

Sheen for She Foundation | Éclat pour Elle Fondation

Sheen Queen Eligibility & Selection Criteria

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I. Sheen for She Definitions & Terms

a. Who are Queens?

They are the women the Sheen for She Foundation serves; who come from a variety of backgrounds, circumstances, experiences and cannot afford to pay for such services offered by the Sheen for She Foundation.

b. Who are Shields?

Shields are the people who recognize and admire our cause and mission and would like to provide us with monetary support through donations or by purchasing our subsidized services for themselves, if they are women, or for a woman to whom they love in their life.

c. Who is the She League?

They are supportive and good-hearted people who join our Sheen for She community to advocate, support, and grow alongside by taking part in providing esthetics, self-defense, self-care training to our Queens.

They are:

- Estheticians
- Make-up artists
- Self-defense trainers
- Image consultants
- Dentists
- Doctors
- Nurses
- Lawyers
- Nutritionists
- Journalists
- Police Officers
- Social Workers

- Motivational Speakers
- Event planners
- Marketers
- Photographers
- Videographers
- Printers
- Web Developers

d. Socially Underprivileged

This means that the woman has experienced or is currently experiencing one or more of these social issues:

- i. Violence (Physical, Sexual, Emotional, Psychological, Spiritual, Cultural)
- ii. Abuse in these forms: Verbal and Financial
- iii. Neglect

e. Financially Underprivileged

This means that the woman has experienced or is currently experiencing one or more of these financial issues:

- i. Poverty
- ii. Unemployment
- iii. Homelessness

f. Sheen for She Services

Esthetics, Self-Defense Lessons, Self-Care Training, and Healing Circles

g. Note

From a professional, including their full name, email address, phone number (including extension) and a brief note from stating that they recommend the woman for the Sheen for She programs.

III. Queen Eligibility Criteria

This section will explain every woman's eligibility towards each of our services. To ensure fairness and integrity in our program, we follow a set rules and regulations which are discussed below.

1. Financial Requirement

A. Esthetics, Self-Defense Lessons & Self-Care Training

Esthetics, self-defense lessons, and self-care training are 100% free for Queens and these three opportunities are also available to women who can afford them financially on subsidized rates. Their well-known benefits include improvement in brain function, enhanced confidence, increased independence, and physical exercise. Unfortunately, financial barriers play a significant role in denying access, to both these benefits and services, to women who are in need of them the most. To lessen the impact of this inequality and support underserved women, the Sheen for She Foundation offers all three services free of charge to Queens. Hence, it is vital for us to ensure that all participants are deserving and are able to demonstrate a financial strain in their lives.

Further information on what documentation can meet this requirement is located in part IV: Required Documentation.

We welcome financially stable women to take part in esthetics, self-defense lessons, and self-care training on a subsidized rate because we recognize the inadmissible value of each woman who joins our sisterhood. Moreover, their contributions support the continuation of our programs. For rates towards each of the three programs, please visit our website: sheenforshefoundation.com

B. Healing Circles

Healing circles are unique to the Sheen for She Foundation. Apart from traditional counselling groups or group therapy, healing circles are designed to address:

- a. Congested emotions
- b. Societal stereotypes
- c. The void between professionals and Queens
- d. The void between authorities and Queens
- e. Burning questions
- f. The development of leadership and communication skills
- g. Motivation to improve the quality of life
- h. Ability to overcome problems and bring a positive change in one's life

The aforementioned issues are addressed by:

- a. Mediators who facilitate positive dialogue
- b. Opening up about past experiences and creating a safe space to do so
- c. Opening the floor to emotional floods
- d. Guest speakers (e.g., police officers, doctors, lawyers) who discuss negative stereotypes and build relationships with Queens
- e. Allowing Queens to ask guest speakers questions openly or anonymously
- f. Sharing alumni Queen's stories
- g. Asking Queens to lead conversations

- h. Listening
- i. Developing a sisterhood environment

Important: Due to the nature of healing circles, everything remains confidential.

Due to the healing and empowering nature of this program, all women are invited to hold hands and form this circle, regardless of their financial circumstances. Hence, both Queens and Shields consolidate to construct their space of recovery, spirituality, growth.

Note: There is no cost associated to join healing circles.

2. Social Requirement

Finance is one of the two requisites that enables women to become Queens. The second is, social. As outlined above, the Sheen for She Foundation reaches out to Socially Underprivileged women to befriend them as they carve a new path in life.

Any one or more of the situations described above make a woman socially eligible to join the Sheen for She Foundation as a Queen.

IV. Required Documentation

1. Financial Situation

The following documents are acceptable to confirm one's financial situation. One will be required during the application process; however, another may requested if more information is required.

- a. Proof of Income Statement
- b. Pay Stub
- c. Bank Statements

- d. Most recent tax return
- e. Benefit Statement from Province

2. Social Situation

The following documents are acceptable to confirm one's social situation. One will be required during the application process; however, another may be requested if more information is required.

- a. Note from Centre Coordinator
- b. Note from Case Worker
- c. Note from Social Worker
- d. Note from Doctor*
- e. Note from Psychologist*
- f. Note from Psychiatrist*

*Note: To avoid causing financial barriers to occur in the Queen application process, we do not require paid notes from doctors, psychologists or psychiatrists. We advise prospective Queens to collect the professionals' full name, email address, phone number (including extension) and a brief note stating that they recommend the woman for the Sheen for She programs.

V. Selection Criteria & Procedure

Queen applications are accepted on a rolling basis throughout the year.

1. Complete & Incomplete Applications

Once the Foundation receives a completed application, we will begin processing information. This includes determining what service the applicant qualifies for and verifying the provided reference and documentation. The process can take up to 7 business days.

If the Foundation receives an incomplete application, the woman will be notified and reminded to continue her submission; however, we will only be able to do so if the form already contains some contact information with which the applicant can be reached.

2. Determining Service Eligibility

The following is a summary of the detailed selection procedure described in Part III. Queen Eligibility Criteria:

If the applicant is Socially & Financially Underprivileged, she is eligible for:

1. Esthetics (free of charge)
2. Self-Defense Training (free of charge)
3. Self-Care Training (free of charge)
4. Healing Circles (free of charge)

If the applicant is Financially Underprivileged BUT NOT Socially Underprivileged, she is eligible for:

1. Esthetics (free of charge)
2. Self-Defense Training (free of charge)
3. Self-Care Training (free of charge)
4. Healing Circles (free of charge)

If the applicant is Socially Underprivileged BUT NOT Financially Underprivileged, she is eligible for:

1. Esthetics (with subsidized rates)

2. Self-Defense Training (with subsidized rates)
3. Self-Care Training (with subsidized rates)
4. Healing Circles (free of charge)

4. Unsuccessful Candidates

A woman will not pass as a Queen for the following reasons:

- a. Invalid reference given
- b. The reference does not verify the information provided
- c. Incorrect information
- d. Invalid contact information
- e. Or for any other reason which the Foundation deems to be unqualifying.

Women will be notified of our decision.

5. Successful Candidates

Upon selection, women will be contacted, and receive:

- a. A letter of acceptance that will outline their entry into the Sheen for She Foundation and the service they are entitled to
- b. Information on how to access the program calendar
- c. Sheen swag associated with the service(s)