



SHE Retreat Application

The SHE Retreat is more than a getaway, it's a growth experience. This transformative retreat is designed to help girls and young women reconnect with their purpose, strengthen sisterhood, and learn what it means to shape the world around them.

Eligibility

- Open to girls in high school and college students
- Must demonstrate an interest in leadership, community service, or personal development
- Must be available for the full retreat duration and agree to participate fully in all activities

Application Requirements

- 3 Short Answer Questions
- 1 Essay (200 Words max)
- Two References
- Parental/Guardian Consent Form (for minors)

Logistics

- **Retreat Date:** Saturday, June 6, 2026
- **Retreat Location:** YVE Hotel (146 Biscayne Blvd, Miami) & Bayfront Park (301 Biscayne Blvd, Miami)
- **Retreat Time:** 9:30 AM - 3:00 PM
- **Retreat Attire:** Workout/Yoga clothing

First and Last Name: _____

Preferred Name/Nickname: _____

Age: _____ Grade or College Year: _____ High School or University: _____

Email: _____ Phone Number: _____

City/State: _____

Emergency Contact: _____
(Provide name, relationship and phone number for emergency contact)

Short Answer Questions

1. What inspired you to apply for the SHE Retreat?



2. What does "Shaping Her Earth" mean to you?

3. What's one way you want to grow personally during this experience?

Essay Prompt

SHE stands for Shaping Her Earth. Every girl and young woman have the power to leave her mark, in her school, her community, or her own heart. Describe a moment or experience that helped you recognize your ability to create change. How do you plan to continue shaping your earth and empowering others along the way?



References

Please provide contact information for two individuals who can speak to your character and leadership potential.

Reference 1 (Teacher, mentor, or community leader)

Name: _____

Relationship: _____

Email: _____

Phone: _____

Reference 2 (Personal, non-family)

Name: _____

Relationship: _____

Email: _____

Phone: _____

Consent & Commitment

I understand that the SHE Retreat is a space for growth, reflection and sisterhood.

I am committed to being fully present and participating in all retreat activities.

If under 18, I will submit a parent/guardian consent form upon acceptance.



SHE RETREAT Minor Participant Consent & Permission Form

Presented by Shaping Her Earth x The Starr Institute

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Participant Information

Participant Name: _____

Date of Birth: _____ Age: _____

School: _____

City/State: _____

Parent/Guardian Information

Parent/Guardian Name: _____

Relationship to Participant: _____

Phone Number: _____

Email Address: _____

Emergency Contact (if different): _____

Emergency Contact Phone: _____

Consent & Permission

I, _____ the undersigned parent/legal guardian, give permission for my child listed above to attend and participate in the SHE Retreat, hosted by Shaping Her Earth and The Starr Institute.

I understand that the SHE Retreat is an empowerment and personal development experience that may include activities such as:

- Group discussions and workshops
- Team-building activities
- Yoga, mindfulness, and wellness sessions
- Outdoor activities
- Creative and reflective exercises



I acknowledge that participation is voluntary and that my child is expected to follow all event rules and conduct guidelines.

Medical & Safety Acknowledgment

I certify that my child is physically and emotionally able to participate in retreat activities. I agree to inform event organizers of any relevant medical conditions, allergies, or special needs below:

Medical Conditions/Allergies (if none, write "N/A"):

In case of emergency, I authorize retreat staff to seek necessary medical treatment for my child if I cannot be reached.

☐ YES

☐ NO

Photo & Media Release

☐ YES, I grant permission for my child to be photographed and/or recorded during the retreat for promotional, educational, and marketing purposes by Shaping Her Earth and The Starr Institute.

☐ NO, I do NOT grant permission for my child to be photographed or recorded.

Liability Acknowledgment

I understand that while all reasonable safety precautions will be taken, participation in activities carries inherent risks. I agree to release and hold harmless Shaping Her Earth, The Starr Institute, their staff, volunteers, and partners from liability related to participation, except in cases of gross negligence.

Parent/Guardian Signature

I have read and understand this consent form and agree to the terms stated above.

Parent/Guardian Name (Print): _____

Signature: _____

Date: _____

For Questions Contact:
sheria@shapingherearth.org

Thank you for allowing your child to be part of this empowering experience.

shapingherearth.org | sheria@shapingherearth.org