

Annual Report 2021



**"Bridging The Gap of Confidence
Across All Generations."**



"Bridging The Gap of Confidence Across **All Generations.**"

Self Love Beauty offers a supportive community that helps individuals thrive, develop a growth-mindset, learn habits to improve their overall wellbeing, listen effectively and understand how to communicate with others. Their inclusive, tiered model **bridges the gap in confidence for all generations.**

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"Self Love Beauty helped me to see the importance of listening to my girls."

- Mother & Daughter Event Attendee

“

"Self Love Beauty has given me the opportunity to gain knowledge around the topics of self-love and confidence."

- Larissa Cook,
SLB Ambassador



Dear Friends,

As another year comes to an end, Self Love Beauty continues to reflect on our mission and the change we wish to bring to our community. In 2022, we plan to further our impact and continue our mission of educating, investing, and impacting individuals on the importance of self-love and confidence in order to empower them to be the best versions of themselves by bettering and extending our workshops and programs.

In this report, you will find the results of our efforts in 2021. Through our workshops and programs this year, we saw a 34% increase in confidence, 37% increase in SEL skills, and 54% increase in wellbeing from our participants. These were the results after just one workshop. This is the power of Self Love Beauty.

With our fourth year as a nonprofit approaching, we strive to raise the bar for ourselves and the services we provide even further. With this, our goal by 2023 is to impact more than 5,300 individuals directly, and 26,700 indirectly by enhancing their knowledge and providing them with tools to increase their confidence, support and overall wellbeing by 25%.

Our core values of self-love, confidence, health, empowerment, community, and inclusion are at the forefront of our being as we continue to press on with focus on providing individuals with workshops at an affordable cost to all socioeconomic statuses. Self Love Beauty will continue to be that bright light of hope for individuals and work harder to make even more of an impact in the upcoming year. We are grateful for your continued support. Thank you.

With Love, 

Lisa Thompson

Founder and Executive Director



Who We Are

MISSION

Self Love Beauty is a 501(c)(3) with the mission to **educate, invest** and **impact** individuals on the importance of self-love and confidence in order to empower them to be the best versions of themselves.

CORE VALUES

- ✓ Self-Love
- ✓ Confidence
- ✓ Inclusion
- ✓ Community
- ✓ Empowerment
- ✓ Health

VISION

To create a world where everyone feels **empowered** to love themselves and achieve anything they desire.

“

"Self Love Beauty has helped me realize that I am worthy. Not only am I worthy, but I am strong and beautiful in my own way.

- Abby Scherzer,
SLB Ambassador



Our 2021 Programs

Our programs utilize the PERMAH (Positive Emotions, Engagement, Relationships, Meaning, Accomplishment and Health) Toolbox and the Search Institute Developmental Assets Framework as an evidence-based to increase individuals confidence, support, wellbeing, resilience, self-esteem and relationships. Our workshops are conducted in a very hands-on, interactive format that teach tools for individuals to walk away and utilize in their daily lives.

“

"This conference really helped me discover that I do have a purpose in my life and it taught me how to find it."

- Teen Conference Attendee

Our 2021 Programs Include:

- ✓ **Confidence-Focused Workshops**
- ✓ **Teen Conference**
- ✓ **Family Programs**
- ✓ **Affirmation Day**

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"Having a relationship with my dad is important so we can grow up and have a bond and friendship between us."

- Father & Daughter Event Attendee



Our Impact

In 2021, we impacted more than **983 individuals directly** and **4,915 indirectly** through our programs.



After completing just **one** workshop (4-hours) participants reported having:



34%

Increase in confidence.



37%

Increase in SEL skills.



54%

Increase in overall wellbeing.

Workshops Highlights in 2021:



58%

Life Clinic, Self-Esteem & Confidence Workshop

of participants grew in knowing how to overcome limiting beliefs.



52%

Saginaw ISD Professional Development Workshop

of participants learned how to incorporate self-care into their daily lives.



67%

Bay City Central High - School Workshop

of participants grew in creating tiny habits to help their physical and mental health.

Our Impact



Our 2021 workshops showed **successful growth** in participants' confidence and self-care habits.

Saginaw ISD County Juvenile Center

2021 Workshops



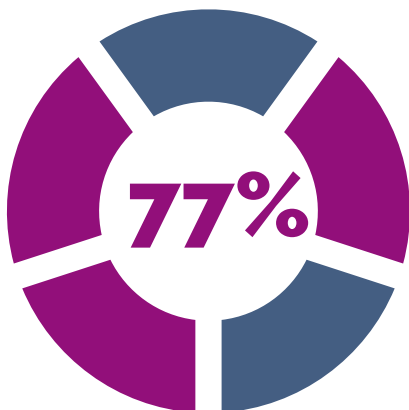
learned how to handle stressful situations with confidence.



learned about limiting beliefs and how to have a growth mindset.

Mustard Seed Women's Shelter

Spring 2021 Workshops



learned how to handle new situations and challenges



learned how to create tiny habits for physical and mental health

Testimonials

Participants say...



I am now most confident about helping others find and achieve their goals and empowering them to be the best version of themselves.

- Saginaw ISD Teacher Development Workshop Attendee



I appreciated a space to be vulnerable and grow in my confidence.

- Mustard Seed Women's Shelter Workshop Attendee



I learned how to set goals, what my limiting beliefs are and what I can do to overcome them.

- LifeClinic Workshop Attendee

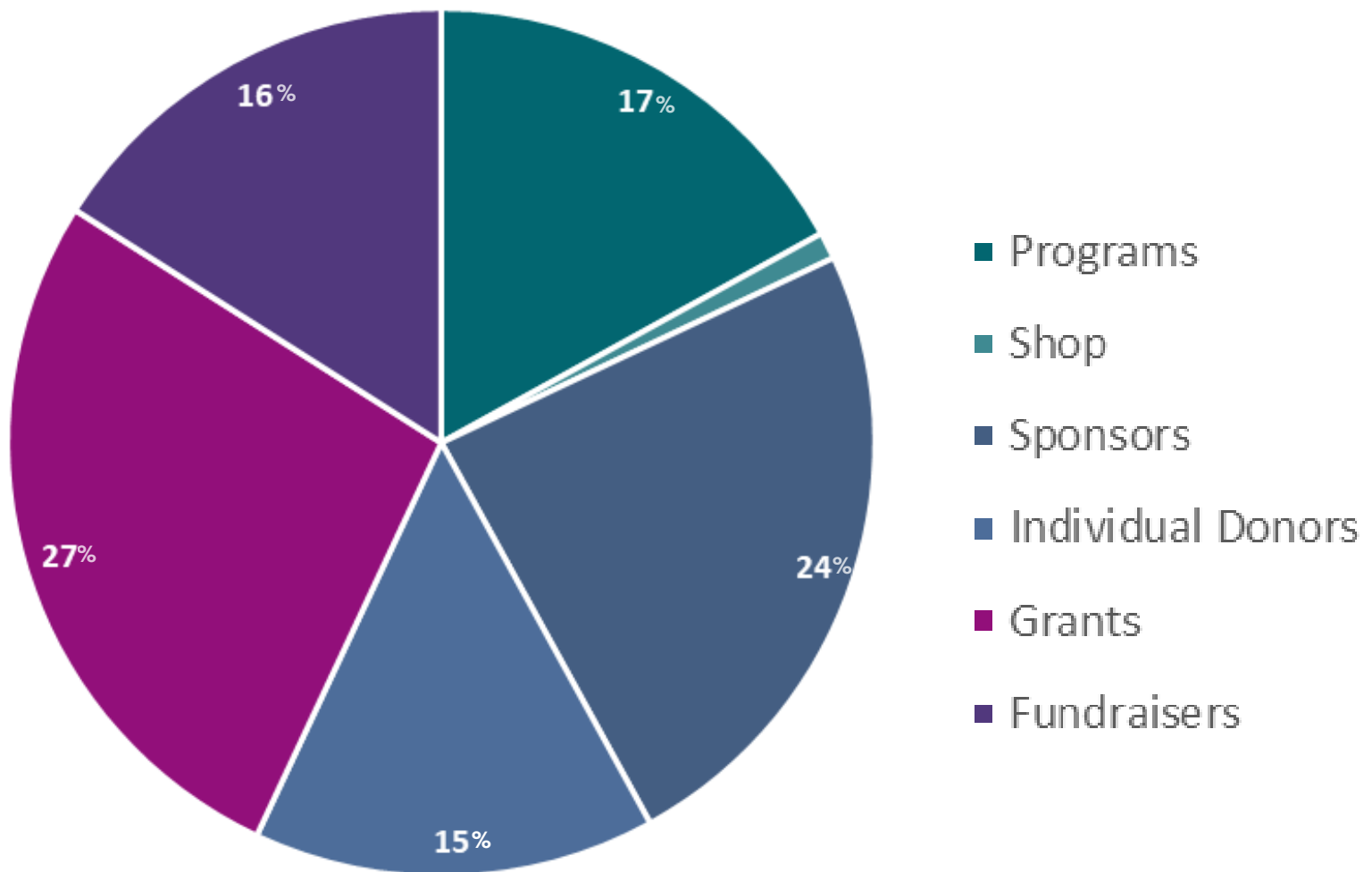


My favorite part was thinking about my future because it's made me eager to succeed in it!

- Saginaw County Juvenile Center Workshop Attendee

Confident | Heard | Seen | Vulnerable | Validated | Hopeful

2021 Financial Information



In 2021 we accumulated:

✓ **70** Corporate Partners

✓ **289** Individual Donors

Key Players



Staff

Lisa Thompson | **Executive Director & Founder**

Emily Anderson | **Programs Specialist**

Board of Directors

Sarah Maday | President
Kelsey Schultz | Treasurer
Marc Kaeckmeister | Secretary
Logan Richetti
Kayley Lyons
Jon Lynch
Cathy Geiger
Wendy Traschen
Michelle Brady

Advisors

Ritika Kalia | Julia Kepler | Rob Vallentine | John Tsaras | Dominic Monastiere | Allison Baron

Ambassadors

The ambassadors of the organization make Self Love Beauty what it is. They **advocate for change, spread light and truth** and sit on SLB committees to better our programming.

Join The Movement

Connect with us

♥ Join our community of positivity, empowerment and confidence!



info@selflovebeauty.com



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Become a volunteer!



lisathompson@selflovebeauty.com

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"A group of highly motivated people striving to make a difference. Inspiring every day."

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