

# INVESTING IN YOUTH & WOMEN

2023 Annual Report & Impact Statement

women's empowerment nonprofit

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# LETTER FROM FOUNDER

Ashley is a Yoga Alliance certified RYT 500, RPYT and RCYT yoga teacher. She received a B.A. in English and double minors in Business Administration and Environmental Science from UC Berkeley, a M.Sc. from The London School of Economics, and a J.D. from Fordham University School of Law. She worked for Kirkland & Ellis LLP as a corporate restructuring attorney. Currently, she is a real estate professional, yogi, and philanthropist.

ShareLove.Fund serves two target demographics: teenagers and incarcerated women.

We choose to empower teenagers at this critical stage of development with the teachings of yoga to help them better manage stress, develop healthy movement habits, and better cope under stressful social and academic circumstances.

ShareLove.Fund's high school leaders began making yoga videos to help incarcerated women at Rosie's (the women's ward at Riker's Island jail) regain hope. We have made over 365 yoga videos in both English and Spanish within our first year of operation and hope to expand this program moving forward.

Ashley Share, Esq. Founder & CEO of ShareLove.Fund

# **BOARD OF DIRECTORS & OFFICERS**

So much of our ambition and direction as an organization is thanks to our distinguished board. The dedication at the board level is unsurpassed, as evidenced by their personal and financial commitment: all administrative costs are underwritten by our board members so that 100% of your donation is used to build lives.



BOARD CHAIR Sharona Ben-Haim, M.D.



BOARD MEMBER Dr. Erika D. Billick, MD, Ph.D. Secretarial Officer Member of Finance Committee



**BOARD MEMBER** Bobbie A. Heck, Esq



**BOARD MEMBER** Julie Napolitano



BOARD MEMBER Ashley Share, Esq. Founder & CEO Chairwoman of the Board



**BOARD MEMBER** Jaqueline Wong Member of Finance Committee



BOARD MEMBER Susana Xhayet

Treasurer & CFO Member of Finance Committee



#### SHARELOVE.FUND



### **MISSION**

ShareLove.Fund is a Women's Empowerment nonprofit that empowers youth with evidence-based yoga teacher training that improves physical and mental health outcomes, provides vocational yoga degrees and job placement support to women ages 14-24, and reduces recidivism through the principles and teachings of yoga to incarcerated women.

## WHAT WE HOPE TO ACCOMPLISH

ShareLove.Fund seeks to empower women by utilizing existing capitalistic structures to effectuate change through social enterprise.

Our organization provides a free yoga teaching degree program to pregnant and incarcerated women, and youth so that they have a livelihood, should they need it.

ShareLove.Fund also provides job skills and leadership training to all youth through our internship program. We strive to create the next generation of female leadership even in private schools and community groups by teaching high school students to use their "teaching voice" and take command of the classroom when they present themselves as yoga teachers.



# **KEY STRATEGIES AT PLAY**

ShareLove.Fund seeks to empower women through providing a free teacher certification degree. By hiring those women or providing job placement assistance, ShareLove.Fund:

- Reduces hunger & poverty
- Improves health & wellbeing
- Provides quality education
- Creates gender equality by closing the unemployment gap between men and women
- Provides meaningful work & economic growth
- Contributes to industry infrastructure by creating multimedia formats of our yoga education curriculum
- Reduces inequalities by providing a free degree program and changing the color of yoga
- Contributes to sustainable cities and communities by providing Jobs to graduates of ShareLove.Fund
- Contributes to responsible consumption and production through its business practices
- Contributes to peace and justice through mindfulness curriculum and meditations provided to jails
- Partners with local yoga schools to place graduates in jobs, local schools to educate teachers about mindfulness, and the New York City Department of Correction to provide programming to incarcerated women.

Our program works. We have a 100% success rate in terms of women receiving a benefit from our program and living a more sustainable life contributing to one of the above factors. We achieve these tremendous results by taking it one breath at a time, treating each woman with dignity, and training her to be a leader in her community as a yoga teacher.

## WHAT SETS US APART?

ShareLove.Fund is one of the few nonprofit organizations advocating for women's empowerment, yoga, and the wellbeing of our youth. The organization operates at a highly transparent level and is directly rooted in the community it serves. Our founder is a certified yoga teacher with specialities in prenatal and children's yoga as well as is a lawyer and received her masters in business.

### **INSTITUTIONS WE SUPPORT**







# **KEY PROGRAMMING**

events

#### VALENTINE'S DAY GRAB & GO BAGS

ShareLove.Fund works with high school students to provide Grab and Go Valentine's Day Bags to the incarcerated women at Rosie's.

One of ShareLove.Fund's missions is to give incarcerated women hope. These stationary bags give women in prison the ability to stay connected to the outside world and maintain a sense of normalcy apart from the prison culture they are immersed in.

This project is a two-pronged approach at supporting the demographics that we strive to positively impact. High school students gain volunteer opportunities to do good within their community and female prison inmates maintain a sense of dignity and connection.

ShareLove.Fund celebrates International Women's Day with an in-person concert for the women in custody at Rikers Island Jail.

This annual event strives to celebrate women, foster hope, and create a life-changing experience for incarcerated women, including those in the prenatal ward.



# inmates reached annually

### **YOGA TEACHER TRAINING GRADUATION**

Every April, ShareLove.Fund hosts an in-person graduation for our graduates of the 200-hour yoga teacher training program.

This event acknowledges the hard work that our students have put into learning over 400 pages of course materials and celebrates with a fundraising event that gives our high school leaders a chance to showcase their skills with teaching demonstrations and then some time to connect with nourishing refreshments.







#### **COOK FOR A CAUSE**





ShareLove.Fund's Cook For A Cause initiative encourages community. members to gather and fundraise over a delicious meal in the name of the organization.

Case Study: Paella Night hosted by Ashley Share generated over \$12,000 for the organization and set a new record high for 2023!



organization



individuals in attendance at the in-person event

LEARN MORE OR HOST YOUR OWN EVENT

## BROADENING OUR HORIZONS BOOK SERIES



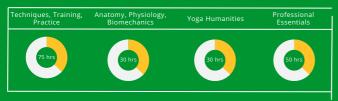
ShareLove.Fund's Broadening Our Horizons book series is a collection of three books that we have published with 5-star ratings on Amazon. These books were written by the teenage postgraduates of our RYT-200 Yoga Teacher Training program. This effort not only give our high school leaders the opportunity to become published authors, but also gives back and empowers future youth with the same training program as all proceeds are used in future programming.

#### PURCHASE YOUR COPY ON AMAZON

### YOGA TEACHER TRAINING COURSES



#### 106 Students Certified On Yoga Alliance



RYT-200 Sample Curriculum Breakdown

ShareLove.Fund offers 6 Yoga Allianceaccredited, fully online, self-paced, affordable yoga teacher training courses.

These courses are aligned with our mission to bring the wisdom and teachings of yoga to demographics that need it most.

All proceeds go back towards providing incarcerated and at-risk women with the same vocational yoga degrees and job placements.

Our curriculum talks not only about the philosophy and physical practice of yoga but also empowers students with business basics and marketing techniques that can also be applied in professional circumstances.

GET CERTIFIED TO TEACH YOGA

### YOUTH LEADERSHIP BOARD



ShareLove.Fund engages high school youth spanning 4 countries and 10 high schools as part of our highly competitive Youth Leadership Board ("YLB"), Young Authors' Honors Society ("YAHS"), International Business Honors Society ("IBHS"), and Community Service Commission ("CSC") programs. We provide mentorship opportunities for rising college leaders as part of our Collegiate Advisory Think Tank ("CATT").

# NUMBERS AT A GLANCE

17.2K Youtube Subscribers

> Free Yoga Videos & Tutorials

\$197K In Contributions & Grants Towards Programming

2.5k

10k Teenagers & Women Positively Impacted

# **GET INVOLVED**



#### DONATE DIRECTLY

Join us in our movement to change the world through yoga. 100% of your donated funds go directly to those who need it.



#### JOIN A YOGA TEACHER TRAINING

Looking for a career change or hoping to learn something new? Join one of our 6 online yoga teacher training programs! Enroll in any course and we provide that same training to incarcerated and at-risk youth women.



#### PURCHASE A BOOK

The Broadening Our Horizons book series was written by our postgraduate collective. Purchase one for your home and support our cause directly!



#### COOK FOR A CAUSE

Host an in-person or virtual cooking event and fundraise for our organization! Cook For A Cause events are a great way to bond with your community and expand your network.



#### VOLUNTEER

Unable to get involved with any of the routes listed above? Volunteer with us! We're always looking for passionate team members who are hoping to make a difference.



## THANK YOU

ShareLove.Fund is tremendously grateful for all the support that we've gotten these past three years. As the organization expands, we hope that you will continue to walk by our side.

Feel free to reach out with any questions or feedback by contacting us at <u>donate@sharelove.fund</u>