

# **A Day of Empowerment** with



*Empowering, Engaging, Encouraging, and Entertaining*

# WHO WE ARE

***“Regardless of race and ethnicity, women share a very special bond. We share commonalities and universal experiences that bond us like sisters and friendships that carry us through difficult times and lifts us to soaring heights.”***



**Your Sisterfriends (YSF)** isn't just another social club for women, it's a MOVEMENT empowering women, celebrating and promoting sisterhood. YSF was founded by a diverse group of everyday women seeking to support, inspire, and encourage other women and to build a strong network of women and resources across the country. Our events, workshops, trainings, products, and live experiences are all designed to help women reach their full potential and live their best life!

The Sisterfriends Network seeks to: **1)** Help women build their confidence and self-esteem; **2)** Help women to realize their true value and worth; **3)** Help women bond and celebrate sisterhood; **4)** Help women unleash their unique gifts and talents into the world in a BIG way; **5)** and Inspire women to follow their dreams by providing examples of everyday women who are living their dreams and accomplishing their goals.

***“In diversity there is beauty and there is strength.” ~ Dr. Maya Angelou***



# Our Mission

## ***Empowering Women, Celebrating Diversity, and Promoting Sisterhood***

So often the view of sisterhood and friendship is distorted by negative images we see through social media and reality television. Women often see other women as competition and as adversaries. Our mission is simple! We want to change that negative image, unite women across the country and create a stronger bond of sisterhood and friendship that transcends race and ethnicity.

We believe that the world will be a better place for everyone when more women experience true joy and happiness and are able to contribute and share their unique ideas, gifts and talents with the rest of the world.

Our mission is to **1)** *Help eliminate the obstacles and barriers that keep women from sharing who they really are;* **2)** *Help women discover their passion and purpose, and uncover their hidden gifts and talents;* **3)** *Help women see other women as sisters, allies, and resources;* **4)** *and Provide the support network women need to reach their full potential.*

***“When women succeed, America succeeds.” ~ US Congresswoman Joyce Beatty***





# The Day of Empowerment

## What Makes the *Day of Empowerment* Different?

This is not your typical conference where women come to listen to people talk and take notes. The **Day of Empowerment** is designed to be inspirational, interactive, informative and fun. Our innovative concept features several mini-workshops, which we like to call “shots” (short and powerful). Each workshop is designed to challenge women and propel them to new heights. Women will laugh, dance, and maybe even learn a new language! There will be exhibits/displays and give-a-ways. Women will have the opportunity to meet and network with other women and to become part of a powerful network. ***But most importantly, women will leave empowered and equipped with real strategies and tools that you can implement that day to begin making positive changes in your life.***

Each **Day of Empowerment** will take place on a Saturday from 10 AM - 3 PM. The day will be jam-packed with activities, motivating and transformational speakers, hands-on mini workshops, panel discussions, fabulous networking, light and healthy refreshments, and interactive FUN!

***Workshops will cover a combination of the following areas to ensure participants a unique and well-rounded experience:***

- Self-Love/Self-Worth/Self-Esteem
- Confidence/Assertiveness
- Discovering Your Passion and Purpose
- Uncovering Your Gifts, Talents, Skills and Abilities
- The Importance of Sisterhood and Friendship
- Identifying Your Allies
- Personal Brand/Image
- Health and Wellness
- The Importance of Investing in YOU
- Renew, Refresh, Reinvent, Restart

***This event is designed to empower, encourage, and inspire women of ALL races, ethnicities, cultural backgrounds, and economic situations.***

***“Each participant will leave with strategies they can implement immediately to begin making positive changes in their lives!”***



# Meet The Founding Members of Your Sisterfriends



*"You cannot see sisterhood, neither can you hear it nor taste it. But you can feel it a hundred times a day. It is a pat on the back, a smile of encouragement. It's someone to share with, to celebrate your achievements." ~ Anonymous*

***"Ordinary women doing EXTRAORDINARY Things!"***





### Tamara Hartley

Author, Motivational Speaker, Advice Columnist, and Life Coach  
Specializing in Personal Success and Achievement

**Tamara Hartley** has addressed professional audiences across the country and inspired many as the opening speaker for world-renown motivational speaker Les Brown. Tamara helps and empowers women to accomplish their goals and achieve personal success in their life, relationships and careers.

**Workshop: Find Balance, Make Moves, and Live Your Dreams!** - *Having overcome many obstacles and setbacks, Tamara knows first-hand what it feels like to have to put your dreams on hold and your ideas on the back burner. Her message to women across the country is that with the right balance, support, determination, and ACTION, all dreams are possible!*



### Linh Ta

President OCA Columbus (Asian Pacific Americans), Educator, and  
Community and Health Advocate

**Linh Ta** is an active community and health advocate. She is the presiding president of OCA-Columbus, and sits on the national board of OCA. OCA is one of the few Asian-American advocacy organizations that has its national office headquarters in Washington, D.C. OCA – Asian Pacific American Advocates .

**Workshop: I am Beyond – Living Life Beyond Race, Ethnicity and Circumstances!** - *Linh has a unique and personal message to share with women across the country. She challenges women to see and be beyond the color of their skin, race and ethnicity, life situations, and any other perceived limitations that prevent them from being bold and confident and letting their light shine.*



### Brandi Záhria Mercado

Principal of Suludance For Life, Health and Wellness, and Women's Advocate

**Brandi Záhria Mercado** is the principal of Saludance, a health and wellness organization that seeks to combat obesity, type 2 diabetes in women through dance by combining movement, salsa dance, and wellness education for life-changing results.

**Workshop: SHINE!** - *Shine in everything that you do and don't allow anyone to devalue you! Get ready to let your personal style and energy SHINE through! In this interactive workshop, Brandi has combined her love of salsa dance and personal development. As she teaches you some basic salsa moves, she is also teaching important life lessons and principles that help you to SHINE, not only on the dance floor, but in your life as well.*





## The “Amazing” Tei Street

Author, Motivational Speaker, Trainer, Sexual Assault and Domestic Violence Advocate

Professionally known as The “Amazing” Tei Street, **Tei Street** is an author, national speaker and trainer. Tei has over 25 years of experience in higher education, curriculum development and training in sexual assault prevention, domestic violence prevention and advocacy.

**Workshop: Passion and Purpose – Discover Your Passion and Live On Purpose!** – *Passion and purpose go hand-in-hand and there is no greater joy than knowing what you have been put on this earth to do and doing it! Tei is a living example of someone who has discovered her passion and lives on purpose. Her goal is to help other women uncover their passions, identify their God-given gifts and talents, and to live out their purpose in a BIG way.*



## Sandra Lopez

Co-founder of Latinas in Ohio: Facing Challenges and Taking Action, Community Advocate for Latinos and women issues

Born, raised, and educated in the Dominican Republic, **Sandra Lopez** is the co-founder of Latinas in Ohio: Facing Challenges and Taking Action, a community-based program which offers a secure space where Latinas can share their experiences, acknowledge the obstacles they face, take action and identify leaders.

**Workshop: Letting Go, Moving On, and Moving Up – Recognize Your Allies!** – *Too often we focus on our haters, and not on our allies, those who support us and can help us along our journeys and help get us to our next level of success. Sandra reminds each of us that people come into our lives for reasons and seasons. As you develop and grow, it is important that you recognize your allies and surround yourself with like-minded individuals.*



## Toni M. Cunningham

Principal of Image Anú , Image Consultant, Personal Brand Manager, and Marketing Strategist

**Toni M. Cunningham** is the principal of Image Anú a boutique firm specializing in brand development, image building and style consultations. With more than 15 years of experience, Toni has always had an eye for fashion and a desire to make women look and feel their best.

**Workshop: You GLOW Girl – Igniting Your Personal Power to Live Your Dreams!** - *Toni’s message inspires women to live their dreams by recognizing and celebrating their uniqueness and identified self-worth. It is also a message rooted in the importance and power of sisterhood and how when we GLOW, we allow others around us to GLOW as well, creating a powerful collective that can change the world.*



**Your Sisterfriends are Social - *Stay Connected!***

***Your Sisterfriends, LLC***

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