



## Fact Sheet

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**Mission** Leap to Success is committed to educating and empowering women who are overcoming domestic violence, homelessness, and other major life challenges to reach their greatest potential.

**Programs** Leap to Success serves women ages 18 and up to gain the confidence and skills to be financially, socially, and emotionally secure. Built over 15 years, the programs provide skills and tools designed to break generational cycles of violence, dysfunction and poverty through communication skill-building, increasing self-esteem and employment readiness.

Leap to Success programs are free and open to any woman who meets readiness requirements. The innovative programs are designed to be the next step following crisis-oriented services to empower women to achieve personal healing, growth and stability to become self-reliant. Currently, programs take place online. They include:

- **[Leap to Confidence](#)**<sup>®</sup> – Designed for women overcoming major life challenges who are ready to build self-reliance and self-confidence, this six-week workshop series is devoted to growing self-esteem and communication skills to experience positive, lasting change in a supportive cohort. All graduates are offered ongoing follow-up support.
- **[Transformation Leadership](#)**<sup>™</sup> – Offered once every two years, women who have completed Leap to Confidence<sup>®</sup> are invited to apply to be part of this specialized nine-month program to grow leadership, public speaking, and advocacy skills. Participants have their own personal leadership coach and are part of a supportive circle of women who work, learn and grow together.

Leap to Success now offers a new **[Trainer Certification Program](#)** to train organizations around the country to implement the licensed Leap to Confidence<sup>®</sup> Program in their communities. A fee-for-service program, organizations across the U.S. have access to the highly effective curriculum model to serve more women and change more lives.

## History

In 2007, [Dana Bristol-Smith](#) learned some facts that haunted her:

- One in four women is a victim of domestic violence
- Three in four homeless women are victims of domestic violence
- 15 million children witness domestic violence acts each year
- Social services to support homeless women and domestic violence victims may address immediate needs for housing, case management and counseling, but often lacks the services to provide women with education to build self-confidence to believe in themselves to change their lives.

A public speaking and leadership consultant, Bristol-Smith brought together a team of experts -- therapists, coaches and trainers -- to develop and test a comprehensive curriculum for women to build the necessary self-confidence to become leaders in their own lives.

Since 2008, Leap to Success programs have provided a bridge from basic services to empowerment through personal development training many women cannot access. More than 2,500 women have benefitted from these programs, with learning and support to build their confidence and self-esteem, empower their ability to make choices and pursue academic and career paths to achieve self-sufficiency for themselves and their families.

Ultimately, the Leap to Success model is designed to reduce poverty and homelessness, promote healthy relationships and safe communities.

In 2022, Leap to Success expanded access to their licensed Leap to Confidence® Program to organizations across the country through their new [Trainer Certification Program](#), so more women can benefit from this unique, proven curriculum.

## Fast Facts

- Since 2008, more than 2,500 women have benefitted from Leap to Success programs.
- Through community outreach programs, Leap to Success also provides training in stress management, empowered decision-making and reframing negative thoughts--serving more than 1,260 clients and 2,730 staff members of nonprofits and community organizations since 2017.
- In 2022, Leap to Confidence® graduates reported significant growth in their abilities, including a 49 percent rise self-esteem; a 48 percent increase in feeling empowered to make choices; and a 46 percent increase in self-confidence.