



GALLOP TO SUCCESS, INC.
N. BENNINGTON, VT
2023 ANNUAL REPORT

Our Mission Statement: *We believe that horses and kids equal success.*



Gallop to Success, Inc. is a 501(c)3 non-profit organization based in historic Shaftsbury, Vermont. Our mission is to provide life changing experiences for at-risk youth through the healing power of horses and farm life.

Our Website: www.GallopToSuccess.org

NOTE: Not all children depicted here were Gallop to Success participants, as we mainstream our scholarship recipients within the entire camp population. Everyone appearing here consented to have their photo shared in our publications & website.

About Gallop To Success

Gallop to Success (GTS), established as a 501(c)3 non-profit organization in 2013, provides life changing experiences for youth from at-risk backgrounds through horsemanship and farm life. The program was developed in response to the unique needs and behavioral challenges of several at-risk youth who had attended summer camp sessions at our farm based setting in Southwestern Vermont. It was determined that children living in difficult situations at home or school would benefit from a behaviorally-based curriculum with a goal of developing a plethora of life skills focusing on leadership, competency, increasing self esteem, compassion, and teamwork. Our Executive Director and early Board members formulated the GTS program to provide opportunities for participants to develop these life skills through guided interactions with horses and farm life.

Our scholarship program was initiated to provide the youth we serve with a structured summer camp experience for those who could not afford it. Our scholarship recipients are young people aged six (6) to fifteen (15) at risk of negative outcomes or circumstances, including psychosocial or economic deprivation. Our participants have always been mainstreamed into the general camp environment at the farm that houses our program. Our fundraising efforts have been increasingly successful, enabling Gallop to Success to award a growing number of scholarships over the years. We are excited to be entering our eleventh year of operation and our volunteer Board, composed of professionals from many disciplines, keeps growing stronger!

In 2023, we welcomed our new Executive Director, Alessandra (Ale) Sorento LICSW, a Burlington, VT based clinical social worker with a lifelong love of horses. Alessandra has incorporated her passion for horses into the professional realm, bringing her training and certifications from professional horsemanship organizations EAGALA and PATH to GTS. We have been doing intensive work to integrate these disciplines into our programming this past year. At the same time, we gratefully acknowledge our founder and first Executive Director, Valerie Gray-Shemeth, RN, MS, CCM, CDMS, as she passes the baton of leadership to Alessandra. Valerie has remained active on the Board as an Emerita member, guiding us to carry on the legacy that has been developed over the history of Gallop to Success. We will now let these two amazing women tell their stories to demonstrate where we have come from, and our vision of where we are going as a growing and evolving organization.

Formation of Gallop To Success

By Valerie Gray-Shemeth, RN, MS, CCM, CDMS

Thirty-five years ago, my husband and I moved to Vermont and were exceedingly excited to live on a 60-acre rural farm in a community where we felt the warmth of our neighbors and the cooperativeness of the “Vermont way.”

We immediately purchased two horses for our own enjoyment and riding pleasure, then sort of looked around this humongous farm with a horse-riding arena and eight barns (one of them being set up with stalls for horses), and we wondered, “Hmmm, what shall we do with all this space?” The answer evolved fairly quickly, as we “opened up” Kimberly Farms to folks that ordinarily wouldn’t have the financial means to enjoy horses and horseback riding. During that evolutionary period, a young, bright, enthusiastic guidance counselor at a facility called the Bennington Boys School named Mary Murphy came visiting to inquire about providing some sort of activities for her clients, who were court-mandated troubled youth. She herself was a horse rider and felt passionately that these wonderful, large 1,000-pound animals have much to offer to troubled youth.

In as much as my husband and I were both involved in careers working for the greater good (me as a nurse, my husband as an undercover police officer), we were quickly drawn to the idea of working with troubled youth in our community and providing horseback riding to them. That interest ultimately led to a wonderful collaboration with Mary Murphy that grew from just 10 boys to innumerable boys, girls, and teenagers with multiple sociological and mental health challenges.

It seemed a natural transition to create an entity to formalize such a program. In 2013, that entity became Gallop To Success, a 501c3 Vermont nonprofit corporation that was and will continue to be steered through future growth by a volunteer Board of Directors.

It has been so heart-warming to watch the interactions and the healing power between a horse and seriously troubled youth. Seeing these kids groom, pet, ride, and “talk” to the horses, and watching the bonds develop and take root, has been remarkable, uplifting, and educational; the horses have much to teach us humans, and it has been incredible to see so many troubled lives turn around under the tutelage of these 1,000-pound friends.

Over the past decade, over 200 boys and girls have benefitted from participating in the now-formalized Gallop To Success curriculum.

Greetings Gallop to Success Community!

By Executive Director Alessandra Sorrento, LICSW

I am so honored to be finishing up my first year as Executive Director of Gallop to Success. It means so much to me that our wonderful board composed of seasoned social workers, teachers, nurses, and other helping professionals have trusted me with this role. As a social worker who has been in practice for over a decade and a lifelong horse enthusiast, I am delighted to be able to connect children and families who experience social and emotional challenges with the healing qualities of horses.

Merging horses and social justice has been my lifelong passion. I first interacted with horses at a retired racehorse farm near Belmont Racetrack in New York near where I grew up in the NYC area, and from then on, horses became my lifeline. Visiting these horses became my respite throughout childhood as I navigated difficult family and social circumstances. When I started my career in social work as part of a children's mental health mobile crisis team in Brooklyn, NY, I found myself missing horses and nature and began volunteering with and ultimately working for a therapeutic horseback riding facility in the heart of East New York, Brooklyn, an urban and under-resourced neighborhood. I would horseback ride before work and on my lunch break as a mobile crisis social worker and teach lessons after work and on weekends. I found this equine community to be welcoming, soothing, and inspirational.

When I first moved from New York City to Vermont three years ago, I imagined that I would find a therapeutic equine community quickly due to Vermont's rural environment. I found myself touring horse farms and was disappointed that I could not find the same kind of community as I had at the therapeutic riding center that I had left in NYC. At farms that I toured, I felt pressure to have a long history of competing with horses and to dress or act a certain way. Ultimately, I met one of our board members at a social work event who told me about Gallop to Success and encouraged me to visit the farm. I was immediately drawn to the wonderful community there. Upon visiting the farm, I noticed a culture of acceptance and appreciation of diversity of thought and identity that had been missing from other horse farms that I had visited in Vermont. Gallop to Success has shown to be a place where community members can fully be themselves while benefiting from the healing qualities of horses.

I am so proud of the work that the board, staff members, and our farm owner have done this year. We welcomed new board members with a wide range of expertise, including individuals who work in DEI and school psychology. We more than doubled the amount of day and overnight campers who were awarded scholarships from last year. We made innovative changes to the scholarship process, including updating the application and developing partial scholarships. We applied to and received five grants this year. We held staff trainings on trauma informed care for children and on EAGALA (Equine Assisted Growth and Learning Association).

We created a more extensive process for program evaluations and sent out surveys to families who had participated in programming so that we can continue to grow from this feedback. We created more structure to promote the safety of campers and the organization of camp by updating camp rules and a highly structured daily schedule. We took DEI initiatives of planning a weekend at GTS exclusively for BIPOC children and families in Vermont, increasing racial diversity of the board, and increasing outreach to BIPOC community liaisons and families. We were able to obtain new helmets for campers to continue to keep participants safe. We started the camp season with a productive board retreat where many of these ideas were born. As an organization, we have a lot to look forward to. With the growth we have had this year, I am envisioning a bright future for Gallop to Success.

Alessandra Sorrento, LICSW, EAGALA (MH & ES), PATH Intl. CTRI
Executive Director at Gallop to Success



2023 Program Highlights

In May 2023, we began our program season early by completing fulfillment of our Kentucky Fried Wishes grant for “Fry Days at the Farm”. This innovative program, begun in November 2022, paired local fifth and sixth grade children with elders in the local Bennington community from area nursing and veteran’s homes. Over the course of two splendid spring days in May, the two age cohorts participated in several different activities including reminiscing about growing up in the local area, haiku writing, story time about horses that served in war, and writing horse themed greeting cards. Strong connections were made between the age groups. The event was a huge success and we received great acclaim from the senior facility and in local newspapers. We are very grateful to Kentucky Fried Chicken for this consequential grant, and to the volunteers that assisted with this event.

The volunteer Board of Directors held a Strategic Planning Retreat in Bennington, VT in May. Board members from Vermont, New York, Virginia and Florida gathered together for a meaningful and successful weekend of program review. Around this time, our board member Alessandra Sorrento, LICSW began her service to GTS as our Executive Director.

Summer camp commenced in June and Gallop to Success provided day and overnight camp scholarships for twenty three (23) at risk youth. These participants greatly benefitted from our structured behaviorally based program in a variety of metrics. Outcome data from the evaluations of staff members, as well as campers and their families, reported increased self esteem, mastery of program concepts, enhanced ability to solve problems and cooperate with peers and adults, and improvement in affect management.

In 2023, we added three amazing Vermont based professionals to our Board who have vast experience in community engagement and therapeutic interventions with youth. We are blessed to have two expert horsewomen from California who are using horsemanship as therapy joining us as 2024 begins for us. Their expertise will be invaluable to us. Many of our Board members and staff are either certified or moving towards certification in EAGALA and PATH disciplines and we are integrating these principles into our program curriculum, guided by our Executive Director, Alessandra Sorrento.

Around Town - Article in the Berkshire Eagle

Gallop to Success Brings Students and Elders Together - With Irene Baldwin

What happens when elementary kids and older adults who have seventy to eighty years apart are invited to a horse farm to interact with each other and of course, horses? Lots of fun, the making of memories and learning about life is what happens.

On two sunny days complete with cloudless blue skies, 130 fifth and sixth graders from Cambridge Central School, their teachers and aides as well as staff from Kimberly Farms in Shaftsbury gathered at the farm from 10 a.m. to 1:30 p.m. They were brought from school by yellow CCS buses. The outing was made possible by a generous grant from Kentucky Fried Chicken in Bennington. The monies were given to provide three separate meetings with young people and older adults in the hopes that their proximity would give each group an opportunity to come together, communicate and enjoy the beautiful days and each other's company. The Mansion, The Cambridge and The Bennington Center for Rehab and Rehabilitation each brought residents to Kimberly where they enjoyed boxed lunches and camaraderie with children and staff.

Gallop to Success has been in existence for ten years. Begun a decade ago by Val and Robert Shemeth of Shaftsbury, the organization provides one-week scholarships for young people who may not have had the benefits of farm life and communing with horses. Two GTS Board members wrote the grant and Kentucky Fried Chicken responded generously. Along with peanut butter sandwiches and fruit, a few buckets of KFC chicken were served under tables covered by white tablecloths canvas awnings.

The monies from KFC provided participants with GTS T-shirts, journals, pens, lunches and staff for two Frydays at the farm and also a day with Pownal students managed by teacher Eve Cox and her colleagues at the Bennington Center. The students and accompanying adults were divided into five groups of ten to thirteen. Five stations were set up to provide learning activities and a good time. At one station students were given journals and pens and asked to list all 15 horses who live on the farm and their various breed combinations. On the other day students drew and decorated drawings.

At the second station fifth and sixth graders learned about the various pieces of tack needed to ride both English and Western styles of riding. They were instructed on how to clean the saddles and bridles and even gave the leathers a quick cleaning.

Moving to the third station students were read to using two horse themed picture books. After the readings the books were discussed and commented upon.

The fourth station took place where the group of elders was sitting. Students thought of questions to ask the older men and women. The adults gave the kids a glimpse of what life was like when they were growing up. One 100- year- old woman, a former math teacher, told the students, "You need numbers in your life. You will be using them throughout your years on earth."

Another elder remembered, “When I was young, I was one of 17 children in my family! Horses were not for pleasure. They had jobs and worked hard just as we did.”

One lady was pleasantly surprised when Tilly, a favorite resident paint pony at the farm, came up to her in her wheelchair and gently nuzzled her face. This was a delightful up close and personal touch for the elder and for those observing!

The fifth station happened in the barn where calm and gentle horses were waiting in their stalls for the children to groom and pet. There is nothing like the smell of a horse! The barn manager told the groups how important it is to be quiet and respectful when working with equines. They are sensitive creatures who enjoy being brushed and talked to. A few stories were told about the backgrounds of the assembled horses. Each horse has a story just like people do.

After lunch was served, students were taken on a hike that took them past several beloved horse graves. A horse who is lucky enough to come to live and work at Kimberly Farms has a home for life. The writer’s 31- year-old horse Crical Jack was buried in his favorite pasture here last August.

At the hilltop hikers were provided with one of the most spectacular views in Vermont! Rolling green hills, farms and horses could be seen in miniature far below. Standing high up above the farm, the hikers could see three states, New York, Massachusetts and Vermont whose mountains are clearly visible. The Bennington Monument can be viewed as a tiny grey finger pointing at the sky.

A question was asked by each group after enjoying the view. “Can we roll down the hill?” Absolutely! What a sight to see ten, eleven, and twelve- year- olds joyously rolling, spinning and laughing down the grassy steep hill! The energy and happiness of children set free were on full display. Mystic, the farm’s wondrous Percheron matriarch, looked on calmly in her pasture at the rolling children.

The three Frydays were well-planned and gave almost 200 children, elders and staff a lovely and memorable time!



What We Do: Our Program

For many years, Kimberly Farms has hosted Gallop to Success to provide overnight and daytime summer camp programs, which have enriched the lives of generations of young horse enthusiasts. The nurturing environment of the Farm, and the challenging yet safe and predictable structure of our farm life, is the framework of the curriculum and the opportunities for learning and personal growth. Several GTS graduates have returned to the Farm in later years to work, either on a volunteer or paid basis, and speak fondly of how their experiences have positively impacted them as they have grown into young, successful adults.

The youth we have served have ranged in the past from age from seven through seventeen. For the coming year, the Board has decided to adapt the age ranges to six (6) to fifteen (15). We concluded that, since GTS began over ten years ago, that older teens have developed different, often more challenging presenting issues that makes mixing them with younger children perhaps less appropriate. The Gallop To Success Board considered this decision deliberately, with emotional and physical safety of all participants being our paramount guiding principle.

The family backgrounds of our participants have included intergenerational substance abuse, physical and/or sexual abuse, poverty, isolation, or other psychosocial challenges. Some have functioned as caregivers to parents or siblings with physical, psychological, or behavioral health impairments. Many scholarship recipients have also experienced bullying, learning disabilities, or other difficulties in school. Several have been identified as being on the Autism spectrum. Others have experienced foster care or homelessness. The GTS program allows them to be free of their difficult circumstances and inordinate responsibilities at home for a while. These young people benefit greatly from the structure and security inherent in the GTS program and can make great interpersonal strides in communication skills and bonding.



How We Do It: Our Curriculum

Professionals at GTS employ a broad array of modalities to aid each individual in successfully achieving their goals. The program activities and group processes are individually designed to maximize each participant's personal development, including modified accommodations and developmentally-targeted interventions as indicated. Providing both physical and emotional safety is our paramount responsibility to the youth we serve. Curriculum implementation occurs through lessons that follow a format that includes Introduction of material and skills; Demonstration of horsemanship concepts in a visual, auditory, and kinesthetic manner; Guided Practice; Review of information; Application through observed task completion and Problem Solving in individual or group settings.

Gallop To Success' focus is understanding horse behavior so riders and horses can remain safe. Participants are taught equine history and development, basic equine anatomy, horse care and sheltering, grooming, tack and mounting, and riding basics. Curriculum revisions include a structured check in at the beginning of each lesson: A) How are you feeling today; B) What is your goal for today; C) Who can you ask for help? Safety rules for the barn are reinforced before each lesson. In addition, we have incorporated lessons on Diversity understanding and acceptance this past year.

Instructors and counselors enthusiastically share their love of horses and this is always delightfully contagious to the campers ! We want to share the joy of riding so it may become a lifelong passion, as it has been for many of the Staff and Board !! We express our deep appreciation and gratitude to the dedicated Staff and Volunteers who make our life changing work possible.

All skills are closely monitored and each participant is assigned a staff member to set individual goals and monitor progress throughout to insure maximum success. Throughout 2023 and 2024, GTS is committed to incorporating EAGALA (Equine Assisted Growth and Learning Association) and PATH International (Professional Association of Therapeutic Horsemanship) teaching and therapeutic principles in our curriculum. More information can be found on their websites: www.eagala.com and www.pathintl.com

Teamwork is emphasized as being valuable and essential. Very quickly, participants learn to collaborate and negotiate with both the horses and peers to achieve both personal and group success. Program members learn to trust their horse, and by extension, gain trust in themselves and their abilities. Mentoring done by older participants, staff, and

volunteers instills confidence through role modeling and positive reinforcement. The Gallop to Success curriculum is designed to enhance positive and healthy decision making, improve communication skills, and strengthen individual self-worth and dignity.

Through participation in the working life of the farm and lessons in equine care, equine behavior, and horsemanship (riding), the GTS program instills individual civic and social responsibility and an appreciation for the humane treatment of animals. Collaborative group modalities such as Journal Group and Art Therapy, led by a Masters' Level educator, provide a rich environment for the accomplishment of specific therapeutic goals. Program participants also engage in activities that support and uplift the local community, as evidenced by our three event Fry Days at The Farm, funded by KFC, pairing local youth and seniors for a day of horse related activities and sharing.

Program staff guide participants in operationally defining their accomplishments each day through journal writing and group sharing time. Interview sessions are conducted by program staff at admission to define individual goals, and on the last day to evaluate outcomes. In addition, participants are guided in completing a required Final Project that can be provided in writing, in an audio-visual format, and/or illustrated in an artistic medium. Participants are guided to articulate in great detail what they have gained from the program and how they plan to utilize their new-found skills in their daily life and milieu when they return home.

Our methods of program evaluation, including the individual interviews, final demonstration project, and questionnaires sent to parents upon program completion, measure the efficacy of the Gallop to Success program in alignment with the GTS mission. We plan to implement a standardized questionnaire, the DERS, both pre-camp and post-camp in 2024, which will improve our ability to operationally define outcomes of the GTS program. In addition, evaluation of successes and challenges occurs throughout the day via direct feedback, instruction, and mentoring. Older peers often take the younger ones under their wings, which enhances bonding and leadership skills. We stay in touch through birthday cards signed by peers during camp. Consistently, all elements of our program evaluation have demonstrated that the Gallop to Success program is highly effective in raising indices of self-esteem, communication, and competency, all essential ingredients for positive psychosocial development. The Board's program assessment is continuous and ongoing.

life that lend insight into the youngster's challenges and areas of opportunity. Applications are reviewed by the GTS Scholarship Committee and are considered based on financial and psychosocial considerations. The "fit" of the prospective participant into the structure of the program is of paramount importance.

Historically, scholarships have been made available for our summer camp program, but we have had some local youth participate year round through the farm's Saturday Horse Club program. The summer program is offered for a week or more. Participants submit applications and are selected for either overnight or day camp, based on their age, interest and ability to adapt to the requirements of the program. We mainstream our GTS scholarship recipients within the general camp population at the farm to provide them with a completely immersive experience, so they are not singled out or stigmatized as being "at-risk". At the same time, GTS participants meet with staff to set individual goals related to their particular issues and challenges. In 2024, GTS will provide our customary summer day camp programming while offering a limited number of scholarships for overnight camp. Our long-term objective is that we will continue to be a haven that youth turn to when they need enrichment, support, outdoor exercise, and emotional well-being.



OUR DONORS AND GRANTORS - OUR LIFE

Gallop to Success had one of our most successful fundraising years in 2023, guided by our Executive Director and Co- Presidents. All Board members engage in some facet of fundraising, marketing, and grant writing, directed by our Fundraising Committee. We were honored to be granted major funding from the following organizations and individuals:

- Mount Laurel Foundation (our benefactor for many years)
- Vermont Community Foundation
- Charles R. Wood Foundation
- Kentucky Fried Chicken Foundation "Kentucky Fried Wishes"
- Ben and Jerry's Foundation
- Walmart
- Fidelity Charitable Donor - Advised Fund
- Town Fair Tire Foundation, Inc.
- Adrienne and Gene Kuehneman
- Jo Ann Sorrento
- Charles and Siobhan Perenick
- Anne Marie
- John Bortins

Thank you to all of our individual donors; many of them have supported us from the beginning. Gallop To Success could not provide our life changing programming without these generous grantors who recognize and support the work we do for the at-risk youth in our community.



A Special Thank You:

Dr. David Ellenbrook, an original Board member serving two terms since 2014, is retiring from the Gallop to Success Board in February, 2024. His diligence, enthusiasm, and commitment to GTS and the youth we serve has been instrumental in our success. Dr. Dave, as we fondly call him, will remain on as a Member Emeritus, so we take comfort that he will be available for consultation and a summer visit to the farm to see our vision continue to come to life !

Join Us !

Gallop to Success invites you to support our mission to empower at-risk youth through horsemanship. We rely on individual and corporate donors in funding our scholarship program. We are always seeking new Board members and volunteers who want to join us in improving the lives of our scholarship recipients through horsemanship and farm life. Specifically, we are soliciting individuals with connections in our service area (the Vermont/New York region), but anyone with an interest in serving youth is welcome to join our board. We are proud of our history of having had program graduates and their family members serve as members. Our volunteers assist in program implementation, fundraising, or special events.

Please contact us for more information on sponsorship or volunteer opportunities. To make a donation to Gallop to Success, please email us at gts@sover.net. You can also donate through PayPal on our website www.GallopToSuccess.org

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Our volunteer Board of Directors is composed of devoted professionals and community members. Many board members have served for several years, while we have welcomed dynamic new Directors in 2023 into 2024. Two of our clinical social workers, Alessandra Sorrento and Barbara Bolin, have presented during the past year on Animal Assisted Therapy at national conferences.

Gallop to Success would like to thank our Board members for your commitment to the youth we serve, and your dedication to the communities where you reside and work.

2023 - 2024 Gallop to Success, Inc. Board of Directors:

Alessandra Sorrento, LICSW, EAGALA MH & ES, PATH Intl. CTRI Instructor

Board Member and Executive Director, 2023-present

Burlington, VT

Valerie Gray-Shemeth, RN, MS, CCM, CDMS

Founder, Executive Director 2014 – 2023, Board Member Emerita 2023 - present

Shaftsbury, VT

Dr. David Ellenbrook, BS, MA, MSSW, PhD, LICSW, ACSW, President

Board Member 2014-2020 and 2022-2024, President 2023-2024; Board Member Emeritus 2024

Colonie, NY

Laura Devlin, MSW, President

Board Member 2014-2020 and 2022-present, Past Secretary, President 2023-present

Lake Worth Beach, FL

Barbara Bolin, MSSW, LCSW, Vice President

Board Member 2022 - present; Vice President 2024-present; Secretary 2023-2024

Lorton, VA

Irene Baldwin, BS, MS, Treasurer; Director, Art & Writing Programs

Board Member 2020 – present, Treasurer 2022 – present, Board Member Emerita 2014-2020

Cambridge, NY

Katie Greene, MA, Secretary

Board Member 2023 – present, Secretary 2024 - present

Burlington, VT

Dr. Luther Brown, Ph.D., LMSW, ASCW

Board Member 2023 - present

Rutland, VT

Scott Burg, M.A.

Board Member 2023 - present

Bennington, VT

Alyssa (Kennett) Rathbun, AEMT, AAS

Board Member 2023

Eden, VT

Brittney Chambers, M.S., CTRI, ESMHL

Board Member 2024 - present

Elk Grove, CA

Christalle Chambers, B.S., A.A.

Board Member 2024 - present

Sacramento, CA

The Board of Directors are grateful and blessed to have an extraordinary Administrative Assistant, David Howard, who assists with everything from keeping our records, paperwork and equipment in order, to assisting with the horses at our farm based program, to serenading the campers and staff on his guitar with his original songs. He has been involved with Gallop to Success since our inception and the ease by which our organization functions is a testament to his skills and equanimity. Thank you, David, for all that you do for us and the youth we serve.



INCOME/EXPENSES 2023

Starting Balance as of January 1, 2023: \$24,486.88

PROFIT:

\$10,200.00 in corporate and individual donations

EXPENSES:

\$11,925.00 – scholarships awarded for at-risk youth

\$1,490.95 – 2023 GTS Board Retreat Expenses, including travel, food, lodging

\$1,500.00 – stipend for Executive Director of GTS

\$975.00 – accounting fees

\$42.61 – administrative fees

\$446.00 – supplies (riding helmets)

\$8,343.38 – expenses for the Fry Day events (in accordance with the 2022 \$10,000 Kentucky Fried Wishes grant)

Ending Balance as of December 31, 2023: \$9,963.94



The Board and Staff of Gallop to Success remember our Co-founder, Mentor, Friend to All, and Fundraiser Extraordinaire, Bob Shemeth. We are always comforted to feel him looking down on us from high on the hill, overseeing the farm, kids, and horses that he loved so much.

Thank you, Bob. We miss you.





Confidence • Self-esteem • Leadership • Compassion