



## STATEMENT OF EQUITY, DIVERSITY AND INCLUSION

My work is grounded in the belief that wellness is an individualized journey. I am committed to providing a platform for support and education that helps amplify ALL bodies to celebrate a true expression of self through movement and wellness practices.

Here are some of the ways in which I am holding myself accountable:

I commit to working with an EDI/Anti-Racism consultant to gain guidance and accountability in the areas of making my business a more equitable and welcoming platform for ALL bodies.

I commit to a one-year, guided somatic study surrounding Anti-Racism and the many ways in which we embody the trauma that surrounds our history as humans. It is my commitment to do my work on both a transparent as well as a deep personal level.

I commit to being in the work of equity, diversity and inclusion for the long haul and will continue to seek out education, guidance and support to ensure that I am part of the positive change that our world desperately needs.

In order to offer my communities diverse, expert perspectives, I commit to compensating professionals within the BIPOC & LGBTQIA+ communities as a part of the invitation to become a guest speaker/presenter, podcast guest and/or movement teacher for the various offerings of my business.

I commit to continually working with a diverse support staff that includes BIPOC, LGBTQIA+, HAES and People/Persons With Disabilities. This includes my own personal and professional coaching services, administrative services, photography services, and consultantship.

I commit to engaging in digital media practices that use inclusive, person-first language and also include practices like describing images in alternate text fields as well as accessible hashtags.

I commit to receiving feedback from marginalized folx without defaulting to defensiveness or centering myself as the main focus of the feedback.

I commit to providing a platform for support and education that helps amplify ALL bodies to celebrate a true expression of self through movement and wellness practices.

I commit to revising any tropes or sayings within my teaching/presenting endeavors that have links to racist, misogynistic, xenophobic or prejudice origins.

I commit to allocating a percentage of my earnings from my programs to the following organizations:

Speak Up For The Poor: Speak Up exists to transform the world on behalf of the poor. Their mission is to create a new reality for girls in poverty. They pursue this mission by building an international network of people and organizations running Girls Education Programs, safe homes for girls, and other programs to defend and empower girls in poverty. They investigate human rights abuses and do practical casework for the poor, particularly working on cases of violence and abuse against girls in poverty. They also partner with the justice system and local police to handle cases of illegal child marriage; kidnapping and rape; and other forms of sexual abuse and harassment. I have supported this organization since 2017.

GirlTrek.org: GirlTrek is the largest public health nonprofit for African-American women and girls in the United States. With nearly 100,000 neighborhood walkers, GirlTrek encourages women to use walking as a practical first step to inspire healthy living, families, and communities. As women organize walking teams, they mobilize community members to support monthly advocacy efforts and lead a civil rights-inspired health movement. Beyond walking, GirlTrek's active members support local and national policy to increase physical activity through walking, improve access to safe places to walk, protect and reclaim green spaces, and improve the walkability and built environments of 50 high-need communities across the United States. A percentage of all classes purchased from my virtual studio will be donated to GirlTrek

I commit to examining areas of my teaching, coaching or speaking that are linked to the teachings of an indigneous culture to effectively give credit for, compensate or refer someone to a better source of education as an act of standing for cultural appreciation and against cultural appropriation.

I commit to holding true to my values, beliefs and commitments, even if this means yielding my space in a professional forum and/or forgoing a professional opportunity that is not in alignment with practices of equity, diversity or inclusion.