful curriculum is the foundation of our transformational programs.

Making Her Dreams Come True

“I believed every negative thing that was told to me, and I thought everyone saw me like that. Not anymore.” Dorene



Without even realizing something is wrong, we can wake up one day and feel trapped. We find situations and circumstances that were once acceptable, no longer feel right. We get stuck in habitual patterns that seem impossible to break. This causes us to lose confidence in ourselves. Trust in our capabilities erodes, tricking us into thinking we can't change, and we just have to accept life as it is.

Until we break the pattern. Until we do something different. Until we become someone new.

This is what happened to Dorene. She believed the negative talk coming from those around her. Prior to Leap to Confidence, Dorene describes her old self as *“broken and abused.”*

She listened to the crippling voice of fear cast doubt, not only on her abilities, but also her worth.

When she made a choice to join Leap to Confidence, Dorene made a choice to break that cycle. She is no longer insecure about her value. She has found her voice and is unafraid to use it. She knows that she is beautiful and worthy, and she is ready to chase after her aspirations. One of Dorene's biggest dreams was to go back to school. Now, she is doing just that at her *“dream college, USC,”* pursuing a Masters degree in Social Work.

Dorene no longer allows the voices of others to dictate her actions or how she views herself. She has stepped into her strength and has truly become someone confident and new.

Celebrating our 50th Leap to Confidence

Looking over the downtown skyline and Coronado Bridge,
22 women graduated on December 12, 2018
and are now ready to soar.



With excitement and a big crowd of guests, our milestone graduation was featured on KUSI TV and in the Union Tribune newspaper.
(Dana Bristol-Smith welcomes guests)



Special Words From a Supporter

Leap to Success takes women recovering from a variety of misfortunes— domestic violence, addiction and homelessness, and transforms them into positive, confident women who are able to negotiate life's situations.

Please consider joining me in support of Leap to Success. Your investment in the lives of these women will be paid back in the development of productive and emotionally healthy women who are actively contributing to our community.

— Karen Bond, Foundation Director, Bond Family Fund

Learning and Celebrating

Jane Blackwell from Cabi teaches wardrobe and fashion tips for interviewing.



Leap to Confidence #46 Vista Graduation

Board members Lauraine Esparza, Marti Hess, and Wendy Hope help raise spirits and money at our New Village Arts Theatre Fundraiser.



2018 Transformation Leadership Graduates

Using their voices and sharing their stories, they are inspiring others. We celebrate 10 courageous women and their accomplishments. (Special thanks to Ann Photography)



No matter who you are or what you've been through, you are loved, and you matter. Who you are makes a difference.
—Kelly Carman



I am the creator and designer of my beautiful life and here to create the path for others.
—Aileen Dietz



Gracefully broken, I am living forever.
—Menelika Basele



I love and accept myself and am open to new opportunities in life. —Jo Barrett

I don't have to live according to my label. I can view myself differently, and I can succeed.
—Darlene Guzzello



There are only two mantras, yum and yuck. Mine is yum. Tom Robbins
—Candace Gibson



Hands are for helping, and words are for teaching.
—Rhonda Marlin



The privilege of a lifetime is being who you are. Joseph Campbell
—Holly Herring



You may not control all the events that happen to you, but you can decide not to be reduced by them. Maya Angelou
—Jamilha Parks-Price



I have nothing but gratitude for what I've been given. I want to pass it on to the next woman so she knows that she is worthy. —Lori Schwab

Measuring Impact

Via survey, 69 community partner staff gave feedback on the impact of Leap to Confidence

How well does Leap to Confidence help women build self-confidence to be able to move forward from adversity?

98%

Very well to extremely well

My client who graduated is now working!!! She is doing so well. I really appreciate your program for being there for her.

—Natasha Radojevic, PsyD,
SD Family Care

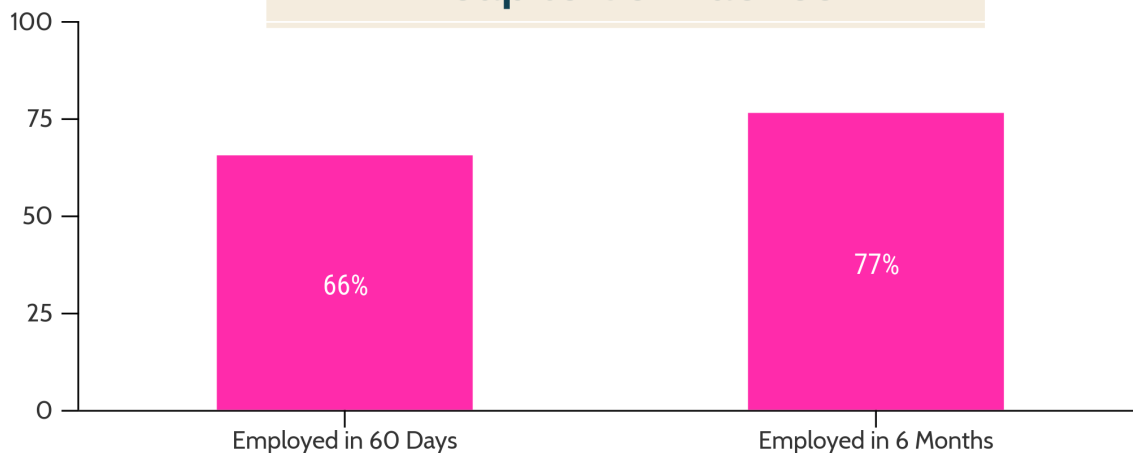
Every client I have sent to Leap to Confidence has come back transformed. It's an amazing program.

—Bianca Burt,
SD Housing Commission

You are able to empower women, change their perspective, and transform their lives completely.

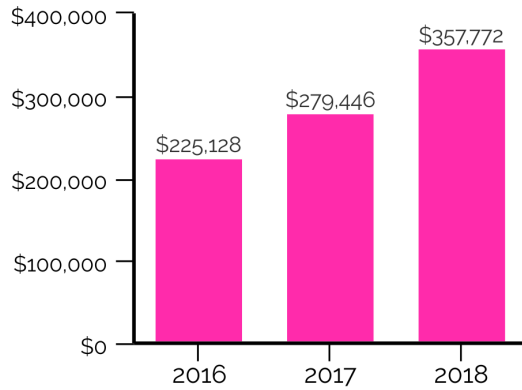
—Fabiola Beck-Threats,
Southwestern Community College District

Employed after Graduating Leap to Confidence

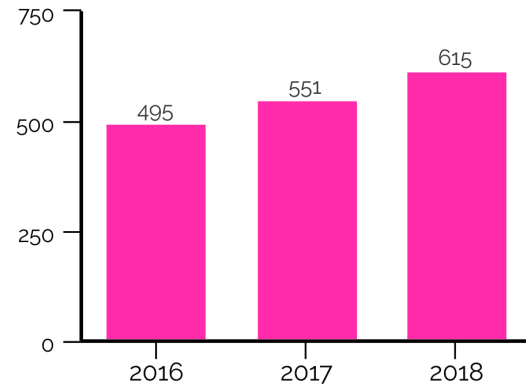


3 Years of Growth

Revenue



Women Empowered



Profit & Loss

Income

Corporate	\$ 32,406
Individual	57,211
Grants Restricted	74,244
Grants Unrestricted	184,750
Fundraising Events	2,520
Program Fee	5,500
Other Income	<u>1,141</u>
Total	\$ 357,772

Expenses

Program Services	\$184,479
Management & General	47,853
Fundraising	<u>13,310</u>
Total	\$245,642

Balance Sheet

Total Assets	298,063
Total Liabilities	2,469
Opening Bal Equity	150
Retained Earnings	183,486
Net Income	112,107
Total Equity	<u>295,594</u>
Total Equity & Liabilities	298,063



Receiving the Cushman Foundation Making a Difference Award



Community of Support

The Generosity of our Donors Transforms Lives

\$50,000 and over

Cushman Foundation
Issa Family Foundation
The Melvin Garb Foundation

\$20,000 - \$49,999

Hunter Family Advised Fund
Stand Together
Robert & Marion Wilson

\$10,000 - \$19,999

David C. Copley Foundation
Sorooptimist Int'l of Oceanside/Carlsbad
United Methodist Church of Vista
- Cable Trust
Wells Fargo Foundation

\$2,500 - \$9,999

Karen Bond
Datron World Communications, Inc.
MiraCosta College Foundation
Sherri Neasham
New Village Arts Theatre
Nordson Corporation Foundation
Winkler Family Fund
Zell Family Foundation
Lori A. Zielinski

\$1,000 - \$2,499

Berlin Family Fund
Michele & Mike Cooney
Lauraine & Richard Esparza
Rita & Dale Geldert
Marti Hess
Wendy & David Hope
Carmen Kasner
Joe & Debby McCloskey
Lori McMaken

\$1,000 - \$2,499

Mission Beach Women's Club
Karen & Nolan Nelson
Vienna Salazar
Sorooptimist Int'l of North SD
Amy Van Liew

\$250 - \$999

The Accounting Department
Denise Arand
Wickliffe Blasi
Dana Bristol-Smith & Greg Klamt
Diana Calta
Linda Chevier
Michael Conley & Susan Steele
- Charitable Fund
Customer Service Advantage
Janeal Ford
Kelley Grimes & Tony Serebriany
Tonda Hall
Cathy Jensen
Elizabeth Juarez
Ruby Kadota
Las Primeras
Movement Foundation
Donna Tracy Pippins
James Shoop
Pamela Stahl
Paul & Jerri Starkey

\$100 - \$249

Deanna & Jay Atherton
Margaret Brown
Callen & Associates
Erin Carpenter
Simona Cherlin
Lynn Chow
Douglas & Marie Elisabeth Clark
James Coleman
Mariel Cota
Charlene Dennis

\$100 - \$249

Jill G. Hall
Patricia Hughes
India Hicks
Angela Lapin
Sherry Luz
Mercedes Martin
Wendy McNeill
Amanda Mineer
Shawna O'Connor
Colleen O'Hara
Brenda Piazza
Mary Lou Pugh Rodgers
James Sinclair
Francine Turtz
Dana Withall

Board of Directors

Marti Hess, Chair
Wendy Hope, Secretary
Tonda Hall, Treasurer
Denise Arand
Lauraine Esparza
Patti Stanford
TC Wilson

Staff

Dana Bristol-Smith,
Founder & Executive Director
Michele Cooney, Program Director
Kelley Grimes, MSW,
Community Engagement Director
Mariel Cota, Instructor
Ruth Batton, Instructor
LaKesha Sexton, Instructor



Community Partners

A Graceful Living	Kaiser Permanente	San Diego Family Care
Alabaster Jar Project	McAlister Institute	San Diego Housing Commission
Alpha Project	Mental Health Systems	San Diego Rescue Mission
At His Feet Ministry	Metro Region Career Center	San Ysidro Health
Center for Community Solutions	MiraCosta Community College	Southern California Tribal Chairmen's Association
Church of Jesus Christ	Neighborhood Healthcare	Step Forward
Community Resource Center	North County Health Services	Stepping Stone of San Diego
County of San Diego HHSA-Maternal Child Health Program	North County Lifeline	Union of Pan Asian Communities (UPAC)
Deaf Community Services of SD	North County Serenity House	Urban League of San Diego County
Father Joe's Villages	Operation Hope—Vista	So. Dist. Cal. US Probation Office
Family Health Centers	Peace Oasis Empowerment	Women's Resource Center (WRC)
Goodwill Industries	Public Consulting Group	YWCA of SD County
Interfaith Community Services	Rachel's Women's Center	
Jewish Family Service	ResCare Workforce Services	
	San Diego County District Attorney	

What changes have you noticed by your clients attending?



"Your organization does amazing work with the women in our program. Thank you so much for what you do! It is very important for their personal growth in so many areas."
Susan Thorpe, Rachel Women's Center

Leap to Success Makes an Impact Because...

Comments from Donors



At graduations I have observed - and been very moved by - the honesty, the fear, and the determination to change that each woman showed. I was also very impressed by how frequently [class] members encouraged, cheered, consoled, and touched and hugged other [class] members. They served as a tremendous, active, caring support group for each other.

—Sherri Neasham, NAVIX Consultants

Attending graduations has been one of the most moving experiences I have had. Hearing each participant share something about themselves with confidence and declaring their vision and goals with passion and strength is remarkable. It has been an honor to witness the transformation and to share in the joy of their future opportunities.

—Margot Doucette, Zell Family Foundation

Leap to Success teaches women how to shift their consciousness from being the victim of circumstances to taking responsibility for their life and leaping into their greater expression, ultimately sharing their gifts and talents with the world.

—Rev. Lori McMaken

Janeal Ford Celebrates Her Birthday with a Facebook Fundraiser for Leap to Success!



As I considered my own experience as a single mom struggling with confidence, I wanted gifts for my birthday to be put to work helping other women in a similar situation. From the women who graduate Leap to Success programs, I've seen fear and insecurity replaced with self-determination and confidence. Confident women who own their power are transforming our communities for good. I can't think of a better birthday present than to support transformation.

—Janeal Ford, President, Fordable Fundraising