



2015 INSPIRING WOMEN GRANT

Introduction

Do you want to be healthier, but don't have the resources to reach your goal? All About Women is offering a grant that will help you address your biggest health concern, working together with a group of your peers.

Since 2002, All About Women has connected women with free, engaging resources to balance their lives and improve their health. The Inspiring Women Grant honors our founder Sally Smallwood's legacy of serving the health needs of women. All About Women will award grants that will provide three groups of women with up to \$2,000 to spend over the course of one year on a program or activities that will have a long-lasting, positive impact on their health and well-being.

Applications must include the desired outcomes, how progress will be measured, a detailed timeline of the year, and a budget of how the grant will be allocated. Proposals that make the most significant and long-lasting collective impact will be most highly considered to receive grant funding.

What makes up a group?

Groups that apply for the grant must consist of three or more women. Examples include family, friends, neighbors, co-workers, classmates, etc. who will work together over the course of one year to make a positive change in their lives. All members of the group must be female. There is no minimum or maximum number of participants, but proposal cost cannot exceed the grant maximum funding of \$2,000.

What kind of health change qualifies for the grant?

All About Women connects women with resources to address their total well-being, including overall health, fitness, nutrition, mental health, education, career services, legal and financial issues, and more. Proposals that address these or related areas qualify for consideration. Examples include: losing weight, quitting smoking, eating healthier, starting and sustaining a fitness program, lowering stress levels, or creating a personal savings program. Be creative! The more original the idea, the more consideration it will receive.

Who do I contact with questions?

If you have questions, please contact All About Women Executive Director Joyce McDaniel at 615-425-5310 or email joyce@allaboutwomen.org.

Application Title:

CONTACT INFORMATION

Group Name:

Group Leader Information:

First name:

Last name:

Phone number:

Email:

Physical address:

Group Participants: (Please list the name and contact info for each member of the group.)

First name:

Last name:

Phone number:

Email:

Physical address:

First name:

Last name:

Phone number:

Email:

Physical address:

PROGRAM DESCRIPTION:

Project or Program Overview: (Please provide a clear, concise overview of the organization and the purpose for the funding request, 2-3 paragraphs).

Outcomes and Goals as a result of the Project or Program: (Please include the specific and intended behavior, knowledge and/or skill changes that should result from the program or activities. Additionally, please include how the outcomes and goals will be measured).

Activities and Timeline for meeting goals and outcomes: (The plan should not exceed one year; please include specific activities as well as dates by which they will be completed.)

BUDGET:

Budget & Budget narrative: (Please provide a detailed budget as well as budget narrative for the proposed project/program.)

By submitting this application, the group collectively agrees that the contents of this application, their progress and success of the grant will be shared on the All About Women website (www.allaboutwomen.org). Personal information such as email, phone number and address will not be released. Participants must also be willing to have their story publicized to media. Applicants and all participants must reside in Middle Tennessee (Cannon, Cheatham, Davidson, Dickson, Hickman, Macon, Maury, Montgomery, Robertson, Rutherford, Smith, Sumner, Trousdale, Williamson and Wilson counties).

Applications are due by 4:00pm (CST) on Tuesday, March 31st via email or fax:

Email: joyce@allaboutwomen.org

Fax: 615-248-8120

U.S. Mail:

Joyce McDaniel

P.O. Box 198155

Nashville, TN 37219

Grant recipients will be announced to the public at the annual Women Who Inspire fundraiser on Thursday, May 14th. Grant recipients will be notified privately beforehand.

The full grant must be spent by May 31, 2016. Any funds not spent must be returned to All About Women to use for future grants.

Please attach your answers in a separate document to the application if you need additional space.