



June 19, 2012

Dear Friends and Colleagues,

The Omega Women’s Leadership Center is pleased to announce that scholarships are available for **Say What You Mean, Be Who You Are**, a workshop for young women, at Omega Institute, August 10–12, 2012. The workshop is open to **young women ages 18 to 24**.

Now, more than ever, there is an opportunity for young women to realize their greatest potential and have their voices heard in the global dialogue, which will promote a climate of justice, compassion, and sustainability. These voices need to be encouraged, not stifled by the pressure to be a “good girl”—unerringly compliant, modest, and selfless.

In this workshop, we will encourage young women to develop self-awareness and personal authority, qualities that are essential for meeting life’s challenges. In a fun and supportive setting, we will engage in activities ranging from journal writing and meditation to role-play and discussion. Young women leave with practical skills to express their thoughts and feelings and advocate for themselves in relationships and the world.

This workshop is led by Rachel Simmons, author of the *New York Times* best sellers *Odd Girl Out* and *The Curse of the Good Girl: Raising Authentic Girls With Courage and Confidence*. Cofounder and program director of the Girls Leadership Institute, Simmons works with schools and organizations around the world. A leadership development consultant for the Center for Work and Life at Smith College, she has appeared on the *Oprah Winfrey Show* and is a frequent contributor to the *Today Show*.

Please share this information with all those who may be interested. We look forward to hearing from you.

With warmest regards,

Michele Bertran  
Assistant Director, Omega Women’s Leadership Center

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## **Details**

This scholarship covers the following:

- Full or partial cost of tuition for the workshop.
- Accommodations and meals at the Omega Dining Hall (Commuter scholarships are also available.)
- The Omega shuttle bus from and to New York City, if needed.
- Participants are able to take time for personal reflection in our Sanctuary, relax and unwind in our sauna, and visit our extensive collection on holistic studies at the Ram Dass Library. There is also the opportunity to sit by Long Pond Lake, stroll one of our walking trails, join in a game of tennis or basketball, take in the beauty of our gardens, or enjoy one of our daily open classes in tai chi, yoga, meditation, or movement.

## **Eligibility**

Scholarships are awarded to women who will bring a diversity of background and experience to the event; to women who want to leverage their experience and apply what they learn in their schools, workplace, and communities; and to women who would not be able to afford to attend the event without the scholarship.

In general, Omega considers an applicant eligible for scholarship if her income or that of her family is not more than 2.5 times the Federal Poverty level as set forth in the United States Federal Guidelines. Please see the table below to determine your financial eligibility.

| Household Size | Maximum Household Income |
|----------------|--------------------------|
| 1              | \$27,225                 |
| 2              | \$36,775                 |
| 3              | \$46,325                 |
| 4              | \$55,875                 |
| 5              | \$65,425                 |

## **Determination**

Applications will be evaluated and scholarships awarded in the order received. **Applications must be received no later than July 13, 2012.**

## **Notification**

You will be notified of the status of your application via email. Scholarship recipients must call to confirm acceptance and register for the workshop no later than **July 27, 2012**. If you are awarded a scholarship and we do not hear from you by **July 27, 2012**, we may offer your scholarship to another applicant.

**Return this application via email:** [owlcscholarships@eomega.org](mailto:owlcscholarships@eomega.org); **via fax:** 845.266.5342; or **by mail to:** Tameka Ramsey, Omega Women's Leadership Center, Omega Institute for Holistic Studies, 150 Lake Drive, Rhinebeck, New York 12572.

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# OMEGA

Rhinebeck, New York

Say What You Mean, Be Who You Are  
SCHOLARSHIP APPLICATION  
*Due by July 13, 2012*

## Applicant Information

Name: \_\_\_\_\_

Organization (if applicable): \_\_\_\_\_

Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (AM): \_\_\_\_\_ Phone (PM): \_\_\_\_\_

Phone (cell): \_\_\_\_\_ Skype: \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Occupation (may include full-time mother, Student caretaker, unemployed etc.):

\_\_\_\_\_

Employer: \_\_\_\_\_

Organization's Mission:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Income**

**Individual**

Total Household Gross Annual Income as reported on most recent tax forms \$ \_\_\_\_\_

Total number of people in household (as shown on tax forms) \_\_\_\_\_

**Organization (if applicable)**

Total organizational budget \$ \_\_\_\_\_ Number of employees \_\_\_\_\_

**Optional Information**

**Gender**        \_\_\_\_\_ Female        \_\_\_\_\_ Male

**Age**        \_\_\_\_\_

**Ethnicity**        \_\_\_\_\_ American Indian/Alaska native        \_\_\_\_\_ Hispanic/Latino(a)  
\_\_\_\_\_ Asian/ Pacific Islander        \_\_\_\_\_ White/Caucasian  
\_\_\_\_\_ Black/African American        \_\_\_\_\_ Multi-ethnic  
\_\_\_\_\_ Other, please specify \_\_\_\_\_

**Accommodations**

\_\_\_ I accept the accommodations available for this scholarship (see Scholarship Details).

\_\_\_ I do not need accommodations.

*There are a limited number of scholarships available to participants who will be accompanied by children and will require childcare at Omega’s Children’s Program (ages 4-12 only). If you require childcare, please list the children’s’ names and dates of birth below:*

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Transportation**

Check-in begins on Friday at 4:00 p.m., and you will need to check out of your room on Sunday before breakfast. There is an Omega bus to and from Omega between New York City and the Rhinebeck campus on Friday and Sunday. If awarded a scholarship, would you utilize this service? \_\_\_ yes \_\_\_ no

### **Special Needs**

Our campus, though lovely and peaceful, contains its share of sloping hills. If you feel you might require some assistance getting around our campus please let us know. If you have other needs that you believe may require some assistance, or you will be bringing a service animal with you, please also indicate that.

\_\_\_\_\_ Yes, I will need assistance.

Please Describe:

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Phone number to contact you to speak about assistance ( ) \_\_\_\_\_ - \_\_\_\_\_

### **Scholarship History**

Have you ever received an Omega scholarship? \_\_\_\_\_ yes \_\_\_\_\_ no

If so, for which workshop(s) or conference(s)?

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### **Personal Short Answer Questions**

Please answer the following questions on a separate document no more than two pages in length. Be sure to include your name on it.

1. Why do you want to attend *the workshop Say What You Mean, Be Who You Are*?
2. How would you share and put to use what you learn at the workshop personally, in your school, work, family, or in your larger community?

**Please understand that submitting an application for a scholarship does not register you for the workshop.** If you are awarded a scholarship, you must contact us to accept it. Only then will you be registered for the workshop.

I certify that all of the above information is true and that all income is reported. I understand that this information will be kept strictly confidential and will only be used in determining scholarship eligibility.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_