



## **Announcing the ShelsMe Awards**

Dear ShelsMe Community,

We are thrilled to introduce an exciting new addition to ShelsMe—our first-ever **ShelsMe Awards**! These awards are designed to recognize, celebrate, and honor the remarkable women in our community who embody the spirit, resilience, and values of ShelsMe. Each award highlights women who are making meaningful contributions across a variety of areas, from leadership and wellness to community building and small business growth.

This year, we invite you to nominate the inspiring women you know within ShelsMe for these awards. Whether they've shown unwavering bravery, built inclusive communities, or led others toward personal and professional growth, this is your chance to shine a light on their efforts. Nominees should reflect the core values of ShelsMe and have made an impact that inspires and uplifts those around them.

To submit a nomination, please follow the attached instructions and submit the requirements by July 15, 2025. Each nomination should include details on why the nominee embodies the qualities of the award, along with examples of her contributions and impact. Thank you for helping us celebrate the incredible women who make ShelsMe a community like no other!

### **EmpowHERing Leader Award**

#### **Description:**

The EmpowHERing Leader Award recognizes a woman who embodies leadership through uplifting and inspiring those around her. This award is for someone who encourages growth, fosters innovation, and leads with integrity and compassion, empowering others to find their own strength and potential.

#### **Nominee Criteria:**

- Demonstrates outstanding leadership that promotes empowerment and inclusivity.
- Inspires others to achieve their goals, helping them realize their full potential.
- Fosters an environment where diverse voices are heard and valued.

**What to Look for in a Nominee:**

Consider nominating someone who has had a visible impact in leadership, whether in the workplace, community, or social initiatives, and has a track record of empowering those around her.

---

**Community Builder Award****Description:**

The Community Builder Award honors a woman who actively brings people together, creating strong and supportive networks within her community. This nominee is someone who prioritizes collaboration and works tirelessly to foster connections that strengthen the bonds of her community.

**Nominee Criteria:**

- Demonstrates a commitment to creating and nurturing inclusive communities.
- Encourages collaboration and builds bridges between individuals or groups.
- Consistently supports and uplifts others within her community.

**What to Look for in a Nominee:**

Look for someone who has made a meaningful impact through community-building efforts, creating lasting connections, and fostering an inclusive and supportive environment.

---

**Healing Heart Award****Description:**

The Healing Heart Award is dedicated to a woman who brings comfort, understanding, and compassion to others. Whether through her work or personal actions, she exemplifies the power of healing and empathy, offering a supportive presence that promotes emotional and mental well-being.

**Nominee Criteria:**

- Shows exceptional empathy and compassion, helping others heal and grow.
- Actively engages in supporting individuals or groups through challenging times.
- Uses her voice and actions to create spaces for healing and connection.

**What to Look for in a Nominee:**

Consider someone whose work, words, or actions have provided a safe haven for others, inspiring healing and hope within her community.

---

**Rising Star Award****Description:**

The Rising Star Award recognizes a woman who is on an upward journey, demonstrating exceptional promise and determination. This award is for a trailblazer who, despite her emerging status, already makes a significant impact and is driven by a passion to create positive change.

**Nominee Criteria:**

- Shows remarkable drive, resilience, and potential in her chosen field or community.
- Has demonstrated leadership qualities, even in the early stages of her career or endeavors.
- Embodies a vision for positive change and inspires others with her ambition.

**What to Look for in a Nominee:**

Nominate someone who has shown early success, commitment, and a drive to make an impact, often going above and beyond to bring fresh perspectives and energy.

---



## **Spirit of Sisterhood Award**

### **Description:**

The Spirit of Sisterhood Award celebrates a woman who exemplifies the true meaning of solidarity and sisterhood. She is a friend, ally, and supporter, always willing to lend a hand and share her strength with others.

### **Nominee Criteria:**

- Embodies a spirit of inclusivity, kindness, and mutual support.
- Regularly lifts up other women, fostering solidarity and collective growth.
- Has a reputation for her unwavering support and encouragement of others.

### **What to Look for in a Nominee:**

Seek someone who consistently extends support to others, creating bonds of trust and kindness that reflect the true spirit of sisterhood.

---

## **BRAVE Voice Award**

*(Bold. Resilient. Authentic. Visionary. Empowered.)*

### **Description:**

The BRAVE Voice Award honors a woman who speaks out with courage, standing up for herself and others. She is a fearless advocate who brings visibility to important issues, using her voice to drive change and inspire those around her.

### **Nominee Criteria:**

- Bold and outspoken in her advocacy for causes or individuals needing support.
- Resilient in the face of adversity, maintaining her authenticity and integrity.
- Visionary in her approach, bringing fresh perspectives to conversations.
- Empowers others through her example, inspiring confidence and courage.

**What to Look for in a Nominee:**

Nominate someone whose bravery has made an impact, whose words or actions empower others to speak out, and who is unafraid to challenge the status quo for the greater good.

---

**Wellness Warrior Award****Description:**

The Wellness Warrior Award is for a woman committed to holistic well-being, both for herself and her community. She is a beacon of health, mindfulness, and self-care, inspiring others to prioritize wellness and balance in their lives.

**Nominee Criteria:**

- Champions physical, mental, and emotional wellness for herself and others.
- Actively promotes self-care, health, and mindfulness within her community.
- Inspires others to pursue a balanced, healthy lifestyle.

**What to Look for in a Nominee:**

Look for someone who advocates for wellness as a foundation for growth, encouraging others to embrace self-care practices and healthy living.

---

**Inclusive Business Leader Award****Description:**

The Inclusive Business Leader Award honors a woman who has excelled in building and leading a small business that prioritizes diversity, equity, and inclusion (DEI) in every aspect of its growth. This award recognizes a leader who has not only achieved success through innovation and dedication but has done so by cultivating a workplace that values diverse perspectives and provides opportunities for all. Her commitment to DEI, along with her alignment with the ShelsMe mission, serves as a model for inclusive and impactful business growth.

**Nominee Criteria:**

- Demonstrates a strong commitment to diversity, equity, and inclusion in hiring, mentorship, and workplace culture.
- Has achieved notable success in her business while aligning with ShelsMe's mission of empowerment and community building.
- Actively champions DEI principles, providing meaningful opportunities for underrepresented groups and contributing positively to the community.

**What to Look for in a Nominee:**

Consider someone who has not only built a thriving business but also serves as a DEI advocate within her industry. This honoree embodies inclusive leadership, creating a workplace where all voices are valued, and opportunities are abundant.

---

**Literary Impact Award****Description:**

The Literary Impact Award celebrates an author whose work has made a profound impact. Through compelling storytelling, insight, and authenticity, this award honors a woman whose book has inspired meaningful conversations, personal growth, and positive change.

**Nominee Criteria:**

- Demonstrates storytelling that resonates with readers, inspiring them toward personal growth or new perspectives.
- Has fostered impactful conversations, in broader circles, that align with the values of authenticity, resilience, and empowerment.

**What to Look for in a Nominee:**

Consider a book that left readers feeling inspired, empowered, or transformed. This author should be someone whose writing sparks deep connection and whose messages align with the mission of ShelsMe, bringing influence and insight that resonate long after the final page.



---

### **Founder's Award (Lisa will give this award)**

#### **Description:**

The Founder's Award is a special recognition given personally by the founder to a speaker within the ShelsMe community who has demonstrated exceptional dedication, passion, and alignment with the ShelsMe mission. This award honors a woman whose work and presence have deeply impacted the community, reflecting the values and vision of ShelsMe through her actions, words, and authenticity.

#### **Nominee Criteria:**

- A speaker within the ShelsMe community who embodies the core values of empowerment, resilience, and inclusivity.
- Demonstrates a profound commitment to uplifting and inspiring women.
- Has made a significant impact through her contributions to ShelsMe, helping to create lasting change and connection.

For the Founder's Award, the founder seeks a speaker whose contributions go beyond individual success and foster growth, healing, and unity within the community. This honoree exemplifies the heart and soul of ShelsMe and is recognized as a pillar of the movement.



## ShelsMe at Sea Awards Nomination Form

**Deadline:** All nominations must be submitted in full by **July 15, 2025**

**Submit to:** [hello@sheismeatsea.com](mailto:hello@sheismeatsea.com)

Please read all instructions carefully. Incomplete submissions or any misrepresentation of information will result in disqualification.

---

### ◆ Nominee Information

- Full Name: \_\_\_\_\_
- Professional Role/Title: \_\_\_\_\_
- Email Address: \_\_\_\_\_
- Phone Number: \_\_\_\_\_

---

### ◆ Submitter Information

- Your Full Name: \_\_\_\_\_
- Email Address: \_\_\_\_\_
- Phone Number: \_\_\_\_\_
- Relationship to Nominee: \_\_\_\_\_

---

### ◆ Award Category

(Please check one)

- ☐ EmpowHERing Leader Award
- ☐ Community Builder Award





- ┆ Healing Heart Award
  - ┆ Rising Star Award
  - ┆ Spirit of Sisterhood Award
  - ┆ BRAVE Voice Award
  - ┆ Wellness Warrior Award
  - ┆ Inclusive Business Leader Award
  - ┆ Literary Impact Award
  - ┆ ~~Founder's Award (selected by ShelsMe only)~~
- 

### **Nomination Essay (500 words max)**

Please attach a typed essay (500 words maximum) answering the following:

- What has this woman overcome, created, or stood for?
  - How has she impacted others or led in her space?
  - How does she embody the mission and values of ShelsMe?
- 

### **Optional (but highly recommended): Video Submission**

If you'd like to include a video (max 3 minutes) sharing the essence of your nominee, you may upload it and share a viewable link below:

Video Link: \_\_\_\_\_

---

### **Required: Two Endorsements**

Include two brief (1–2 sentence) endorsements from people who know the nominee personally or professionally.



### Endorsement #1

Name: \_\_\_\_\_

Relationship to Nominee: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Endorsement Statement:

---

---

### Endorsement #2

Name: \_\_\_\_\_

Relationship to Nominee: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Endorsement Statement:

---

---

---



### Photo Submission

Attach a high-quality, clear photo of the nominee (headshot preferred).

---



### Confirmation Checklist

- I confirm the nominee has a valid passport and is eligible to travel in October 2026.
- I understand only the nominee's cruise fare and double-occupancy cabin are covered if awarded.
- I confirm that all information provided is true and accurate.



- I understand that any false, incomplete, or misleading information will result in immediate disqualification.

---

Submit completed nomination form, essay, photo, and any optional attachments by **July 15, 2025** to:

✉ [hello@sheismeatsea.com](mailto:hello@sheismeatsea.com)

