



**1514 Avenue Docteur Penfield  
Montréal, QC H3G 1B9**

*Cultivating tomorrow's leaders in today's young women*

### WHAT IS THE SEIZE YOUR FUTURE SEMINAR?

Seize Your Future is a leadership seminar for girls ages 15 to 17. The program consists of three weekend seminars during which the participants learn the tools they will need to think critically, communicate with confidence and to make good decisions. Each participant is paired with a mentor who will support and guide her through the elaboration and implementation of a community-based project. This will allow the participant to put into practice the skills and techniques she learned during the seminars.

### Why should I sponsor a young woman?

Our participants come from diverse socioeconomic backgrounds and some may not have access to the financial resources necessary to pay the registration fee. This should not interfere with a young woman's ability to develop her full leadership potential by taking part in life changing opportunity. If given the chance, a young woman from a less privileged background can do a lot for her community and should be encouraged to do so.

“One of the important things the seminar taught me was to never throw in the towel, even when the going becomes too tough. A true and strong leader never shuns difficult responsibilities. Thanks to the inspirational and educational seminars, my club was a success.”

- Miriam Helmers, former S.Y.F. participant

### Sponsorship Opportunities

There are many ways in which you can contribute to a young woman's success. You or your company can make an earmarked donation that will either cover registration or training costs for one participant. Although the cost of training one young woman is of \$1,600, we strive to keep registration costs at a more affordable \$350.

### Yes! I / My company would like to sponsor a young woman:

- Full bursary of \$1,600       Registration cost of \$350
- Other amount \_\_\_\_\_
- I would like to know the name of my donation's beneficiary
- I would like my name to be added to the partners list on the website
- I would like to receive a charitable donation receipt (Registered charity organization number: 14130 2034 RR0001)

**Name / Company Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone number:** (\_\_\_\_) \_\_\_\_\_

**Email:** \_\_\_\_\_

Please make checks to the order of the Association for the Sociocultural Development of Women (ASDW)

You can also donate online through the United Way at [www.unitedway.ca](http://www.unitedway.ca), or by visiting [www.seizeyourfuture.ca](http://www.seizeyourfuture.ca)

For more information, please contact Mariane St-Maurice at (514) 816-2030 or [info@seizeyourfuture.ca](mailto:info@seizeyourfuture.ca).