

I AM SHE

MENTORING PROGRAM



Our Mission

To provide opportunities for young girls and women to develop healthy lifestyles, advance their knowledge for lifetime learning, and build communities of support. "I Am She" Mentoring believe there are no limits to young women's potential and we strive to create an environment that inspires, motivates, and cultivates confidence.



About the Founder

I AM She (IAS) was founded by Vanessa Caswell Rodgers after she realized her passion and purpose for mentoring women in areas of navigating difficult situations and pushing them to pursue their dreams and goals.

Vanessa was once a woman with low self-esteem who overcame many obstacles to stand tall and tell her story while inspiring others. After learning about ACEs and the affect it has on the overall family, she understood how much this program was needed.

She wrote the vision and made it plain and is now an inspiration to many. She is requested by many organizations to inspire, encourage, and uplift women to guide them and connect them to resources to ensure they are living life to the fullest.



Mentoring

Providing tools and encouragement to young women to become the Queen they are. We inspire young women to see the beauty within and let it "glow" on the outside.



Networking

We understand the need to network with others to build a stronger capacity. There is Power in Numbers.



Sisterhood

Inspiring, Motivating, and Encouraging others to reach their full potential.

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