

June 24, 2014

To whom it may concern,

Spirits Landing has transformed my life. When I found this program I was overwhelmed with emotions. After my tenth grade year, I had low self esteem because of a bad family situation at home. Yet in the beginning of my junior year, I started with Spirits Landing: a self discovery leadership program where I could put my dreams into action. Spirits Landing gave me the individual financial and emotional support I needed to be successful. In Spirits Landing, I am learning skills of self mastery, etiquette, communication skills, business skills, physical fitness, how to make a difference through volunteering and giving back every day, and to pursue my organic interest of dance. I meet once a week after school throughout the whole year.

Spirits Landing has provided a safe space that I feel comfortable expressing myself in because I know Ms. Mays will not only listen to me but also provide insight to help me overcome my obstacles. Ms. Mays not only provides tools and support, but challenges me to question my surroundings. I discovered that I need to stop making decisions out of fear and be comfortable in the discomfort of the unknown.

I learned I need to find answers on my own and I am responsible for my own self esteem. I gained self-confidence, was able to communicate better, and believed that the work I produced was good enough. I feel like a new person and am hopeful about my future and the choices that I make for myself. I understand now that my thoughts are powerful and the only way to overcome fear is by dealing with it in that moment, staring it straight in the face.

I would recommend this program to all girls who are determined to make their goals and dreams a reality.

Sincerely,

A handwritten signature in cursive script that reads "Anamika Misra". The signature is written in black ink and has a fluid, connected style.

Anamika Misra