

# Leaping Forward

2024 IMPACT REPORT



## Letter From CEO

In 2024, we embraced the strength, courage, and resilience of the women we serve like never before. We deepened our connections in the community, expanded our outreach, and celebrated the transformative power of women's voices.

To mark Leap Day, we hosted **Women Who Leap**, a special event that brought together inspiring women leaders to share their personal journeys. Their stories remind us that behind every success are barriers, doubts, and even tragedies—overcome with determination and strength.

We welcomed three incredible, new power women to our dedicated board. With our staff and board, we embarked on an exciting visioning and planning process to recognize our achievements and shape the future we aspire to create. As part of this journey, we refreshed and refined our mission statement.

**Drum roll, please... Here is our fine-tuned mission:**

**Leap to Success inspires women overcoming adversity to ignite their confidence and reclaim their voice, to transform their lives and communities.**

Our voices hold power. When a woman experiences trauma or abuse, she often loses her confidence—and with it, her voice. As she rebuilds her sense of self-worth, her optimism and strength return.

Please know that we are deeply grateful for you. You play a vital role in helping women believe in themselves, recognize their worth, and step into their power.

**Here's to a future where all women rise!**

*Dana Bristol-Smith*

Dana Bristol-Smith  
CEO, Founder



## LEADING THE WAY

### BOARD OF DIRECTORS

Marti Hess, *Chair*  
Tonda Hall, *Treasurer*  
Wendy Hope, *Secretary*  
Jennifer Barber-Frazier  
Amy Czajkowski  
Jeri Dau-Yacovelle  
Lauraine Esparza  
Laura Froelich  
Carmen Kasner  
Beth Mahn

### STAFF

Dana Bristol-Smith  
*CEO, Founder*

Ruth Batton  
*Community Engagement  
Director, Instructor*

Luiza Campos, MBA  
*Program Manager*

Michele Cooney  
*Senior Director, Programs*

Kelley Grimes, MSW  
*Senior Director, Organizational  
Development*

Natalie Reilly  
*Communication Manager*

Patricia Stanford  
*Partner Engagement Director*

Kelly Carman  
*Graduate Instructor*

Brittany Dela Cruz-Welch  
*Graduate Instructor*

Tarlease Jones  
*Graduate Instructor*



## 2024 Impact At A Glance

A woman who endured trauma from **life-altering challenges** like **domestic abuse** and **homelessness** can feel powerless and isolated. It's a heartbreaking reality we hear all too often.

We help women **rewrite that narrative**—equipping them with the **skills, tools, and ongoing support** they need to reclaim their power and build a brighter future.

With **your love, support, and encouragement**, we have sparked **positive change in more than 1,800 lives this year**. The impact of our work is reflected in the **newfound confidence, hope, and resilience** of our graduates.

We are transforming lives, one woman at a time, and your support is at the heart of it all.



RUTH BATTON

CLIENT  
PARTICIPATION  
**337**

COMMUNITY  
OUTREACH  
**1,480**

TOTAL  
IMPACT  
**1,817**

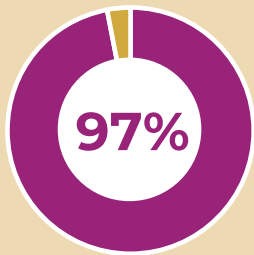
LEAP TO  
CONFIDENCE®  
**163**

EMPOWERMENT  
CIRCLES  
**125**

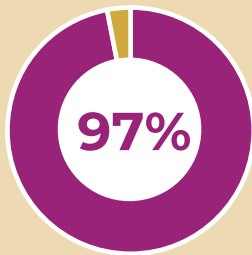
TRANSFORMATION  
LEADERSHIP®  
**11**

HELPING  
PROFESSIONALS  
**38**

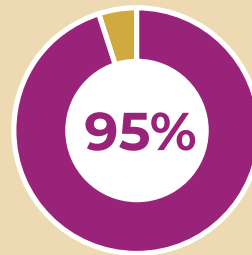
## Leap To Confidence® Six-Month Personal-Growth Milestones



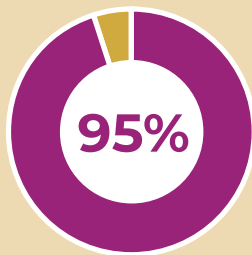
HANDLE STRESS  
MORE EFFECTIVELY



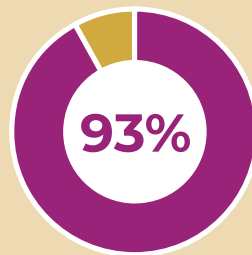
EMPOWERED  
TO MAKE CHOICES



CHANGE NEGATIVE THINKING  
TO POSITIVE ACTIONS



HOPEFUL ABOUT  
THEIR FUTURE



CONFIDENT IN  
THEIR ABILITIES



### Top Three Areas of Growth From Pre and Post Class Assessments

**+38%**

Confidence

**+35%**

Empowerment

**+33%**

Self-Esteem

*I am resilient. I was  
overpowered by  
intrusive thoughts, and  
now I am able to bounce  
back stronger than ever.*

~ LILIANA



***With the weekly support of Empowerment Circles, I'm now able to stay afloat in the storm.***



## GRADUATE SPOTLIGHT

# Rachel

I wanted to sleep, so I wouldn't have to think about what was going on in my life. I had no motivation. It was a dark and difficult time. I was desperate for help. A woman, who came into my life at just the right moment, referred me to Leap to Confidence®. Within the first two weeks, I thought, Wow! This is hard. I have to be vulnerable. I didn't realize we were going to have to dig so deep.

The program helped me see where I needed peace in my life and what that looked like. Up until then, I saw myself (alone) on a boat, in an ocean, sinking. Having gone through the program (twice!) and with the weekly support of Empowerment Circles, I'm now able to stay afloat in the storm. Setting boundaries changed the game! And hearing the powerful stories of other women has humbled me and given me hope.

In the past, I used my voice in a toxic way. It wasn't what I was saying, but how I was saying it. Leap to Confidence® helped me use my voice in a positive, healthy way. My biggest leap was filing for divorce. Now, my ex-husband and I have a healthy relationship because we each sought help. My next two leaps are starting a podcast and graduating college. I will forever be an advocate for this program. It changed my life! It got me out of bed, gave me confidence, and pushed me toward my dreams.



## Celebrating Resilience And Community On Leap Day

In the spirit of Leap Year, we hosted an inspiring community celebration. This special evening honored remarkable women and our dedicated supporters. With Sarita Maybin as our dynamic emcee, the evening opened with dancers leaping across the stage to the song “Rise Up,” choreographed by Alyssa Junious. Guest musical artist Peggy Lebo added her powerful voice and original songs.

Keynote speakers—Claudia Grasso (Deputy District Attorney & Executive Director of One Safe Place), Felena Hanson (Founder of Hera Hub), and our very own graduate instructor Kelly Carman—shared personal stories of courage and resilience, leaving a lasting impact on our audience of more than 150 guests.







**EMILE BAYME &  
ALYSSA JUNIOUS**



**SARITA MAYBIN**

Spoken word poetry was powerfully delivered by Ashley Nicole, a Black American author and Marine Corps veteran. Ashley captivated the crowd with the strength, truth, and courage of women.

The evening featured sponsors and supporters, including Ann Landstrom of Studio Ageless Photography, Discover Magazine, Denise Arand of Wine, Women, and Wealth, Rancho Santa Fe Women's Fund, Soroptimist International of Oceanside-Carlsbad and the Women's Museum of California.

*A special thank you to Ann Landstrom, Studio Ageless for event photography.*



## Leap to Confidence® Celebrates 100



On February 19, 2024, we held the graduation ceremony for Leap to Confidence® Class 100! In partnership with Your Safe Place–San Diego Family Justice Center, 16 women graduated with newfound confidence, tools, and belief in themselves!

*This program has been a transformative journey for all attendees, equipping them with vital skills in communication, building healthy relationships, and stress management. The graduation was a testament to their growth, marked by powerful affirmations shared by each participant.*

~ DIANE DOHERTY, EXECUTIVE DIRECTOR, YOUR SAFE PLACE

## Celebrating Class 104 in Memory Of Kathy Mulderrig



On Tuesday, July 30, 2024, 11 graduates from Leap to Confidence® Class 104 stood before a roomful of people and shared their next steps to reach their goals and dreams. Each declaration was acknowledged with cheers and applause.

This class was sponsored by The Bond Family Fund in honor of a dear friend—the late Kathy Mulderrig. Kathy was a lifelong champion of women's empowerment. Kathy was always the life of the party so this celebration would have made her proud. Thank you, Bond Family Fund, for honoring your friend and for being such a good friend to the women we serve!



# Graduates Use Their Voices for Change



*Being at the White House was a testament to the impact of sharing our stories. I hope my journey inspires others in our immigrant communities to find their voice and rise above challenges. Leadership is not about titles but about using your voice for change. ~ LISBET*

The power of our programs is that they help women find and use their voices. Women build the confidence to be seen, heard, and even celebrated. This couldn't be more evident than when one of our amazing graduates was invited to the White House! Lisbet Perez, 2015 Transformation Leadership graduate, VOICES Director & Care Coordinator at

One Safe Place, celebrated the 30th anniversary of VAWA (Violence Against Women Act) with lawmakers, President Biden, and other dignitaries!



*This program gave me purpose and support, without feeling judged. Confidence is a skill that you work on. So, right now I can walk into a room with ten people and feel okay, but I want to improve my confidence so that I can walk into a room of CEOs and be okay, or a room full of kids and know that I'm reaching them. Every week I feel a little bit stronger ... to where I know I'm gonna be okay, to where I can be a confident woman that's gonna be successful!*

~ CAMIE

*I have new tools and confidence. I know that I have the right to say no, and I have the right to stand up for myself. I feel a sense of duty to tell my story ... and advance services and resources for people with disabilities. I really want to be the change ... in legislation and in policies that don't make sense anymore. ~ TIFFANY*





## Awards and Recognition

### Women of Impact Award

Being visible and engaged in the community is essential to fostering the relationships that drive our mission forward. Raising awareness of our work helps create greater impact for the women we serve.

A shining example of this was on March 16, 2024, when Dana Bristol-Smith was honored with the Women of Impact Award by Assemblymember Tasha Boerner of the 77th Assembly District in La Jolla, California. Dana, alongside members of Leap's board and staff, had the opportunity to connect with other outstanding community leaders who were recognized for their contributions.



L to R: Kathy Kinane, Sue Simpson, Tasha Boerner, Dana Bristol-Smith, Carmen Kasner, Natalie Reilly

***This is an organization that provides exactly the type of support that some women need in order to find their voices and discover their personal power on their own path to success.***

~ SENATOR CATHERINE BLAKESPEAR



TARLEASE JONES



### Women in California Leadership Award

On July 23, 2024, women leaders from across Senate District 38 were invited to a reception at the Oceanside Museum of Art. State Senator Catherine Blakespear, whose focus is on “the importance of having women in decision-making positions because women’s lived experiences are unique,” recognized Leap to Success as “outstanding non-profit of the year.” Senator Blakespear presented Dana with a Senate Certificate of Recognition and a foundation award of \$5,000 to support our programs! Graduate Instructor, Tarlease Jones, was invited to share her powerful story to this roomful of inspiring women.



# Welcome New Board Members!

We are thrilled to welcome three dynamic leaders to our Board of Directors! Their extensive expertise in major organizations and philanthropy and their deep passion for Leap's mission will be invaluable as we continue to grow our impact and visibility.

## AMY CZAJKOWSKI

**Regional PM/CM Manager for the Southwest, Ardurra**

Amy has over 30 years of experience organizing and mentoring engineering professionals, as she was a founding partner at Infrastructure Engineering Corporation (IEC), which is now Ardurra.

*"I was so moved by the personal growth of all of the women at the Leap to Success graduation event. I knew this was an organization I wanted to dedicate my time and energy to."*



AMY CZAJKOWSKI

## LAURA FROELICH

**Retired Media Maven | Investor | Philanthropist**

Laura was a successful media executive before her retirement in 2021. Most recently, she led Content Partnerships at Twitter, where she was instrumental in bringing exceptional content from sports, news, and entertainment publishers to the platform.

*"When I first learned about Leap to Success, I was immediately drawn to its powerful mission and the opportunity to help women achieve their goals. I look forward to providing the support needed to serve the women of our community and to help the organization expand in San Diego County and beyond."*



LAURA FROELICH

## BETH MAHN

**Director, Human Resources |  
Global Business Partner, Dexcom**

Beth is a Human Resources leader with over 25 years of experience in some of San Diego's largest global companies. Her prior organizations include med-tech, high-tech, and manufacturing industries, with recent roles at ResMed and Qualcomm. She loves working in the mission-driven, medical technology space.

*"Through my Leap to Success Board service, I am excited to empower more women to succeed."*



BETH MAHN



## Margot & Dennis Doucette Open Their Hearts & Home to Help Women Leap

Our good friends (and two of our fiercest supporters), Margot and Dennis Doucette, threw a backyard party with a purpose. This gathering raised close to \$20,000. Margot and Dennis spoke from the heart to their inner circle, a crowd of about 30 people, expressing their love for Leap to Success and their dedication to the women we serve.

Stirring the deepening emotion, two of our graduate instructors, Kelly Carman and Tarlease Jones, courageously and confidently shared their Leap stories—Tarlease actually stretched out her arms wide and leaped! Rousing applause was soon to follow, turning warm conversation into bountiful new friendships. Thank you, Margot and Dennis, for your warmth, compassion, and generosity!



L to R: Dana Bristol-Smith, Margot Doucette, Kelly Carman



Beth Mahn with daughters Paisley & Piper and Tarlease Jones

***"They change women's lives," Dennis said, just prior to offering to match that night's donations. "And I have been blessed to get to know this organization."***

*~ DENNIS DOUCETTE*



### Four Ways You Can Help

1. **BECOME** a community partner and refer your clients to attend our life-changing programs at no cost to them.
2. **FOLLOW** us on social media and tag us in your Facebook and Instagram posts.
3. **CONNECT** your friends and family to our mission.
4. **DONATE** and help a woman find her voice and rebuild her confidence.



Donate to Leap to Success today!



## Community Partners

We are proud to partner with organizations that help people overcome challenges to live productive and healthy lives.



Blue Star Neighborhood  
Center for Community Solutions (CCS)  
Community Research Foundation (CRF)  
Community Resource Center (CRC)  
Community Solutions  
Comprehensive Treatment Center  
Crisis House  
Cuyamaca Community College  
East County Transitional Living Center  
Epilepsy Foundation  
Equus Workforce Solutions  
Family Health Centers of San Diego (FHCSD)  
Generate Hope  
Goodwill Industries - San Diego County  
Hera Hub  
Hummingbird Healing House  
Immigrants Rising  
Institute for Community Alliances (ICA)  
Interfaith Shelter Network of San Diego (ISNSD)  
International Rescue Committee (IRC)  
Jewish Family Service of San Diego  
Legal Aid Society of San Diego  
Lifeline Community Services  
Mastermind  
McAlister Institute  
MiraCosta College

MW Career Services  
NAMI San Diego  
Neighborhood Healthcare  
New Alternatives  
One Safe Place  
Operation Hope - North County  
Palomar Health  
Pathway Health Clinic  
Promises2Kids  
Public Consulting Group (PCG)  
Rady Children's Hospital  
San Diego City College  
San Diego County District Attorney  
San Diego Housing Commission (SDHC)  
San Diego Workforce Partnership  
Southern Indian Health Council  
Step Forward North Coastal  
Strong Hearted Native Women's Coalition  
TURN Behavioral Health Services  
U.S. Probation Office  
Vista Adult School  
WRC  
Your Safe Place  
YWCA of San Diego County

To become a community partner and refer your clients to attend our life-changing programs, please email: [info@leaptosuccess.org](mailto:info@leaptosuccess.org) or call 760.710.9510.



# Donors

Leap to Success is honored to recognize the generosity of our donors who supported our mission and programs with a gift of \$100 or more.

## \$50,000+

Cushman Foundation  
Issa Family Foundation  
Melvin Garb Foundation  
Stand Together Foundation

## \$10,000 - \$25,000

Bond Family Fund  
Amy Czajkowski  
Margot & Dennis Doucette  
The Thursday Club  
Laura Froelich &  
Doug Padron  
Ronald Gumbaz  
& Juliet Cozzi  
Hunter Family Advised Fund  
Jennifer Leighton  
Mary Previti Advised Fund

## \$2,500 - \$9,999

Dana Bristol-Smith  
& Greg Klamt  
Jeri Dau-Yacovelle  
Lauraine & Richard Esparza  
Crystal Fraire  
Kaaren Henderson Kerlin  
Marti Hess  
Hunter Industries  
Carmen Kasner  
Janeen Madsen  
Sherri Neasham  
Karen Nelson  
Pratt Family Fund  
Roberts-Taylor Family Fund  
Nanette Moss &  
Dayton Semerjian  
Winkler Family Fund  
Women in California  
Leadership  
Lori Zielinski

## \$1,000 - \$2,499

Anonymous  
Filomena Antunes  
Denise Arand  
Carol Bristol  
JP Morgan Chase  
Employee Campaign

Coleman Dentistry  
Michele & Michael Cooney  
Charlene & David Dennis  
Carrie Foster  
Samuel I & John Henry  
Fox Foundation  
Edward Froelich  
James Froelich  
Rita Geldert  
Wendy & David Hope  
Diane Macias  
Beth Mahn  
Joe & Debby McCloskey  
Patricia McColl  
Lori McMacken  
Donna Tracy Pippins  
Gwyn Rice  
Rita Robinson  
Kathy Roe  
Ginnie Roeglin  
Carol Rolf  
Vienna Salazar  
John & Carole Sanders  
Pamela Stahl  
Beth Terrana

## \$500 - \$999

Annabelle Aguilar  
Corri Anderson  
Ardurra Cares Team  
Wickliffe & John Blasi  
Lora Calvert  
Michael Conley &  
Susan Steele  
William Eigner  
Mike Gellman  
Robin Goetz  
Stephen Gross  
Kathleen Haynes  
Jessyca Houchins  
Georgi Hughes  
Patricia & Robert Hughes  
Alex & Jessica Lazur  
Scott Miller  
Tanya Parks  
San Marcos Rotary Club  
Sheryl Scarano  
Sempra Energy Foundation

James Sinclair  
Lynn Sterling  
Erin Sweeney  
Natalia Worden

## \$100 - \$499

Linda Adams  
Ernesto Aguilar  
Windy Ancipink  
Yazmin Arellano  
Ted Arihara  
Deanna Atherton  
Elga K Baillargeon  
Kathleen Baker  
Sandra Barstow  
Richard & Mary Bernstein  
Melissa Botello  
Maggie Brown  
Sarah Brown  
Marialisa Calta  
Erin Carpenter  
Kimberly Chapin  
Linda Clark  
Jeanette Crutchfield  
Diane Czajkowski  
Paula de Sousa  
Michelle D'Elia  
Anne Di Napoli &  
Edwin Poffenberger  
Paula Doss  
Joanne Dramko  
Kathy Faraone  
Lisa & Greg Fiori  
Marylou Flanders  
Staci Fournier  
Michael Fry  
Stacey Garfinkel  
Barbara Gellman  
Douglas Gillingham  
Give Lively Foundation  
Kathe Gogolewski  
Diane Goldberg  
Anthony Gonzalez  
Jill Hall  
Tonda Hall  
Sunnie House  
Cathy Jensen  
Ruby Kadota

Karyn Keese  
Ann Kessler  
Sutton Kirkpatrick  
Tatjana Kudla  
Thomas & Lisa Laube  
Miles & Kim Lawrence Trust  
Charlotte Lewis  
Gerard Lumabas  
Daniel Magos  
Judy Mandel  
McCabe Family Fund  
Sean McCarty  
Violletta McDaniel  
Elizabeth McIntyre  
Jan McMillan  
Terri McWilliams  
Shawnele Morelos  
James Mousel  
Tirza Murdock  
Tracy Noteware  
Karl Obergh  
Tamara O'Neal  
Paypal Giving Fund  
Helen Plummer  
Progressive Insurance  
Kimberly Raetz  
Natalie Reilly  
Lauren Reynolds  
Sara Rich  
Suzanne Rosenberg  
Robin Rubin  
Galit Ryan  
Sharon Singleton  
Kathryn Speliopoulos  
Barbara Stanhope-Pence  
Marilyn Tedesco  
Kartik Vaith  
Amy Van Liew  
Marjorie Wahlsten  
Lisa Wells  
Jennifer Wilkes  
Amy Yuen  
Bart Ziegler  
Rebecca Zucker

We have made every effort to ensure the accuracy of this list.  
If you find an error, please contact us at [info@leaptosuccess.org](mailto:info@leaptosuccess.org).



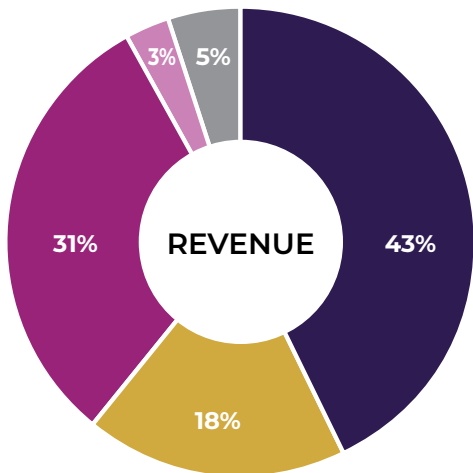
# Voices of Strength

On October 19, 2024, our very own Board Member, Jennifer Barber-Frazier, along with Frontwave Toastmasters, hosted a wonderful Spoken Word event that featured 10 captivating speakers, three of whom were our Graduate Instructors–Brittany Dela Cruz-Welch, Kelly Carman, and Tarlease Jones. Special guest of the evening was LaKesha Sexton, who was in our very first program back in 2008! LaKesha graced us with her vocals, singing Amazing Grace. Thank you, Jennifer and Frontwave Toastmasters for bringing the community together!

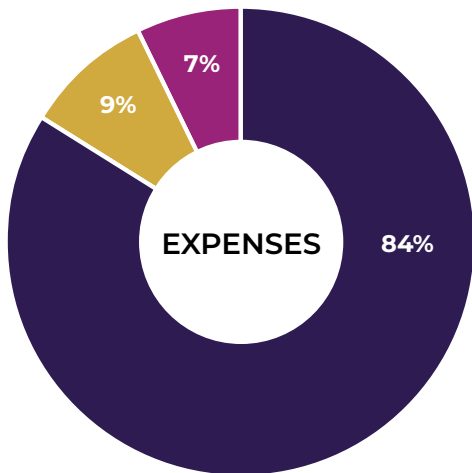


LaKesha Sexton & Jennifer Barber-Frazier

## 2024 Financials



Grants - Unrestricted	\$269,350
Grants - Restricted	\$110,800
Individuals	\$197,523
Program Fees	\$19,941
Investment/Other	\$31,014
<b>TOTAL REVENUE</b>	<b>\$628,628</b>



Programs	\$546,725
Management	\$ 59,691
Fundraising	\$49,516
<b>TOTAL EXPENSES</b>	<b>\$655,932</b>

# Leap to Success.

2011 Palomar Airport Rd  
Suite 101  
Carlsbad, CA 92011  
(760) 710-9510  
[leaptosuccess.org](http://leaptosuccess.org)



## Women Who Leap!

**By Sarita Maybin,** *Motivational Speaker,  
Communication Expert & Author*

Women who leap choose courage and conquer their fear.  
They rise above the challenges to create a vision that's clear.  
Women who leap ask for help with what they need.  
They take risks and prevail in tough times, indeed.  
Women who leap know they can't do it all alone.  
They have supportive people with a positive tone.  
Women who leap build their wings on the way down,  
And they embrace the new freedom they've found.  
They find options to explore.  
They know that there's more.  
Life doesn't have to be a chore.  
They're excited about what's in store.  
They ask.  
They leap.  
And then ... they soar!



DANIELLE MATTHEW  
& ALYSSA JUNIOUS