

# GOTR Napa & Solano 2019 Girl Impact

955 unique girl leaders in school, on playground & at home!



A record number of Girls on the Run girls ran for student council this fall – all eager to have their voices heard.

*“Whether I win or not, I plan to help everyone at this school to feel good about themselves and believe in themselves. We are all unique and perfect in our own way. Bullying exists and making ourselves feel confident will help lessen the ability of others to hurt us.”*

Fourth-grader Very-kind Vanessa.

# Girls on the Run Napa & Solano

Building girls' self-esteem so they can confidently stand up for themselves and others.

For 14 years now, Girls on the Run Napa & Solano has been providing girls with the opportunity to learn important life skills and adding seven-thousand unique cracks to the proverbial glass ceiling. In 2019, 955 girls (11% 5 year Average Growth Rate) at 53 schools with 77% low income families & 74% traditionally under-represented ethnic/racial groups. We are planning new volunteer recruitment strategies so we can achieve growth and reach more girls in 2020.

Recruited, Trained  
& Inspired 179  
Volunteer Life  
Coaches



**Community Impact Project:  
Animal Shelter Gift Bags**



*“As a mom of four girls, I’m so happy I can bring the Girls on the Run program to Donaldson Way Elementary. I can see the skills it gives our girls about celebrating their unique selves, holding true to their values and standing up to bullying being used at school and home. It is such an important time in a young girl’s life, and being able to provide the tools to help build her confidence and self-worth is invaluable.”* Volunteer life coach & Mom Fall 2019



We envision a world where a girl's self-esteem doesn't peak at age nine.



77% Low Income - 735 girls received scholarships



**Girl Empowerment & Self Care Impacted**

A team of researchers at the Harvard Graduate School of Education identified Girls on the Run as a leader in social & emotional learning programs. It focuses on mindset (building self-esteem), interpersonal skills & character; and offers the greatest focus on mindset of all 25 programs reviewed due to its emphasis on empowerment and self-care. Napa & Solano girls agree. 426 girls completed post program surveys and the majority of girls agree because of participating in Girls on the Run:

I am sure of myself	80%
Celebrate what makes me unique	76%
Have a positive attitude when challenged at school	77%
Help someone, when they see them being bullied	80%
Stand up for themselves if get bullied/pressured by peers	81%
Express feelings in a positive way when feel sad/angry	60%
Are trying to be a caring community member	81%
I am satisfied with the way my body looks	70%

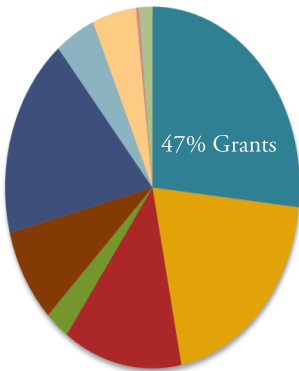
# Small Sustainable Nonprofit

Volunteer board completed strategic planning & achieved budget

Solid financial health was achieved by raising significant contributions (82%) from grants, sponsorships and generous community donors to generate a small operating surplus in 2019. (\$1,250 for \$326,000 budget). Raised \$70,000 for 2020. Staff of 3.3 FTEs & 7 volunteer board members. Significant grant awards: \$60,000—NV Vintners & \$20,000—Kaiser Permanente. Presenting sponsors from long term partners Trincherro Family Estate & Community Projects Inc. Awarded \$5,000 in college scholarships.



## Revenue Streams



- Grants - Unrestricted - 27%
- Grants - Restricted - 20%
- Sponsorship - 13%
- Inkind - 3%
- Contributions - 8%
- Program Fee - 18%
- Events - 4%
- 5K Fee - 5%



## Girls on the Run Napa & Solano

is a local nonprofit 501(3) that raises money so all girls can participate, but in particular those most in need. Girls on the Run Napa & Solano has empowered over 7,000 girls locally since 2006 while being a part of the Girls on the Run International© movement. We are grateful to play a small part in helping our community be more inclusive and equitable, by fostering a sense of trust, safety, health, well-being, empowerment, & shared responsibility for our girls.

**Girls on the Run Napa & Solano**

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