



Women Rising

2022 Report





Message from Dana



Dear Friends,

Women are rising because of you! Together we are helping women who are healing from trauma gain the confidence, knowledge, and skills they need to become and remain, financially, socially, and emotionally secure.

This last year was full of milestones and tremendous achievements, including:

1. Ongoing support that changed and saved lives

Our support is ongoing and accessible. Unlike other programs or sessions where people attend once, or for a limited number of times, our door is always open. Our Empowerment Circles are offered to all Leap to Confidence® graduates, free and forever! This past year close to 100 women received this ongoing support for a total of over 1,100 visits. It was a critical lifeline for women still struggling in their recovery.

2. Nationwide expansion

Through the Leap to Confidence® Trainer Certification Program we are expanding across the country! Our first program licensees are Thistle Farms in Nashville, Tennessee, and Goodwill of Southern Piedmont, Charlotte, North Carolina.

3. Adapting to the changing availability of clients

Noticing a decline in participation in our daytime Leap to Confidence® program, we piloted evening sessions in 2022. The evening program had a 70% increase in attendance! We now include evening programs as part of our regular offerings.

4. Responding to community needs with new program

We customized our curriculum to meet the needs of front-line staff at social service organizations and delivered our first program to people from six different organizations.

We are proud of our ability to navigate the changing needs and landscape in our communities. We are grateful that you have chosen to invest and partner with us in our mission to educate and empower women. We deeply appreciate your support.

Together we are changing the world, one empowered woman at a time!

Dana Bristol-Smith

Dana Bristol-Smith
Executive Director



2022

Impact at a Glance

Together we enriched the lives of more than 1,500 people.

CLIENT
PARTICIPATION

306

COMMUNITY
PARTICIPATION

1,234

TOTAL
PARTICIPATION

1,540

17% Increase from 2021

“

When I first walked into the classroom, I wasn't sure I could do it. But the staff create such an atmosphere of trust. You're seen, you're heard, you matter. Every tool was up to me to utilize and step by step, as a mother, sister, aunt, friend, I became a better person.

Tarlease, 2022 Graduate



Congratulations!



Transformation Leadership 10th Graduation

We celebrated ten amazing women becoming leaders in their lives and communities. Transformation Leadership was the very first program that Leap to Success offered back in 2008. This powerful program teaches women to:

- Set a new course to reach their goals and dreams
- Acknowledge and appreciate their own worth and well-being
- Develop public speaking skills and confidence
- Use assertive communication to get their needs and wants met
- Cultivate resilience, a growth mind-set, and empowering self-nurturing practices
- Give back to the community by sharing their stories through outreach programs
- Become role models and leaders who advocate, educate, and empower others



Michele Cooney, Carol Calilung, Tarlease Jones, Patricia Law, Sunshine Krewson, Reyna Doerr, Helice Sparky Bridges, Cindy Tillory, Diana LaCroix, Laurel Fisher, Sutton Kirkpatrick, Dana Bristol-Smith



“

I am Carol, I Leap, I am a Warrior. I was scared to start my life all over again. Now I am certain I can achieve anything I want for myself and my life!

In Transformation Leadership, I accomplished a commitment to self-growth and self-compassion. I am learning that I am perfect in my imperfections, strong in times of weakness, happy with my choices and beautiful in my own way.

Carol, 2022 Graduate



Graduate Spotlight

Meet Diana

In 2020, during the pandemic, I lost my income and my job which felt devastating since I am the sole provider for my family. Old traumas emerged and negative thoughts started to come back. I started feeling hopelessness creep in.

I have grown so much in Transformation Leadership. I am learning what it means to show up as a leader for myself. I am getting in touch with a vision for myself and busting through the limiting beliefs and shame that kept me from living to my potential.



I have created goals and have learned tools that keep me connected and motivated to my goals. I am becoming intentional and living a purposeful life.

Leap to Confidence[®]

In just six weeks, Leap to Confidence[®] empowers women to:

- **Believe** in themselves
- Make **better choices**
- **Stand up** for their own worth and value

Six months later, graduates report:



“

When we send a mother to a Leap to Confidence class, it catapults her to change internally how she views herself. She breaks that cycle of abuse and ensures her children are safe and thriving because she knows her self-worth.

Claudia Garcia Grasso, Executive Director
One Safe Place, The North County Family Justice Center

I learned I could choose – how to communicate, to not take things personally, how I act and respond. And what they call ‘not picking up the rope,’ that was a huge one for me. I can choose not to engage in conflict.

Brittany, 2022 Graduate

Graduates Report

At the end of class:

49%

increase in self-esteem

48%

increase in feeling empowered to make life choices

46%

increase in confidence in their abilities



Leap to Confidence[®] Trainer Certification Program

Nationwide Expansion

It's always been our desire to spread our transformative programs across the country and in 2022, it became a reality! By investing in the Leap to Confidence[®] Trainer Certification, any organization that serves women can now help them even more.

The curriculum uses a unique, proven model developed over the last 12 years to help women acquire new tools and skills to:

- **Break cycles** of poverty and violence
- Be more **employable** and take steps toward financial stability
- Activate **positive, lasting change** in themselves, their children and their communities

Our First Licensees:



To learn more,
please visit our website
or scan the code



Graduates Report

60 Days After Graduating
Leap to Confidence[®]

33%

went back to school

31%

were hired

Leap to Confidence® for Helping Professionals

Reaching a New Audience

A diverse group of helping professionals from half a dozen organizations from across the region attended the very first Leap to Confidence® for Helping Professionals program. Week by week they gained the tools and skills needed to work more effectively with clients.

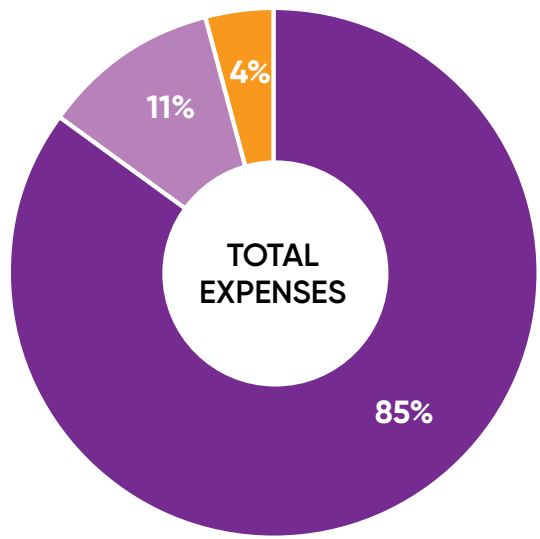
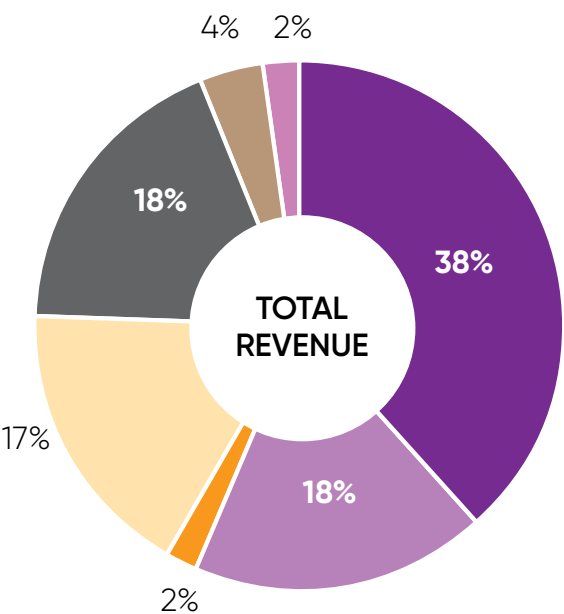


Grateful for our Community Partners

29:Eleven Maternity Home
Big Sisters League
Center for Community Solutions (CCS)
Community Research Foundation (CRF)
Community Resource Center (CRC)
County of San Diego
Crisis House
Elder Help San Diego
Family Health Centers of San Diego (FHCSD)
Father Joe's Villages
Generate Hope
Goodwill Industries – San Diego
Grossmont College
Home Start, Inc.
Interfaith Community Services
MAAC
McAlister Institute
MiraCosta College
MW Career Services
Neighborhood Healthcare
North County Lifeline

Oceanside Homeless Resource
One Safe Place
Operation Hope – North County
Palomar Health
PATH
Promises to Kids
Public Consulting Group (PCG)
Rady Children's Hospital
Reach and Disability Safe 911 Taskforce
San Diego Housing Commission (SDHC)
San Diego Voices
San Diego District Attorney's Office
San Diego Workforce Partnership
Strong Hearted Native Women's Coalition
TURN Behavioral Health Services
UPLIFT
UURISE
Vista Adult School
Vista Unified School District
Women's Resource Center (WRC)
Your Safe Place

Financials



Grants - Unrestricted	\$198,500
Grants - Restricted	\$93,650
Corporations	\$8,371
Individuals	\$89,895
Investment/Other	\$95,729
Program Fees	\$19,450
Materials Sales	\$12,410
TOTAL REVENUE	\$518,005

Program Services	\$355,744
Management	\$44,692
Fundraising	\$19,782
TOTAL EXPENSES	\$420,218

“

I was hesitant and downplayed my skills. Now I am confident and see the value and strengths I always had.

Sherry, 2022 Graduate

Our Funding Partners

Our funding partners who contribute \$10,000 or more deserve special recognition. We greatly appreciate their partnership and trust in us. Their ongoing commitment to empowering women allows us to not only sustain our operations but plan for growth.



Funding Partners

Melvin Garb Foundation
Hunter Family Fund
Issa Family Foundation
Jennifer Leighton
Stand Together Foundation
Stern Leichter Foundation
United Methodist Church of Vista



Thank You!

Barbara Mitchell from United Methodist Church of Vista presents a grant to Leap to Success which was received with appreciation by Kelley Grimes and Dana Bristol-Smith.

Community Support

Spoken Word Event

Sharing the Power and Beauty of Words

With the support of FrontWave Credit Union, the 2022 Spoken Word event featured Toastmaster's speakers, local community activists, poets, and Leap to Success graduates! The event was a tremendous success, raising critical funds and awareness of the Leap to Success' mission.



Ashley Nicole
Author & Poet
Spoken Word Performance

Our Donors

Leap to Success is honored to recognize the individuals and organizations who made donations of \$100 or more to support our mission and programs. Every effort has been made to list each name correctly and to not list those who chose to give anonymously. Please contact us if there are any errors or omissions.

Rima Aboulhosen
Bridget Allen-Laehn
Filomena Antunes
Denise Arand
Jennifer Barber-Frazier
Dianne Belk
Berlin Family Fund
Wickliffe & John Blasi
Patti Boekamp
Bond Family Fund
Laura Boudart
Carol Bristol
Dana Bristol-Smith &
Greg Klamt
Maggie Brown
Building Better Lives Fund
Nancy Cambra
Susie Carder
Erin Carpenter
Karen Clark Ristine
Compass Real Estate
- Encinitas
Jim Coleman &
Elizabeth O'Connor
Michele & Mike Cooney
Daevyn Crouch
Sonia Cuiilty
Amy & Anna Czajkowski
Susan Davis
Charlene & David Dennis
Margot & Dennis Doucette
Jennifer Dufresne
Lauraine & Richard Esparza
Crystal Faqih
Karen Feitelberg
Darlene Fink
Carrie Foster
Samuel I & John Henry
Fox Foundation
Lynn Franco-Chow
Jayne Geisler

Rita & Dale Geldert
Mike Gellman
Kathe Gogolewski
Diane Goldberg
Gardenia Gomez
Esther Graham
Kelley Grimes &
Tony Serebriany
Tonda Hall
Marta Hall
Lane Hammond
Marti Hess
Wendy & David Hope
Patricia & Robert Hughes
Betty Jamieson Dunne
Cathy Jensen
Jordan Jones
Ruby Kadota
Alexa Kaplan
Carmen Kasner
Julie Kiernan
Christina Kirk
Tanya Kirkpatrick
Sutton Kirkpatrick
Petra Kubath-Miranda
Tatjana Kudla
Kim Lande
Ann Landstrom
Lisa Laube
Miles & Kim Lawrence Trust
Sarita Lemons
Robert Lin
Josiah Lockley
Genesis Longo
Sherry Luz
Diane Macias
Christopher Mann
Betina McCadney
Joe & Debbie McCloskey
Suzanne McDonnell
Lori McMacken

Jan McMillan
Sherri Neasham
Karen Nelson
Colleen O'Harra
Tamara O'Neal
Palisades Presbyterian
Church
Tanya Parks
Amy Peck
Margery Pierce
Donna Pippins
Leah Russell
Vienna Salazar
Julie Santen
Second Story Cards LLC -
in Memory of Elaine Meyer
Lakesha Sexton
Sheila & Michael Sharpe
J Shoop
James Sinclair
Gina Smiar
Donnie Smith
Sorooptimist International
Oceanside Carlsbad
Kathy Speliopoulos
Gina Stafford
Pamela Stahl
Patti Stanford
Susan Steele & Michael Conley
Zina Stepter
Lynn Sterling
Thermo Fisher Scientific
Amy Van Liew
Susan Weiner
Roman Werschky
Winkler Family Fund
Woman's Club of Carlsbad
The Yeh Family
Lori Zielinski

One Empowered Woman

One woman who knows her worth and value can create waves of change all around her. When a woman finds her voice, she pursues her dreams. Her confidence activates her children, family, and community for the highest good.



We Are Helping All Women Rise!

Staff

Dana Bristol-Smith

Founder & Executive Director

Michele Cooney

Program Director

Kelley Grimes, MSW

Community Engagement Director

Luiza Campos, MBA

Operations & Community Coordinator

Ruth Batton

Community Engagement Specialist, Instructor

Kelly Carman

Instructor

China Morgan

Instructor

Board of Directors

Marti Hess

Chair

Tonda Hall

Treasurer

Wendy Hope

Secretary

Denise Arand

Jennifer Barber-Frazier

Lauraine Esparza

Carmen Kasner

Patti Stanford



5205 Avenida Encinas, Suite A, Carlsbad, CA 92008
(760) 710-9510 • leaptosuccess.org

