

Seed of Hope Foundation

A place of social and emotional learning for teen girls and young women



Seed of Hope Foundation

Special Notice

The statements set forth in this catalog are for information purposes only and should not be construed as the basis of a contract between students/organizations and this institution.



While the provisions of this catalog will generally be applied as stated, Seed of Hope Foundation reserves the right to change any provision listed in this Catalog, including but not limited to academic and/or mentoring requirements for completion of the program, without actual notice to individual students. Every effort will be made to keep students advised of any such changes. Information on changes will be available by request to life101@mysoh.org. It is especially important that participants note that it is their responsibility to remain apprised of current completion requirements for their particular programs.

Seed of Hope Foundation, an affirmative action/equal opportunity mentoring and nonprofit institution, does not discriminate on the basis of sex, race, age, religion, handicap, or national origin. However, our current mission and programs have been developed for teenage girls and young adult women only.

Seed of Hope Foundation

Seed of Hope Foundation (SOH) is a local non-profit that offers life skills programs to teenage girls, specifically the Westchester, Bellwood, Maywood, Broadview, and LaGrange Park areas. SOH has been a local non-profit in the community since 2009, servicing teenage girls and young adult women ages 13+. The organization was started by a mother and daughter team who believe there is a seed of greatness in everyone (About Us, 2013). The organization initially offered its programs in the basement of the founder's home and then quickly garnered community support and moved the programs to local community venues.

Programs include workshops on communication, self-esteem, relationships, goals, literacy, and roundtable discussions on various social topics (bullying, dating, sex, building healthy relationships, choices, professional development and conflict resolution.). The vision of SOH is "to develop emotionally intelligent leaders of integrity and excellence for the generations to come and they are guided by four core principles: integrity, acceptance, nurturing and fun" (About Us, 2013). A Board of Directors governs Seed of Hope Foundation, which has been in operation since 2009.

The chairman, the vice chairman, and other officers of the Board are elected by the members of the Board. The overall programs and services of the Institute are offered through three major components: group mentoring for teen girls and young adult women, public service workshops for the community, and personal one-to-one coaching.

Mentoring consists of programs of study leading toward a certificate of completion for demonstrating specific life skills.

Requirements for admission of students to mentoring programs are determined based on current grade level, current academic standing at your local elementary and/or local high school, and pursuant to policies of the Board of Directors and the institution. The Board establishes minimum standards and leaves to each institution the prerogative to establish higher standards. Applications for admission should be addressed in all cases to the institutions.

A core curriculum that complements your current academic standing or professional position is in effect at Hope Center Institute. This curriculum requires 20 session hours completed on-site and 10 session hours off-site, including a service project.

Public service workshops consist of varying community and social topics. The public service workshop activities are of several types, including, seminars, lectures, and roundtable discussions.

Personal one-to-one coaching is conducted primarily for discovery and application of the positive changes you want to see in your life. These coaching sessions include clearly defined goals and projects in some cases, and personal development activities in other cases. They are conducted both on and off campus – by appointment or referral only.

The policies of the Board of Directors are for the governance, management, and control of Seed of Hope Foundation.

The Board of Directors, with 5 committees, engenders continual system wide dialogue on major programming and administrative matters of all types. It also makes recommendations to the chief executive officer and president for transmittal to the Board of Directors as appropriate, regarding programming and administrative aspects of operation of the system.

Seed of Hope Foundation Personnel

Executive Leadership

Executive Director

Gwendolyn L. Young
B.S, DeVry University
M.A., Lewis University

Board of Directors

Jacqueline Barnes, D.D., CPC
Founder
Chairman of the Board

Nancy Griffin, M.S.
McDonald's Corporation

Ellen Harrington-Kane, M.S.
Easter Seals, Inc.

Angela Howard, M.A.
Rotary International

Tiffanie Kinney, M.A.
Rebuilding Together

Gwendolyn L. Young, M.A.
Executive Director

Vision

To develop emotionally intelligent leaders of excellence and integrity for the generations to come.

Mission

Our mission is to provide a warm and welcoming environment where teenage girls can speak their mind without judgment, start the journey to self-acceptance and become the leaders they were destined to be.

Recognition

Seed of Hope Foundation has been recognized by GreatNonProfits.org for 2012 and 2013 for Great NonProfit of the Year. Seed of Hope's leadership has also received the Elizabeth Timpton's Girls Mentoring Award, Judith O'Connor Scholar Award from BoardSource, the Presidential Service Award and 2013's Influential Women in Business Award. Seed of Hope Foundation has also achieved the Guide Star Gold-level GuideStar Exchange designation, demonstrating its commitment to transparency.



Welcome

Executive Director's Message



Welcome to Seed of Hope Foundation's Life 101: Building a Foundation Curriculum. These events and workshops will challenge you to discover your OK2B Factor and provide you the necessary tools and resources to live purposely. Our lives are not our own, we were each blessed with a specific skill, talent, and ability for the purpose of solving a problem, providing joy, and impacting this world in extraordinary ways.

In Seed of Hope Foundation workshops, you are **FREE** to explore what makes you unique, question why certain things happen, rebuild and/or strengthen your self-perception to live your best life. In these workshops, you will connect with amazing women who can mentor you in those challenging areas of life and connect with a group of other young women who share your dreams, your goals, and your challenges. I challenge you to take advantage of all that these workshops have to offer you.

There is one thought I would like to leave you with to meditate on as you journey through the various workshop activities, remember that fingerprint identification is the method of identification using the impressions made by the minute ridge formations or patterns found on the fingertips. *No two persons have exactly the same arrangement of ridge patterns, and the patterns of any one individual remain unchanged throughout life.*

Fingerprints offer an infallible means of personal identification. Other personal characteristics may change, but fingerprints do not. **THE SAME WITH OUR OK2B FACTOR! WHO ARE YOU?** Begin the discovery process today.

We are excited that you have chosen to attend one or many of our workshops and we will continue to seed for the greatness in you always!

~Coach G

Gwendolyn graduated at the top of her class as a Cum Laude graduate and is a member of Sigma Beta Delta Business Honor Society. Gwendolyn is currently pursuing an advanced graduate degree in Organizational Leadership from Lewis University. In 2012, Gwendolyn received the Elizabeth Timpton Girls Mentoring Award for her work in the community by Passages Alternative Living, Inc. and was one of twenty emerging leaders in the United States selected as the recipient of the 2012 Judith O'Connor Scholar Award for Emerging Nonprofit Leaders by BoardSource. Most recently Gwendolyn was honored as 2013's Influential Women in Business by the Daily Herald.

She has 10 years of business experience in operations and administrative management and serves as Executive Director, curriculum designer and workshop facilitator for Hope Center programs. Gwendolyn has also co-authored "20 Tips to Building a Strong Mother/Daughter Bond" with her daughter.

Course Descriptions – Track One

Life 101: Building a Foundation

OK2B Me

This course will provide an overview of the importance of understanding what makes you unique. Participants will begin the process of self-discovery and self-assessment of their personal perspective of who they are, identify how the definition of who they are was determined, and whether they have been living their authentic self.

Life 101: Building a Foundation

Discovering My Life

This course helps participants define what “life” means to them and begin the process of identifying what they want to become in “life,” how valuable life is, and how “life” is compromised of various relationships. The course takes a hands-on approach to challenging student’s to think beyond today and start thinking future-focused and understanding healthy relationships versus unhealthy relationships in life.

Life 101: Building a Foundation

Cause I’m a Lady

This course will provide an overview of the importance of lady-like behavior. Participants will define what being a “lady” means, identify positive and powerful language of a “lady,” and identify opportunities for growth. The course takes a practical approach to helping student’s identify current women they admire who exhibit power and lady-like behaviors that they can realistically emulate.

Life 101: Building a Foundation

Harnessing Your Power

This course will provide an overview of the importance of owning one’s own “power” and using “power” positively and effectively. Participants will define what “power” is, different ways “power” is used, and how to create their own internal source of “power.”

Life 101: Building a Foundation

My Body, My Choice: Sexual Relationships

This course will provide an overview of the importance of having a value system. Participants will identify their values and decision-making process, articulate sexual limits, and identify risks involved with not abstaining from sex.

Life 101: Building a Foundation

My Body, My Choice: Health & Nutrition

This course will provide an overview of health and nutrition and help participants identify triggers to unhealthy behaviors.

Life 101: Building a Foundation

My Body, My Choice: Drugs & Alcohol

This course will provide an overview of the affects of alcohol and drugs on the body, help participants identify triggers to alcohol and drug misuse, and develop a personal action plan to eliminate drug and alcohol abuse.

Course Descriptions – Track Two

Life 102: Professionally Prepared

OK2B A Leader

This course will provide an overview of leadership, goal setting, and creating a vision. Participants will identify their unique leadership characteristics and identify roadblocks that interfere with achieving their personal vision.

Life 102: Professionally Prepared

Minding My Business

This course will provide an overview of the importance of business etiquette. Participants will identify ways to show business etiquette, articulate the 3 C's of a good impression, and identify a proper introduction.

Life 102: Professionally Prepared

Minding Your Business

This course will provide an overview of what hiring managers look for in a resume, interview and job candidate. Participants will complete a self-discovery assessment.

Life 102: Professionally Prepared

How Precious Is Your Time?

This course will provide an overview of time management techniques, time wasters, and the most important personal time management resource. Participants will identify various time tracking methods and learn how to minimize distractions.

Life 102: Professionally Prepared

Your Brand In The Clouds

This course will provide an overview of the benefits of social media. Participants will gain an understanding of how to use social media effectively, create social media networks, and complete a professional social media profile.

Course Descriptions – Financial Literacy

Financial Literacy: Money Smart Program

Bank On It: An Introduction to Bank Services

This course introduces the basics of banking—from the different types of financial institutions to the services they might offer. When you have completed this course, you will be able to begin using the services of a bank or other financial institution.

Financial Literacy: Money Smart Program

Borrowing Basics: An Introduction to Credit

Sooner or later almost everyone needs to borrow money. Used wisely, credit can benefit you and your family. But first, there are some things you should know about the value of credit and its costs. This course will help you decide when and how to use credit.

Financial Literacy: Money Smart Program

Check it Out: How to Get and Keep Your Checking Account

Checking accounts can provide you with convenience, cost savings, safekeeping of your money, and a way to help budget your money. When you have completed this course, you will know how to compare checking accounts, open a checking account, use the money in a checking account, write a check, and keep records for a checking account.

Financial Literacy: Money Smart Program

Money Matters: How to Keep Track of Your Money

One of the first steps to financial security is planning and following through on a personal budget. Budgeting is about choices—choosing how to make money and choosing how to spend money. This course will help you with some of the basics. When you have completed this course, you will be able to prepare a personal budget.

Financial Literacy: Money Smart Program

Put Yourself First: Why You Should Save, Save, Save

Saving money is an important part of building your financial future. This course will give you some tips to help you get started. It will also show you how your money can grow when you save.

Financial Literacy: Money Smart Program

Keep it Safe: Your Rights as a Consumer

There are many consumer protection laws that have been passed to protect your rights as consumers. This course will highlight the laws that protect your banking rights.

Financial Literacy: Money Smart Program

To Your Credit: How Your Credit History Will Affect Your Credit Future

An important step to financial security is understanding your credit report and building a positive credit history. This course will provide you with general information on credit reports, how to repair credit, and available resources. When you have completed this course, you will be familiar with the importance of your credit history.

Financial Literacy: Money Smart Program

Charge it Right: How to Make A Credit Card Work For You

When you have completed this course, you will know more about the costs and benefits of having a credit card.

Financial Literacy: Money Smart Program

Loan to Own: Know What Your Borrowing Before You Buy

Understanding installment loans is important when considering taking out a loan to make purchases. This course will provide you with general information on installment loans, including car loans. When you have completed this course, you will be able to describe the characteristics of consumer installment loans.

Financial Literacy: Money Smart Program

Your Own Home: What Home Ownership is All About

Owning your own home is a major step, but one that can lead to financial security. There are many benefits to owning your own home. There are also a number of challenges. When you have completed this course, you will know more about the process of getting homeownership financing.

Course Descriptions – Stand Alone Workshops

Conflict Resolution

This course will provide an overview of various forms of conflict. Participants will identify techniques to minimize and/or eliminate conflict.

Can We All Just Get Along

Strategic Planning

This course is geared toward participants who have completed track one, track two, or the entire money smart program. Participants will create specific goals in five key areas and develop an action plan on how they will achieve those goals. (Pre-Requisite: completion of track one, track two or all ten Money Smart modules)

Putting It All Together

Train the Trainer

Train the Trainer is a training course that certifies community stakeholders to become mentors specifically trained to facilitate Seed of Hope Foundation (SOH) life skill workshops within the various communities it serves.

Becoming an SOH Certified Mentor

Age Requirements

Seed of Hope Foundation, an affirmative action/equal opportunity mentoring and nonprofit institution, does not discriminate on the basis of sex, race, age, religion, handicap, or national origin. However, our current mission and programs have been developed for **teenage girls and young adult women only; ages 13+**.

The Money Smart Program is presented by Hinsdale Bank & Trust, a part of Wintrust Financial Corporation, a financial services holding company based in Lake Forest, Illinois, with assets exceeding \$14 billion, 15 bank charters and a network of over 90 banking facilities.

All Ages Welcome!

Train the Trainer Programs are for young adult women **ages 18+**.

Scheduling Worksheet

All of our workshops are mobile and can be facilitated on-site at a location of your choice; for a small registration fee per participant. If you would like us to provide workshops for your organization, church, girl's group, school, etc., please circle your workshop selections and return your form to life101@mysoh.org:

Life 101: Building a Foundation

- Tier I
 - OK2B Me
 - Discovering My Life
 - Cause My Lady
 - Harnessing My Power

Life 101: Building a Foundation

- Tier II:
 - My Body, My Choice: Sexual Relationships
 - My Body, My Choice: Health & Nutrition
 - My Body, My Choice: Drugs & Alcohol

Life 102: Professionally Prepared

- Tier I
 - OK2B A Leader
 - Minding My Business
 - Minding Your Business

Life 102: Professionally Prepared

- Tier II:
 - How Precious Is Your Time?
 - Your Brand in the Clouds

Stand Alone Workshops

- Can We All Just Get Along?
- Strategic Planning
- Money Smart Programs
 - Bank On It: An Introduction to Bank Services
 - Borrowing Basics: An Introduction to Credit
 - Check it Out: How to Get and Keep Your Checking Account
 - Money Matters: How to Keep Track of Your Money
 - Put Yourself First: Why You Should Save, Save, Save
 - Keep it Safe: Your Rights as a Consumer
 - To Your Credit: How Your Credit History Affects Your Credit Future
 - Charge it Right: How to Make Credit Cards Work for You
 - Loan to Own: Know What Your Borrowing Before You Buy
 - Your Own Home: What Home Ownership is All About

Organization Name: _____

Address: _____

City/State/Zip Code: _____

Group Leader: _____

Phone Number: _____

Ages of young ladies in the group: _____

of Participants: _____

Budget Allotted: _____

Preferred days to host workshops: _____

Preferred time (2-3 hour slots) to host workshops:

OFFICE USE ONLY:

Date Request Received/By Whom: _____

Date of Follow-Up: _____

Workshops Scheduled: Yes _____ No _____

Fee: _____

Comments: _____

Contact Us

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[@mysoh](https://twitter.com/mysoh)



<http://www.youtube.com/user/mysoh09>



Instagram

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LIFE 101: BUILDING A FOUNDATION

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