


in her shoes

FOUNDATION™

Ready Set Girls Academy

The image features two lit candles in glass holders. The candle in the foreground is pink, and the one in the background is yellow. Both are lit, with bright flames. The background is dark, making the light from the candles stand out.

“Hope is the most important thing in the world. It allows people to still see the light when they are so shackled in darkness.

However, we miss the bigger picture when we focus solely on helping people when crisis has already struck. We must also dedicate ourselves to the work of promoting healthy lifestyles that can often preempt avoidable yet devastating moments of crisis.”


-Kasia Wereszczynska

ABOUT OUR WORK WALKING IN HER SHOES



A Quick Story of the Power of In Her Shoes Foundation

A beautiful 7th grade girl: Not being able to share her struggles at home because her mother has "too much on her plate," hiding her battle with anorexia, needing control but not knowing how to get it and a part of the RSGA Program. She was able to share her struggles with body image, engaging in self-harm as a result of being bullied, with our RSGA group mentor - because she's comfortable and put at ease. And, together, they start on her journey to find strength and courage to navigate her way out of the darkness. And her life is changed for the better.



**"THERE'S SOMETHING
SO SPECIAL ABOUT A
WOMAN WHO
DOMINATES IN A
MAN'S WORLD. IT
TAKES A CERTAIN
GRACE, STRENGTH,
INTELLIGENCE,
FEARLESSNESS, AND
THE NERVE TO NEVER
TAKE NO FOR AN
ANSWER."**

RIHANNA



IHSF's *vision* is to empower and inspire every woman and girl to be her personal best.

Our mission is to embrace the potential of all women and girls by providing:

- Positive Influences
- Learning Opportunities
- Community Partnerships
- Leadership Development

IHSF's core values form the foundation of how we conduct ourselves as an organization.

These are also the qualities we value and encourage in our members and volunteers. We are:

- Accountable
- Empathetic
- Intentional
- Authentic
- Inclusive

CORE VALUES

READY SET GIRLS ACADEMY

Young women in today's society often struggle to deal with everyday pressures and expectations. Through the IHSF flagship program, Ready Set Girls Academy, we are giving girls the tools they need to navigate life's challenges in a positive way.

The IHSF RSGA program seeks to reach these vulnerable young women before crisis strikes and we seek to equip them with the tools they can use to help avoid and/or manage traumatic situations. Through our knowledge based curriculum, RSGA students gain knowledge and exposure to life skills and problem solving techniques not taught in the traditional public, private or charter school environments.

"I am so grateful for the skills I have learned and am now able to use in my everyday life. Through RSGA I've learned new coping skills, like how to communicate more effectively how to control my anger and even had a chance to polish up a few of my old ones. I've learned to agree to disagree. To speak up! Because my opinions matter! Without the outlet of RSGA, I wouldn't be as assertive and outspoken as I am today."

Topics Covered

Participants will meet 1-2x per week for 90-minute sessions. Professional women, who have the education credentials and leadership experience to bring these concepts home to teenage girls, facilitate the sessions each week.

Middle School

Ready Set Girls Academy for Middle School™ is a curriculum specifically created to meet the needs of girls ages 10-14.

The Ready Set Girls Leadership Academy focuses on 4 major areas of Exploration: Self Identity, Relationships, Mind and Body, and an optional Community Service unit. Listed here are examples of some of the different lessons created for the RSGA Middle School curriculum.

Self Identity

- Strengths vs. weaknesses
- Exploring individual identity
- Growing up and gaining independence
- Emotions and emotional regulation

Relationships

- Building positive relationships
- Bullying (with a focus on tolerance and inclusion)
- Making new friends
- Peer pressure

Mind & Body

- Bodies changing
- Healthy routines
- Body image
- Self worth

Community

- Community Service and Philanthropy
- Community Service project

“Change can happen with the right environment, people and curriculum”

The Program

The curriculum is designed to provide participants with a safe and caring learning environment where they can learn the life skills that will allow them to excel in life.

The goal of this program is to give young girls the tools they need to explore who they are and who they want to become!

In each lesson we aim to improve their self-esteem and encourage them to reach

for higher achievement. The program is free and available for high schools, middle schools, and community organizations. We provide all the materials and volunteer Group Mentors who run the program.

Topics

We make our lessons very interactive. We find that the girls gain a lot from sharing their experiences and listening to each other. Our trained and experienced volunteer Group Mentors provide a safe and caring learning environment. They encourage the girls to discuss a different topic in each session.

“ I graduated the IHSF, RSGA while I was attending Baker College Prep where the program was delivered. This program has helped me in so many ways. RSGA has allowed me to flourish into the young lady that I am today by giving me the tools to effectively communicate, advocate and stand up for myself. Through this program, I was able to build me self esteem and confidence.”

High School

Ready Set Girls Academy for High School™ is a curriculum specifically created to meet the needs of girls ages 14-18.

Leadership

- Effective leadership
- Team building
- Problem Solving
- Effective Communication

Healthy Living

- Conscious eating
- Exercise
- Mindfulness
- Daily routine schedule

Social Skills

- Healthy Relationships
- Anger Management
- Conflict Resolution
- Philanthropy

Life Style

- Life-school balance
- Time management
- Responsible choice-making
- Using social media

BONUS LESSONS

Curriculum also includes extra lessons for: (1) College exploration workshop where youth learn about the college and financial aid process (2) Career exploration workshop where youth learn about career options.

READY SET WOMEN ACADEMY PROGRAM (RSGW)- PROGRAM

To promote positive, professional and personal growth. Topics range from leadership to career development and advancement. There are two versions: Beginner and Advanced.



OUR HISTORY

In Her Shoes Foundation (IHSF) is a 501(c)3 non-profit organization that is dedicated to making a positive impact on society by empowering women and girls

Kasia Wereszczynska, MA, LCPC, RYT, founder of IHSF served for many years as a crisis worker supporting young girls and women on the south side of Chicago and the North Shore area. These experiences led her to want to further inspire and empower women and girls, and so the In Her Shoes Foundation expanded.

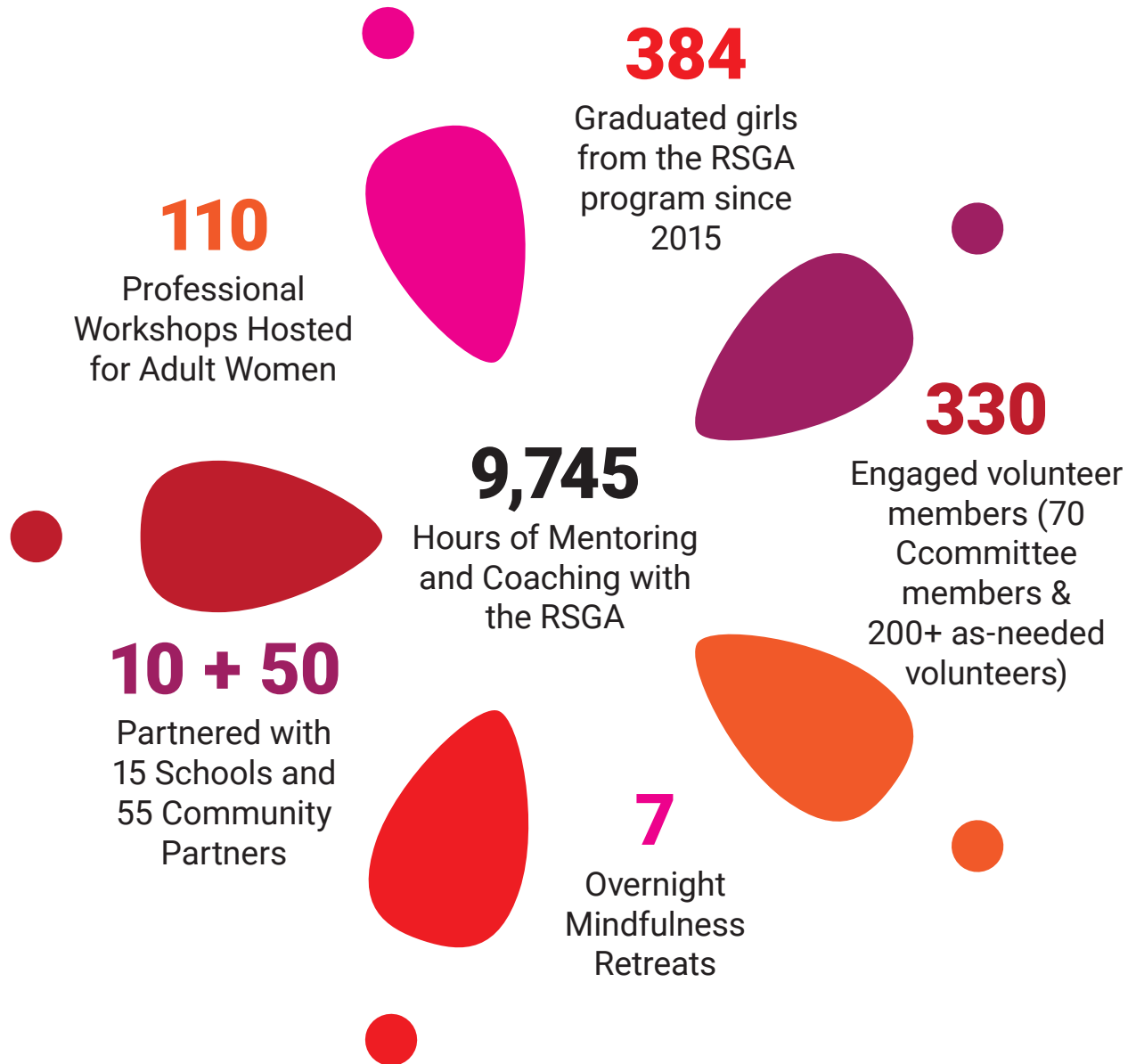
The organization began as the Positive Girls Club in 2008 for women of all ages who were determined to make positive changes in their lives. Women came together to share positive thoughts, provide inspiration to each other and share self-improvement opportunities. The group began to slowly grow and gain momentum as a forum for women to build strong individual and community relationships. Positive Girls Club became a strong professional resource in the Chicagoland area.

In 2011, Positive Girls Club changed its name to In Her Shoes Foundation to better reflect the organization's core values and mission and was granted 501c3 status.

From the beginning and still today, the organization is run solely by volunteers.

OUR IMPACT

In Her Shoes Foundation has:





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