



FONDATION Y DES FEMMES
WOMEN'S Y FOUNDATION

M O N T R É A L

NOMINATION BOOKLET

2019 WOMEN OF DISTINCTION AWARDS

Since **1994**, the **WOMEN OF DISTINCTION AWARDS** of the Women's Y Foundation has endeavoured to:

Acknowledge women's roles in social advancement by celebrating women who through their engagement and achievements in their respective fields, are making a long-lasting and positive impact on society.

Support the YWCA Montreal in its mission to help build a better future for women, girls and their families.

PRIX
FEMMES
DE
MÉRITE

WOMEN
OF
DISTINCTION
AWARDS

2019

WOMEN'S Y FOUNDATION

Since its creation in 1995, the Women's Foundation has dedicated its efforts to support the YWCA Montreal **as it builds a better future for women, girls and their families.**

Since 1994, the aim of the Women of Distinction Awards has been to **acknowledge women's roles in social advancement** by celebrating women who, through their **engagement and achievements in their respective fields**, are making a **long-lasting and positive impact** on society.

Much like the triangles that symbolize our organization, the Women of Distinction Awards has three major objectives: in addition to being (1) the Foundation's most important annual fundraising event (2) they publicly recognize the contributions of exceptional women from a wide variety of fields and (3) are a truly inspirational event where notable members of the Montreal community demonstrate their commitment to women and girls who are seeking a better future.

YWCA MONTREAL

The YWCA Montreal was founded more than 140 years ago and is one of the oldest community organizations in the city. Throughout the years, the YWCA Montreal has continually evolved, adapting itself to the changing needs of women and girls and accompanying more than 300,000 of them on new paths to a better future.

With the support of its Foundation, the YWCA Montreal concentrates its efforts to reduce gender and social inequalities and exclusion as well as all forms of violence against women and girls.

Its mission, working together to build a better future for women, girls and their families, is inspired by a vision of an egalitarian society where women and girls have the power and opportunity to realize their full potential

FOUR KEY AREAS OF ACTIONS

The YWCA Montreal's mission is expressed through a variety of programs adapted to the needs of women and girls in **4 key areas**: housing services, employability services, youth services and community services.

More precisely, the YWCA Montreal offers:

HOUSING SERVICES

- A 34-room residence with weekly psychosocial counselling as part of a social reintegration program
- 21 apartments with community support
- 12 apartments with community support reserved for our residents at two locations: Saint Michel and St-Laurent
- A vast array of workshops, conferences, personal development and physical activities as well as weekly counselling sessions are available to residents so that they can regain control of

their lives at their own pace, work toward a stable life in independent housing and break free from the cycle of homelessness, exclusion and violence.

EMPLOYABILITY SERVICES

- A team of professionals specialized in career counselling, training, employability, and psychosocial counselling who accompany and guide participants in their journey back to work or school.

YOUTH SERVICES

- Innovative projects, training sessions and workshops that are constantly being fine-tuned and adapted to meet the needs and everyday realities of young people aged 8 to 19. Our project leaders and coordinators reach out to youth in their own settings – in schools or community centres - and work with girls and boys to address the following issues:
 - Leadership and autonomy
 - Hypersexualization and Sexual Exploitation
 - Cyberbullying
 - Critical thinking
 - Prevention of gender-based violence
 - Transition to high school
 - Emotional dependency and healthy relationships
 - Respect and appreciation of one's body
 - Healthy lifestyle choices
 - Women's equality
 - Civic involvement

COMMUNITY SERVICES

- A wide range of activities designed to help women and girls living in the borough of Ville-Marie and neighbouring areas build relationships, reduce isolation, take care of themselves, obtain counselling, respite, and information on many topics, inform themselves about their rights, and promote inclusion and social integration.

[For more information about the Women's YFoundation:](#)

Tél. : 514 866-9944 | @ : fondation@ydesfemmesmtl.org | fondation.ydesfemmesmtl.org

SUBMISSION AND CONSENT

Information on the candidate

First name: _____ Last name : _____

Complete home address : _____

_____ Postal code : _____

Phone : _____ Cell : _____

Email : _____

Occupation (Title) : _____

Employer : _____

Complete work address : _____

_____ Postal code : _____

Work telephone : _____ Ext.: _____

Consent of the candidate

I am available to take part in interviews with print, radio and/or television media. I consent to the distribution of my contact information by the Women's Y Foundation to journalists interested in interviewing me. I also consent to the unpaid use of my name, portrait or other photos taken as part of the 2019 Women of Distinction Awards, as well as other professional or personal information I have provided to the Women's Y Foundation for the publicity and promotion of the 2019 Women of Distinction Awards, before, during and after the actual event.

Finally, if I am a laureate, I agree to **become an ambassador of the Women's Y Foundation, starting on the date of the official announcement of the 2019 laureates.** Therefore, I accept to contribute in the promotion of the Foundation's activities and assist it in reaching its objectives. The signature or the nomination email represents proof of date of receipt and consent.

Signature : _____ Date _____

Information on the person or organization submitting the nomination

Association with the candidate : _____

First name : _____ Last name : _____

Complete address : _____

_____ Postal code : _____

Phone : _____ Cell : _____

Email : _____

Occupation (title) : _____

Employer : _____

QUESTIONNAIRE

**The nomination booklet can be filled out by the candidate herself, by another person or by a company or an organization.*

Nomination presented in the category (please check):

Arts, Culture and Design

Business and Entrepreneurship

Information and Education

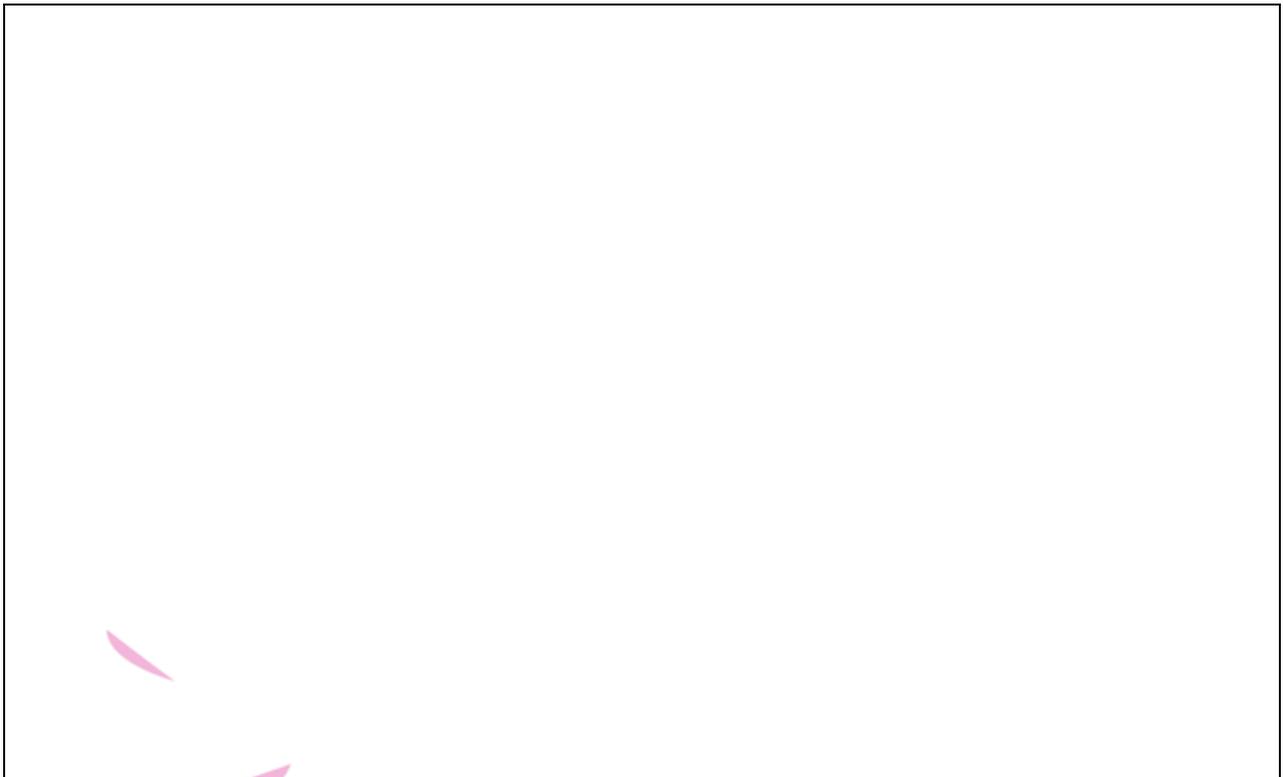
Public Services

Research and Innovation

Social and Environmental Engagement

Sport and Health/Wellness

1. *Describe the candidate's work and accomplishments, specifying the impact they have had or will have in terms of advancing their sphere of activity or society in general. (300 words MAXIMUM / **Impact** – 30% weight factor)*



2. Describe how the candidate has exhibited creativity and vision in her innovative accomplishments. (300 words MAXIMUM / **Innovation** – 20% weight factor)

3. Beyond her professional duties, explain how the candidate's experience and values led her to actively engage in building social solidarity and inclusiveness. (300 words MAXIMUM / **Engagement** – 30% weight factor)

4. Describe how the candidate inspires and motivates people to make change. (300 words MAXIMUM / *Inspiration* – 20% weight factor)

