Be Strong INTERNATIONAL
Healthy Relationships. Thriving Families. Stronger Communities.

BE STRONG INTERNATIONAL Monthly Newsletter VOL.11 MARCH 2023

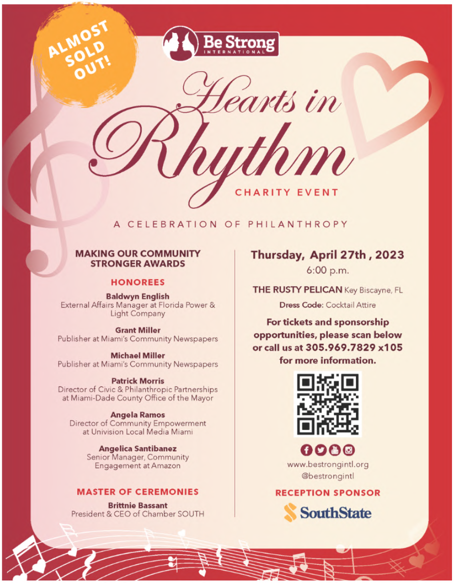
WOMEN'S HISTORY MONTH

Women's History Month is a time to celebrate and recognize the achievements of women throughout history, as well as to inspire and encourage women to pursue their dreams and ambitions. This month serves as a reminder that we all play a role in creating a more equitable and inclusive world where women have equal opportunities and are free to live their lives to the fullest. It's a time to support and uplift the women in our lives, and to commit to working towards gender equality every day. Let's celebrate Women's Empowerment Month by amplifying women's voices and continuing the fight for a better future for all.

Be Strong International empowers women not only in the workplace, but in the community as well. Women are mothers, wives, daughters, sisters, professionals, and this celebration is all about women coming together, sharing resources, connecting, and encouraging one another.

LEARN MORE

HEARTS IN RHYTHM CHARITY EVENT



ALMOST SOLD OUT!

Be Strong INTERNATIONAL

Hearts in Rhythm
CHARITY EVENT

A CELEBRATION OF PHILANTHROPY

MAKING OUR COMMUNITY STRONGER AWARDS

HONOREES

Baldwyn English
External Affairs Manager at Florida Power & Light Company

Grant Miller
Publisher at Miami's Community Newspapers

Michael Miller
Publisher at Miami's Community Newspapers

Patrick Morris
Director of Civic & Philanthropic Partnerships at Miami-Dade County Office of the Mayor

Angela Ramos
Director of Community Empowerment at Univision Local Media Miami

Angelica Santibanez
Senior Manager, Community Engagement at Amazon

MASTER OF CEREMONIES

Brittnie Bassant
President & CEO of Chamber SOUTH

Thursday, April 27th , 2023
6:00 p.m.

THE RUSTY PELICAN Key Biscayne, FL

Dress Code: Cocktail Attire

For tickets and sponsorship opportunities, please scan below or call us at 305.969.7829 x105 for more information.

www.bestrongintl.org
@bestrongintl

RECEPTION SPONSOR

SouthState

FROM OUR CHIEF HEART OFFICER

Hello everyone, I'm Michelle Shirley, CEO and Chief Heart Officer at Be Strong International. Today, I would like to talk to you about the importance of using your voice! Whether it be about a new idea you have, a thought that popped into your head, or something you are upset with, making your voice heard is something you should never be scared of. If you are in a situation or relationship where you feel like you are losing your voice, I am here to remind you that your voice is an amazing and powerful tool that you should take advantage of! Let's talk about it...

SHARE YOUR VOICE
With Michelle Shirley
CEO & Chief Heart Officer of Be Strong International

Big hug,
Michelle Shirley

CHIEF Heart OFFICER

GEMS: EMPOWERING THE NEXT GENERATION OF WOMEN

Girls Empowerment Mastery Sessions

GEMS is a 6-month program where girls, ages 9 - 12, meet once a month on Saturdays from April through September to discuss all about self-worth and confidence, promoting positive body image, resiliency skills to cope with stress, effective communication and goal setting skills, financial literacy, healthy vs. toxic relationships, using technology as a tool, and power-posing techniques.

Young girls experience overwhelming changes as they transition into adolescence. Here at Be Strong International, we are empowering the next generation of women by providing them with a community of women leaders to teach, guide and encourage girls to take lead in their own lives through FREE interactive workshops.

WE'RE IN THE NEWS

BE STRONG SHOW SERIES HOSTED IN PARTNERSHIP WITH MIAMI'S COMMUNITY NEWSPAPERS

Tina Brown - CEO of Overtown Youth Center

Watch our Be Strong Show as we welcome our special guest for this month, Tina Brown, CEO of Overtown Youth Center Miami! Watch as our CEO and Chief Heart Officer, Michelle Shirley, interviews Tina as she shares all about her journey as a CEO in OYC Miami, the incredible things they are doing for the community and get to know her at a deeper level as she answers some fun questions from our new card game, Social Yaks! As always, we would like to give a very special thank you to our friends at Miami Community Newspapers for helping us make this possible! Click on the image to watch the full interview!

TESTIMONIALS - NICOLE KLEIN

THANK YOU TO OUR TEAM

FOR BEING STRONG IN THE COMMUNITY

Learn how through teamwork and drive, our team is making a difference in the community.

Be Strong INTERNATIONAL

Nicole Klein
Parent Facilitator

WHAT WE'VE BEEN UP TO

BE STRONG INTERNATIONAL SELECTED AS A BEST PLACE TO WORK 2023 BY THE SFBJ

BSI awarded Top 13th Spot out of 20 Small Companies Honored!

Fantastic news! Be Strong International has been awarded the top 13th spot by the South Florida Business Journal as 2023's Small Company Best Places to Work! We are honored to have received this incredible recognition and we would like to thank South Florida Business Journal for hosting such a great event!

VIEW GALLERY

THESE COMPANIES ROCK!
STRONGER TOGETHER
Be Strong

VIEW GALLERY

STRONGER TOGETHER LUNCHEON

Be Strong International Hosts Luncheon at Bean Automotive!

Our Stronger Together Luncheon was a success! We had a wonderful time as we brought together diverse members of our community for a delicious luncheon, sponsored by Applebees! Guests networked, connected, and learned more about what Be Strong International has to offer the communities around Miami-Dade and Broward. We would like to give a very special thanks to Bean Automotive for hosting us at this incredible venue! Also, a huge congratulations to AmeriHealth Caritas Florida for being awarded our Community Partner Award!

BE STRONG AT THE TABLE DOCUMENTARY SHOWING

Miami Dade College Kendall Campus premieres BSATT Documentary!

We are thrilled to have had the opportunity to share our documentary with the students and faculty of Miami Dade College - Kendall Campus! There was an amazing turnout, and we received such positive feedback from all who watched! Special thanks to Anthony Cruz, Karina Pavone, The Children's Trust, and all MDC team members who helped us make this possible!

McCarthy Auditorium
Be Strong

VIEW GALLERY

VIEW GALLERY

SOCIAL YAKS SESSION AT MDC KENDALL

Connecting students and faculty!

These are the real and authentic reactions from the students at MDC Kendall who played Social Yaks with us last Wednesday! Their faces speak for themselves! We are thrilled to say that every single student and faculty member left with a smile on their face... and that is what Social Yaks is all about! Thank you to Miami Dade College - Kendall Campus, for allowing us to come into your school and strengthen the connections between your students and team members!

BSASC CULINARY CLASSES

Be Strong After School Club

In addition to academic support, our Be Strong After School Club also offers various activities for students to explore their talents and push their limits. One of the top favorite activities for our students is our culinary classes! Students learn how to cook their favorite meals while practicing kitchen safety. From burgers to brownies, it's safe to say our students are on their way to becoming top-class chefs!

VIEW GALLERY

STRONGER TOGETHER
#STRONGERTOGETHER
Be Strong

VIEW GALLERY

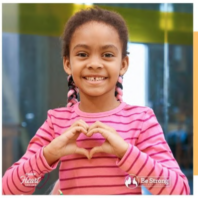
FEBRUARY FOOD DRIVE

500 households given free nutritious food packages!

We have officially kicked off our monthly food distributions! Every month on the second Thursday of every month, we distribute nutritious food packages to up to 500 households in underserved communities. This past food drive, multiple volunteers came out to give back to their community and serve those who needed it most!

FEATURED ARTICLE

WHAT ARE HEART SKILLS?



Have you ever felt like you wanted to express your emotions but couldn't find the right words? Have you ever been in an uncomfortable situation but didn't know how to get yourself out of it? Here at Be Strong International, we offer 'Heart Skills' training to youth, parents, and married couples looking to improve their interpersonal relationships.

Now, what are 'Heart Skills'? Well, Heart Skills are a set of tools that allow people to connect and have healthy relationships with one another. To learn more about how you can obtain these heart skills, click the link below.

READ MORE

WHAT'S COMING UP!

JOIN OUR NEXT FOOD DRIVE ON APRIL 13TH!

Make a difference in your community!

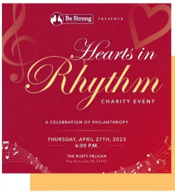
Our monthly food drives in collaboration with Farm Share FL, Miami Dade County Government, and Commissioner Kionne McGhee from District 9 are continuing for the rest of the year! We are so excited to come out to Demps Park every second Thursday of every month and serve up to 500 families with nutritious food packages! Looking for ways to give back? Join us!

VOLUNTEER NOW!

HEARTS IN RHYTHM CHARITY EVENT

April 27th, 2023 - 6:00 P.M. at The Rusty Pelican, Key Biscayne

We are only 43 days away from the greatest charity event of the year! Hearts In Rhythm is a celebration of philanthropy, as guests take in all the rhythm of our hearts and meet exciting people during a fabulous night filled with fun, live entertainment, and an exquisite cuisine. As part of our ongoing fundraising efforts, Be Strong International's Hearts In Rhythm Charity Event is where Miami's philanthropists meet to celebrate the tremendous impact their donations will have among the most vulnerable populations living in South Florida.



LEARN MORE HERE!

UNIQUE BE STRONG EMPLOYEE BENEFITS

At Be Strong International, we are proud of the unique culture shared internally which helps increase productivity and a positive ambiance. Therefore, it is no coincidence we have been named as one of the Best Places to Work by the South Florida Business Journal. Take a peek at our unique benefits and if you're interested or know somebody who would be, check out the opportunities that are now open!

BSI BENEFITS

- 2-weeks paid time off during Winter Break
- 1-week paid time off during Spring Break
- Paid time off on 10 Federal Holidays
- Additional 5+ days of paid time off for tenured team members
- Health, Dental and Vision Insurance (BSI covers 86% of health insurance)
- Competitive Salary
- 401K retirement match 3%
- Hybrid work schedule: 1-day remote work and 4 in office
- Fun quarterly off-site retreats
- Healthy, fun work environment
- Positive workplace culture
- Birthday celebrations

JOIN OUR TEAM!

Available Positions at Be Strong International

Digital Marketing Specialist
APPLY

Data Analyst
APPLY

Accounting Manager
APPLY

STAY UP TO DATE!

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