Beautiful I Am, Inc.
2023
Annual Report

Meet Our Founder

Dear Friends of BIA,

Once upon a time, not too long ago, I embarked on a journey that would change my life forever. It all began with a profound realization that left an indelible mark on my heart - many women and young girls in our community were struggling, lacking the basic life skills needed to ensure their success in life. Their dreams were being hindered by circumstances beyond their control, and knew I had to do something about it

Driven by an unyielding passion to make a difference, I founded Beautiful I Am, an organization dedicated to empowering women and young girls with the tools they needed to thrive. As I immersed myself in this mission, the fire in my heart burned brighter with each passing day. I firmly believe that every woman and girl, no matter their background or financial status, deserves access to the essential help and transformative programs that could unlock their full potential.

Through our programs, we strive to nurture self-belief and instill a sense of empowerment in those we serve. It's about igniting that spark of confidence within them, showing them that they have the strength to conquer any obstacle life throws their way. Our vision is not just about providing life skills training; it's about creating a community where every woman and girl can stand tall and proud of who they are.

Picture a world where dreams are no longer held back by limitations, where every individual can confidently chase after their goals. That is the world we want to create - a world where beauty isn't just skin deep, but it emanates from within, fueled by self-belief and empowerment.

With warm regards,

Tamika Williams
Founder, Beautiful I Am, Inc.

Meet Our Vice President

Dear Supporters, Friends, and Advocates of Beautiful I Am,

As I reflect on the past year's endeavors and accomplishments of Beautiful I am, it is with a feeling of immense pleasure and gratitude that I want to share my favorite encounters this year.

Our journey over the past year has been marked by inspiring milestones, dedicated efforts, and meaningful impact within our community of young girls and women in the metropolitan area of Maryland and Washington, DC. We could not have made these accomplishments with the unwavering support and commitment of friends and family, fostering a culture of self-acceptance, growth, and empowerment.

The year 2023 has been a testament to the resilience and dedication of our team and supporters. I was honored to be a part of the Little Beauty's Book Club - A safe haven providing young girls with a platform for self-expression, nurturing their confidence and creativity while promoting positive body images. Interacting with the younger generation, seeing their passion and zeal to learn and help others has truly inspired me to realign my next year’s goals.

Furthermore, our impactful outreach initiatives and community engagements have left a permanent mark, ignited positive change and fostering stronger bonds among individuals and diverse groups.

As we celebrate our achievements, let me also acknowledge the journey ahead and our fearless leader Tamika Williams. There is still much work to be done in our pursuit of creating a more compassionate and inclusive society. With the continued support of friends and family, I am confident in our ability to drive further positive change and uplift more individuals in the upcoming year.

I am thankful to be an integral part of our journey towards empowerment and transformation.

Kendra Joseph
Vice President, Beautiful I Am, Inc.

BIA's Board of Directors

Tamika Williams – BIA Founder and President

Tamika Williams is the Founder and current President of Beautiful I Am, Inc. Williams created BIA as a response to the exposure of negative images and environments impactng the futures of young girls and women. With her nonprofit organization, Williams has become an advocate for the growth of education, health, and welfare of girls and women worldwide.

Kendra Joseph – BIA Vice President

Kendra Joseph serves as Beautiful I Am, Inc.'s current Vice President. With years of experience beginning at the University of Maryland Baltimore County, where she received a BA in Business Technology Administration, Joseph has since focused on enhancing various creative skills and managing different leadership roles.

Laurice Tisdell – BIA Director of Programming

Laurice Tisdell oversees BIA's programming department, where she plans and organizes programs and activities for women of all ages to achieve their dreams. Tisdell also assists with recruiting and promoting events and programs while serving on the Planning Committee. As a native of Philadelphia, Tisdell's diverse career has spanned from Human Resources to working as a Federal Hearing Officer and a Federal Mediator with the Federal Government.

Catherine Lee – BIA Director of Funding Development

Catherine Lee coordinates training, planning events and ensuring excellent customer service. Lee's work experience is curated from 30 years of holding positions concerning finance and procurement under the federal government. Lee's dedication to community building spans from raising funds while serving on her child's PTSA Executive Board to helping youth in the Boys and Girls Club as well as being the ministry leader for her local youth/ teen ministry.

BIA's Community Advisory Board

Ama Johnson - CAB Chair

Based In Suitland, Maryland, Ama Johnson serves as the Chair of BIA's Community Advisory Board (CAB) and is one of BIA's allied health and financial professionals. Johnson works as both a volunteer and mentor at BIA while also having a daughter who's a mentee in BIA's Beautiful Me Mentoring program.

In 1999 Johnson received a Bachelor of Science degree in Exercise Physiology from Kean University. Johnson four years later graduated from Saint Peter's University with a Master of Business Administration (MBA), focusing in marketing and management.

Meet Adrienne Charles - CAB Member

Dr. Adrienne Charles currently serves as a member of BIA's Community Advisory Board (CAB) to empower young women and girls to be independent, resourceful, resilient, compassionate and contributing members of their communities and society.

Charles is a Board Certified Physician, Wellness Coach and Life Coach. Charles attended Pace University and graduated in 1980 with a Bachelor of Science in Biology. Charles later pursued further education at Case Western Reserve University's School of Medicine, where she earned her Doctor of Medicine degree in 1998. Charles has had medical residencies at both Howard University and Berkshire Medical Center for internal and family medicine.

For over 20 years, Charles has served as a family medicine doctor to underserved communities on Native American reservations, veteran health facilities as well as urban and rural areas. Focused on empowering patients, Charles teaches the direct impact food choice has in maintaining health, needing prescription medications, and causing and reversing illnesses and diseases.

Charles works with BIPOC to "have the self-trust, self-confidence and self-advocacy to navigate the maze of microaggressions, gaslighting and indifference in the work place."

Charles also currently serves on the Board of Directors of Joe's Movement Emporium and works as a project manager and life coach for the International Coaching Federation's D.C. chapter pro bono committee.

Meet Our Mentors

Kelli Harris - BIA Mentor

Kelli Harris has been a mentor with BIA since Spring 2023. Harris graduated from Temple University with a B.A. in Psychology, later pursuing her M.A. in Human Resources Development from Bowie State University. With 14 years of experience including education and work involving the Federal Government, as well as 4 years of volunteering and mentoring, Harris utilizes her passions and visions to impact younger and future generations.

Lorna Cole - BIA Mentor

Lorna Cole is a youth advocate and has served as a mentor for over 2 decades. Cole graduated from Howard University with a B.B.A in Computer-based Information Systems and continued her education at Bowie State University where she received an M.S. in Management Information Systems. Cole currently works as the Senior IT Project Manager for the Department of Veteran Affairs and also prides herself on helping others with her work at her church, Reid Temple A.M.E. Church.

Mimi Adedeji - BIA Mentor

Mimi Adedeji has worked with Beautiful I Am, Inc. for 3 years as a mentor and volunteer. Adedeji is an Independent Licensed Clinical Social Worker with over 15 years of experience of treating patients with various needs. In 2003, Adedeji received her bachelor's degree from Michigan State University and continued her education at Howard University, graduating with a master's degree in Social Work in 2007. Following her college education, Adedeji served as a Social Worker for the child welfare system in the District of Columbia from 2009 till 2023.

BIA's Mission & Future Goals

Beautiful I Am Inc. has dedicated time, effort, love and care into the empowerment of women of all ages. BIA sees the ability for young girls and women to have access to helpful, encouraging and inspiring resources as necessary. BIA believes the work our team tirelessly performs helps ignite the transformation in communities as we develop new and improved ways of community outreach.

One of BIA's biggest aspirations is expanding the boundaries and borders between different communities as we grow. In the near future, BIA hopes to expand programs into other states across the United States of America to directly help underserved communities.

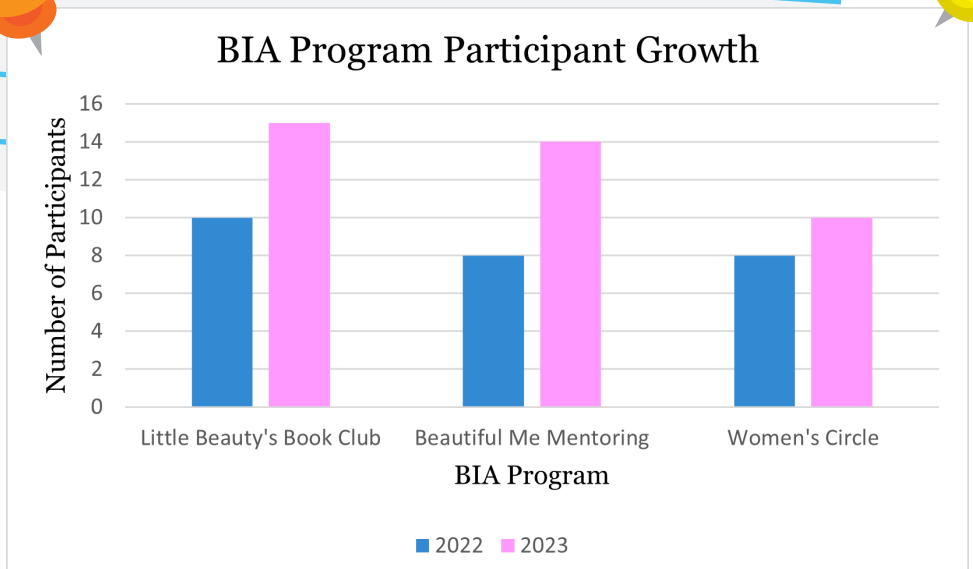
Since BIA's creation, a reoccurring goal is to stay determined to expand our different programs' participation, reaching a wider audience and empowering more individuals. As more time passes, BIA continues to reach goals and challenge ourselves to have an even higher number of program participants while we create new activities and events.

BIA'S GROWTH

Bulletin Board

BIA Fun Facts:

- BIA's Book Club teaches girls between the ages of 4 and 11 how to read!
- BIA's Women's Circle is hosted virtually to help women everywhere have access to BIA's helpful mentors.
- Between 2022 and 2023, BIA's programs had a 50% increase in participants.
- On average, 10 to 20 women attended each Women's Circle meeting in 2023.



Women's Circle Participant Career Fields

- Factory + Industrial
- Administrative Assisstance
- Customer Service
- Information Technology
- Federal Government
- Unemployed
- Communications

Our Partners & Sponsors

Every year BIA tries to raise as much money to support keeping programs free of charge, ensuring accessibility to every young girl and woman in surrounding communities. Partnering and donating to BIA directly ensures people of underserved communities have access to education, career and life mentoring from qualified mentors.

In 2023, BIA fundraised $10,000 and received numerous donations totaling to $6,500. It is expected that BIA will raise another $3,500 through donations by the end of 2023. BIA also received a $15,000 private donation as well as a donation from the Unit 5H Foundation based in the Washington D.C. area. Every donation made to BIA helps keep programs available and increase the amount of community outreach events and program participant meetings. (All financial information is as of November 10, 2023.)

BIA would like to thank all sponsors, partners, and donations making up raised funds for 2023. They're support is the key that unlocks a brighter future for the women and girls we serve. Together, we can write a story of hope, resilience, and empowerment - a story that will inspire generations to come.

FlowtheraphyLLC

Domonique Thornton, Chief Executive Officer of Flow Therapy, is a community partner of BIA and helped BIA tackle the extensive topic of mental health among young girls in 2023. Thornton taught a session to some of BIA's program participants concerning possible triggers and how to handle them. The young participants also received a lesson in meditation and were led in a hands-on activity while making their own stress balls.

Growing Readers: Little Beauty's Book Club

One of BIA's goals with the Little Beauty's Book Club program is to expand horizons and encourage empathy. BIA staff carefully choose books that introduce girls (ages 4-11) to a wide variety of perspectives, cultures, and experiences that are age-appropriate, diverse, and thought-provoking.

The program is designed and organized to enhance participant reading skills by focusing on vocabulary growth, comprehension and fluency to help them become proficient readers. With the progression of these skills, little girls can begin to understand the world around them while being able to grow a deep comprehension of life at an early age.

In order to measure the progress and growth of the young girls in our book club, BIA performs both pre- and post-assessments. These assessments focus on reading skills, comprehension, self-confidence, and other relevant indicators of growth. We also work closely with reading specialists and staff that understand how important comprehension is to child development, which helps BIA understand the differences being made with our work.

Meet Sharnicka Williams - BIA's Book Club Leader

Sharnicka Williams currently co-teaches preschool in Washington, D.C. and has been working with children for over 15 years. Williams graduated with an associate's degree in General Studies and received her Child Development Associate Credential in 2021. Williams has volunteered for BIA for almost 5 years and loves helping BIA's book club due to her passion for reading. Williams believes "it's important for young girls to know how to read and write" and hopes she can help make a positive change in her community.

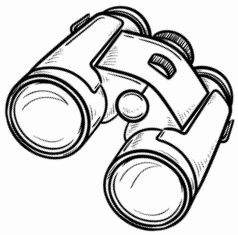
Guiding Stars: Beautiful Me Mentoring

The Beautiful Me Mentoring Program aims to empower young girls (ages 12-18) through exceptional learning experiences, inspiring community role models, and unique opportunities to broaden their horizons. The program targets teaching a variety of skills, including character building, leadership, academic achievement, community outreach, financial literacy, effective communication, interpersonal relationships, self-awareness, empathy and stress management.

The Beautiful Me Mentoring program uses qualified leaders and positive role models who have a desire to create a positive change in their community to teach the program's mentees. Each mentoring session is organized to create a safe space for young girls to learn and engage with one another while being guided by BIA's intelligent and caring mentors.

One of the main goals of the Beautiful Me Mentoring program is to decrease the number of high school girls who become disengaged and instead give them the skills to transition successfully to the next phase of their lives. The program focuses on guaranteeing all mentees complete their high school education while creating a solid plan following graduation. The program also entails a comprehensive one-year follow-up with these young stars after the completion of our mentoring program.

Exploration to Finding Beauty: Women's Circle



The I Am Beautiful Women's Circle is organized to focus on helping women explore the 3 S's: Starting over, Starting something and Sustaining in life. This program was created using the 3 S's to help women understand how to address their personal and professional goals, aspirations and challenges.

The Women's Circle is designed to help any woman, whether she is starting over after a life transition, pursuing a new career or passion, or seeking ways to sustain and thrive in her current circumstances.

Through BIA's interactive sessions and the community built within the Women's Circle, participants gain a renewed sense of confidence, self-belief, and empowerment. Participants develop connections with like-minded women who are on similar goals and paths while finding inspiration and support.

The program invites women to come together, share their stories, and embark on a journey of personal growth, empowerment, and self-discovery. Together, BIA and participants create a powerful sisterhood that uplifts and inspires. With the Women's Circle, women have the tools and resources they need to stay resilient and overcome any obstacle. We want to build the skills and confidence everyone needs to thrive in any situation.

2023 Community Events

WHO Is The Beauty Within You	February 18
The Beauty In Choices	March 18
Safe In My Own Skin	April 15
Preperation For My Future	May 20
Queens Of The Kitchen	June 3
Savage of Finances	June 17
Mastering My Time While Being Productive	July 1
Escape The Mad Dentist Room	July 15
Pool Party	July 29
King I Am	August 12
The Fast and Beauty's: Essential Car Safety Skills	August 19
Shining On Social Media	September 23
Outreach Martha's Table Sandwich and Snack Bags	October 21
Amazing Moms Thanksgiving Giveback	November 18
Beauty In You Gala	December 3

EXTRA*
thankful
THIS YEAR

SPIRALING!

BIA & The Invisible Crown

On May 20, 2023, Beautiful I Am's Little Beauty's Book Club had the honor of hosting special guest and author Erica Johnson. Johnson hosted BIA's monthly meeting while performing a special reading of her debut book Invisible Crown. Johnson is one of BIA's many role models used to help young girls imagine and stay inspired to thrive in life no matter what situations challenge them.

Johnson created Wonderfully Made Books, a company started in 2023 that is "dedicated to inspiring the next generation through impactful literature." The Invisible Crown explores how readers of all ages and backgrounds can be the best they can be by embracing their inner beauty.

During the book club session, the young girls in attendance were given a paper crown they could decorate with their hearts desire while Johnson and BIA staff encouraged their young minds to explore what the book meant to them. The crowns handed out represents the power each young girl and woman has to becoming who they want to be in life.

"Thank you @beautifuliaminc for having us and for all the work you are doing for young girls! We look forward to working with you again!" – Wonderfully Made Books' Instagram.

Beauty In You Gala

Celebrating uniqueness and radiance inside various communities as well as within every person, Beautiful I Am, Inc. hosts an annual gala every December. The Beauty In You Gala was created for attendees and community members to be inspired, empowered and captivated by the beauty that resides in everyone.

At Beautiful I Am, our mission is to empower and inspire women and girls of all ages to achieve their dreams, conquer life's obstacles and foster professional growth through meticulously curated programming. The Beauty In You Gala stands as a pinnacle event in our organization's calendar, symbolizing the culmination of our efforts and celebrating the incredible journeys of countless women we have had the privilege to touch.

The gala is one of BIA's biggest fundraisers that helps keep our various programs free for everyone to access year-round. Our goal for 2023's Beauty In You Gala was to raise $15,000, which we planned to raise using gift bags, a theatrical live auction and audience sweepstakes.

Every year, BIA gives three Beauty In You awards to those who have been going the extra mile to reach out and impact their community. In 2023, BIA's Beauty In You award nominees were: Sharron Tendai, Simaya Hammond and Jennifer Gelencia.

Advice with Simaya:

What would you say to someone who is thinking of volunteering?

1. Find something you love and enjoy.
2. Be honest with the people who are there to help you.
3. Take advantage of new experiences and the opportunities you have.

Meet a Nominee: Sharron Tendai

Sharron Tendai is the Founder and Chief Visionary of Ger Her to the B.A.G., an economic empowerment community project she began around late 2022. In 2005, Tendai graduated from Temple University with a Bachelor of Arts in Journalism, Public Relations and Advertising. Tendai furthered her education in 2017, attending the University of Maryland Global Campus. Just one year later, Tendai received her Master of Science in Learning Design and Technology.

Tendai's community work notably began after college when she joined a community health organization called HealthHIV, where she specialized in education and training concerning public health capacity services involving HIV and AIDS.

"For a long time I used to feel a sadness, I used to think 'what is my talent?' ... My gift is what I know. For me that gift is giving as much of what I've been blessed to experience, to know, to as many people as humanly possible."

Get Her to the B.A.G. helps young girls and women of color, specifically Black women and girls, learn financial literacy and how to build wealth using wellness and community building activities. The project's abbreviation 'B.A.G.' stands for Black. Assertive. Goal-Getters. Tendai's project is built on the idea of helping others genuinely and thoughtfully - recruiting people who want the best for their community.

"We are people who believe deeply in service, and not just my participants, from our partners. These are a lot of people I talk to everyday and they're always looking for ways to not only help themselves, but also help other people."

Throughout Tendai's experience of volunteering and work, she had an idea of what important aspects that should be included when running community outreach projects, specifically accessibility and sharing information.

"All of our programs are free. I believe in accessibility, not in just cost but also in location. We find locations that are accessible to the communities that we're trying to reach... We keep our participants in mind."

Tendai dedicates her award nomination to many people, but especially in honor of her close friend's deceased mother, Petra Gilmore. Gilmore's actions over the course of her decades long friendship with Gilmore's daughter helped shape Tendai into what kind of mother she'd like to be.

"We are a group of people trying to break cycles."