



THE MISSION CONTINUES



WOMEN VETERANS LEADERSHIP SUMMIT 2019 IMPACT REPORT

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ABOUT THE WOMEN VETERANS LEADERSHIP SUMMIT

Today, women are the fastest growing demographic in the veteran community, though they still make up only 10% of the veteran population. Women in the military have consistently demonstrated their leadership skills and ability to overcome adversity, taking on roles that are paramount to our nation's defense. Despite women's advancement with representation in the military, they're in an evolving battle for recognition after their military service.

The fourth annual Women Veterans Leadership Summit was designed to #RecognizeHer. We created an environment for women to lead the conversation on gender, and increase awareness and visibility of the roles and impact women have as leaders and influencers within our world—our community, economy, military, politics, and everything in between.

This year also marked our final Women Veterans Leadership Summit. At The Mission Continues, we recognize the achievements and potential of women veterans as leaders in underserved communities across the country, and we know that women need skill development that goes beyond one weekend of programming. We are proud to be launching a leadership program especially for women in 2020, and we hope you'll support us as we continue to invest in helping women veterans build the skills that they need to reach their full potential as leaders in under resourced communities.

OUR IMPACT

77
WOMEN

ONE
WEEKEND

After attending WVLS, 98% of program attendees felt they were more connected with other veterans.

98% of participants report feeling a sense of community with The Mission Continues.

After attending WVLS, 88% of program attendees reported feeling a greater sense of purpose.

98% of participants reported that they believe they have the ability to make a difference in their community.

69% of participants feel more equipped to work in the civilian world after attending WVLS.

WEEKEND HIGHLIGHTS

Throughout the weekend, women veterans expand their network, make connections across the country by engaging in open forum workshops, panels and inspirational speakers. Special guests share insights and discuss particular challenges women leaders face, as well as exchange solutions for addressing those challenges. This year, the summit focused on building mindsets, knowledge and skills in areas like self-care, effective communication, authentic leadership, intentional networking and mapping your support systems.



NETWORKING WITH A PURPOSE

Women recognized the importance of intentional networking and developed practical skills they could use throughout the weekend and beyond to develop strong, purposeful connections. These skills included how to make a strong introduction, how to keep the conversation going, the importance of networking with a goal, and the art of fostering inclusive conversations.

SELF-CARE

We recognize that in order to lead others, you must take care of yourself first. As care givers, this can be a unique challenge for women. Throughout the weekend, women had the opportunity to evaluate their own satisfaction in their current self-care practices and identify areas to focus and improve upon. They also gained sustainable application skills such as breathwork and setting self-care routines and rituals.



EFFECTIVE COMMUNICATION

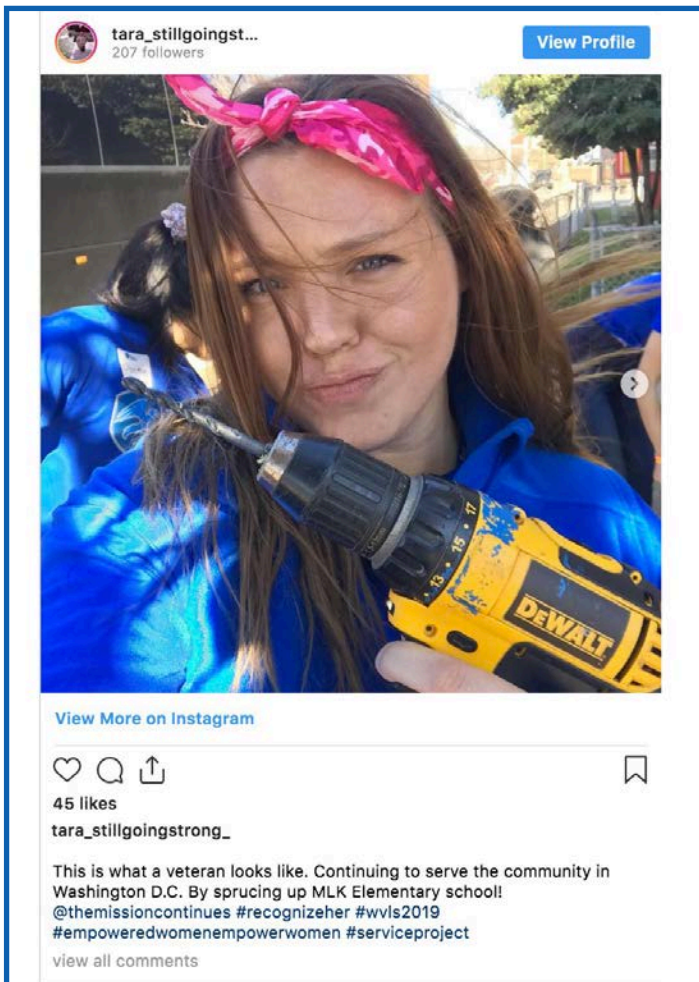
Through this session, women identified their individual communication patterns and developed practical skills and techniques to increase their effectiveness and assertiveness that they can translate to both their personal and professional roles.

MAPPING YOUR SUPPORT SYSTEMS

Through this session, women were able to identify strengths and gaps in their current network. They explored the importance of different roles such as mentors and sponsors, and they developed a plan to strengthen that network by leveraging what is already in place.



SOCIAL MEDIA HIGHLIGHTS



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