



**HANCE FAMILY  
FOUNDATION**



THE **HANCE FAMILY FOUNDATION** PROUDLY PRESENTS  
**BEAUTIFUL ME**

A *Self-Esteem* PROGRAM  
RISING



# HANCE FAMILY FOUNDATION

THE HANCE FAMILY FOUNDATION IS A CERTIFIED 501(c)(3)  
130 TULIP AVE. SUITE 1  
FLORAL PARK, NY 11001  
(516) 688-0055

LEARN MORE AT:  
**SELFESTEEMRISING.ORG**

*Let's get social!*



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Self-Esteem Rising  
Hance Family Foundation



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*Dedicated to Emma, Alyson and Katie Hance*



# BEAUTIFUL ME

V 2022

## **PROGRAM AUTHORS**

Kathryn Tuffy, MS Ed., BCBA  
Elizabeth Munro, LCSW  
Warren J. Hance, Jr.  
Jackie A. Hance

## **CONSULTING AUTHORS**

The Baker Center for Children and Families

## **DESIGN AND ILLUSTRATIONS**

Allie Clouspy  
Emily Marino

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JACKIE, WARREN, EMMA, ALYSON & KATIE HANCE

# INTRODUCTION

After Warren and Jackie Hance lost their three young daughters, Emma, Alyson and Katie in a car accident, they had a choice to make: to give in to the grief or to create a lasting legacy in honor of their girls. They also wanted to support their local Floral Park, New York community, who had loved and protected them in the face of unimaginable tragedy. The Hance Family Foundation was created to give back to Floral Park by creating three scholarships in honor of their girls. In addition, Warren and Jackie wished to share with others the lessons they had learned over the course of their difficult journey:

***Be accountable to others***

***Surround yourself with friends and family***

***Accept help when you need it***

***Forgive yourself and be patient with yourself***

***Find something or someone to be grateful for***

***Volunteer, volunteer, volunteer - focusing on others can turn tragedy into triumph***

The Hance Family Foundation grew into a beloved symbol within the Floral Park community. Due to this support, the foundation became more focused, and evolved with the larger mission of empowering girls and women beyond education. Their first program, Beautiful Me, was designed to enhance self-esteem, increase positive body awareness, improve problem-solving and help build healthy relationship skills for girls and women of all ages.

Warren and Jackie soon realized that they needed to share their mission with more communities throughout the country. Self-Esteem Rising was created to bring the Hance Family Foundation's vision to a national level, and to encompass all of the foundation's projects, including *Beautiful Me*, *Raising a Beautiful Child*, *Empower Me*, *Confidence Club* and *Self-Esteem Rising Ambassadors*.

While the Hance Family Foundation continues to be a beloved local organization, the Self-Esteem Rising national initiative is helping to spread their mission to more girls and women every day. So far, tens of thousands of people around the world have benefited from the Self-Esteem Rising programs. With the continued support of the Foundation family and people like you, Emma, Alyson and Katie can continue to make an enormous impact in the world.

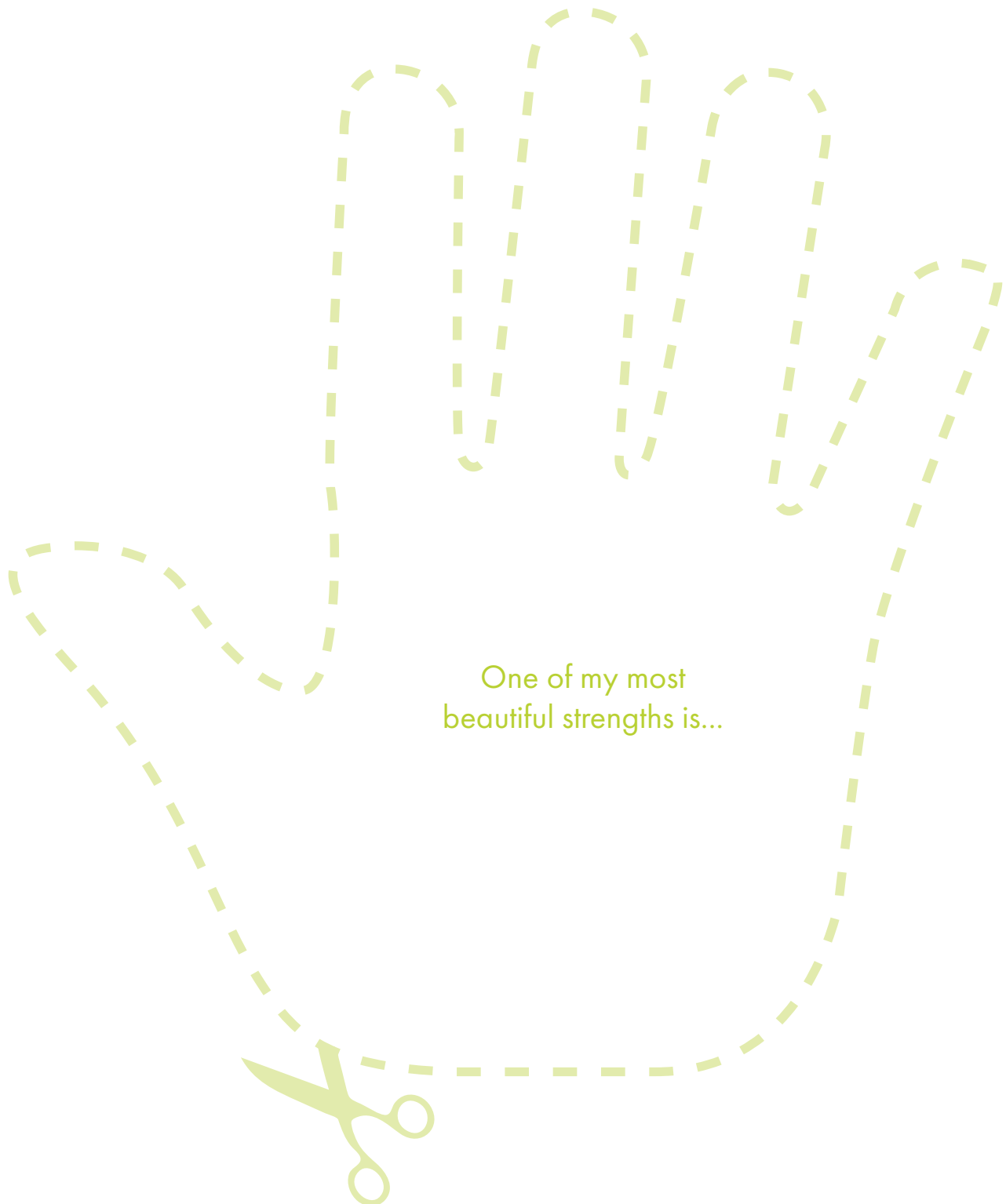
# POWERFUL GROWTH

*Please fill in the branches of your tree with all of the people and activities you are accountable to & responsible for. Reflect on how you spend your time & how you care for yourself.*



SECTION 1

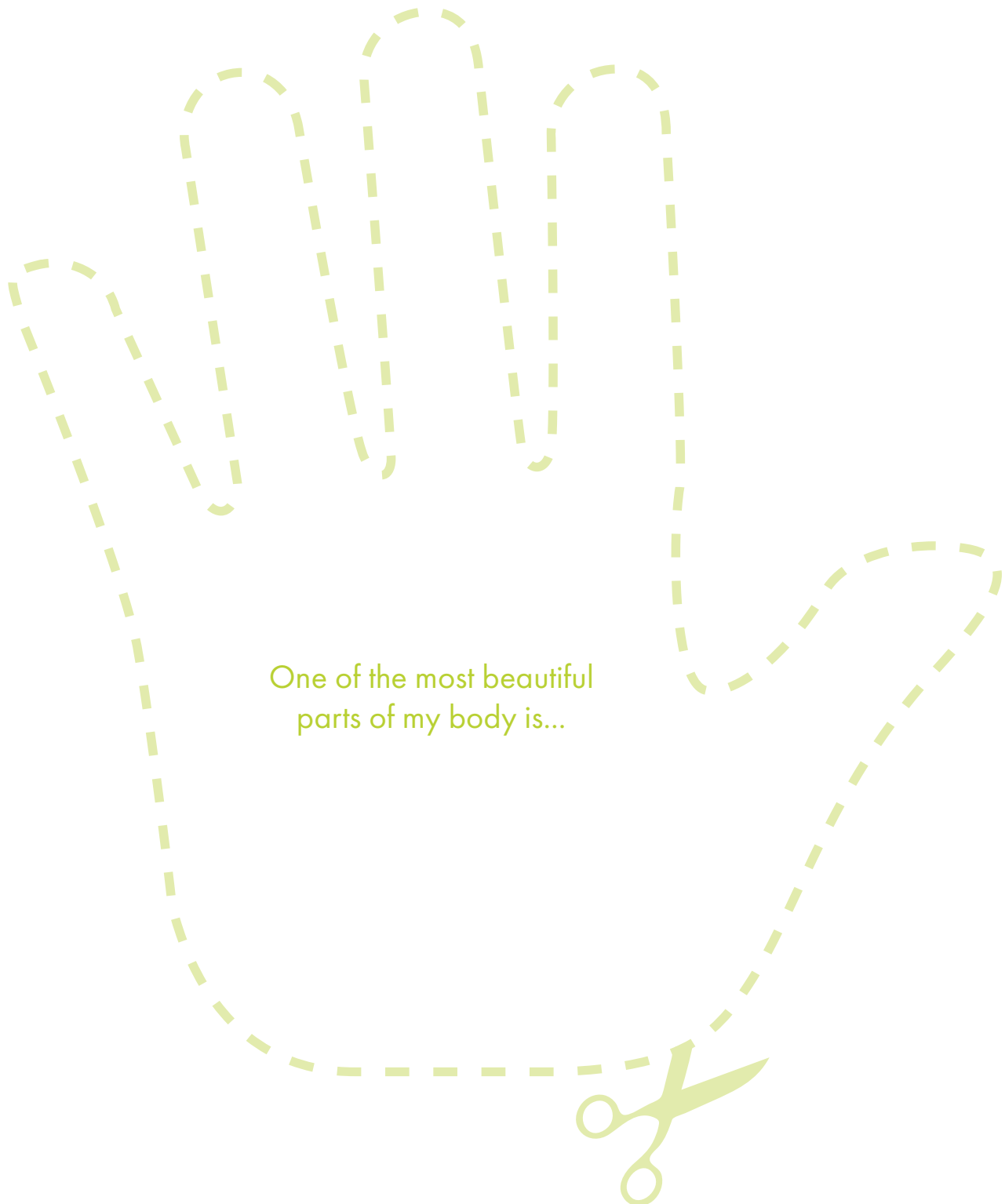
# SELF-REFLECTION



One of my most beautiful strengths is...

SECTION 1

# SELF-REFLECTION



One of the most beautiful  
parts of my body is...



## SECTION 1

# SWIMMING IN CONFIDENCE

Emma was naturally tall and thin, and during the summer, she would bop around the house in a bikini. One morning when she was just six years old, Alyson put on her own bathing suit, and when she looked in the mirror, her eyes filled with tears.

"I don't look like Emma," she said, rubbing a hand on her round tummy. "I have a belly like Poppy."

"Your belly isn't like Poppy's," I said, hugging her. "Everybody has their own shape. You don't look like Emma. I don't look like Daddy. Part of what's wonderful is that we're all individuals and we look like ourselves and nobody else."

"But I don't look good in the bikini," Alyson said.

"You're gorgeous," I told her. "But you don't have to wear a bikini just because Emma does."

"Then what should I wear?" she asked.

"Let's go find a bathing suit you feel good in."


We went out shopping and Alyson picked a tankini that covered a little more of her tummy but was still a two-piece. She felt good in it and went to the beach proudly.

Giving my girls a positive self-image was high on my Mom-To-Do list - and I kept at it every day ... I didn't want them struggling with body image the way I had. Now, with Beautiful Me, I could help other girls gain confidence.

**Jackie Hance** with Janice Kaplan. *I'll See You Again*. Gallery Books, 2013.



# SELF-CARE RULES



What rules do you have for your health and safety?

What rules do you have for yourself?

What can you do when reactions to your rules are not positive?

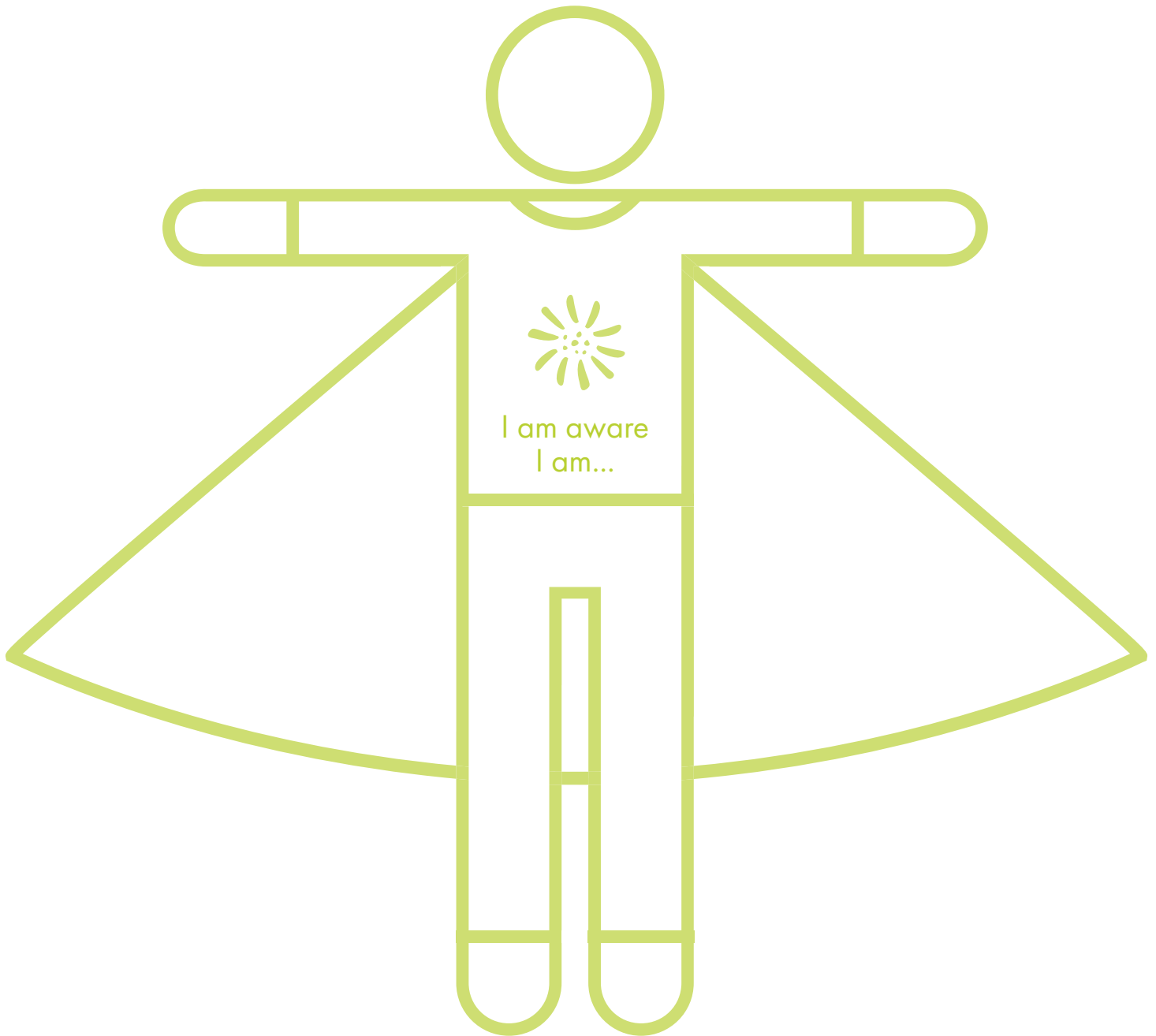


**NO ONE IS PERFECT. WE MAY MAKE MISTAKES, BUT WE CAN ALWAYS BEGIN AGAIN BY RECONNECTING WITH OUR SELF-GENERATED RULES.**

SECTION 2

# SELF-AWARENESS:

Be Your Own Superhero







## SECTION 2

# SELF-AWARENESS:

## Body Language Counts

Silently act out the following:

1. Eyes wide open  
Head tilted to the side  
Hands on your hips
2. Eyes squinted  
Fingers rubbing your chin  
Tapping one foot
3. Eyes looking down  
Arms folded across your chest  
Feet shoulder-width apart
4. Shoulders up and tight  
Eyes darting around quickly  
Hands open and palms up
5. Eyes closed  
Head tilted down  
Hands in pockets



## SECTION 2

# TAKE TWO

When Emma was cast as the lead role in her school play, she dedicated herself to preparing for the performance. Her hard work paid off, and the play was a great success. Feeling confident, she decided to try out for a role in another play at a local church. However, when she arrived at the audition, she became overwhelmed with anxiety. What if she wasn't as good as the other kids at the audition? What if she didn't get a role in the play? As these doubts overwhelmed her, she started to cry and refused to get out of the car.

As her parents, we knew that no matter what happened, the audition would be a good experience for Emma. The situation would help her learn how to tolerate uncomfortable feelings. We told her that she had a few minutes to feel anxious, then she needed to go into the audition and try her best. Despite feeling nervous and perhaps intimidated by the other kids, she got up on stage and gave it her all.

It wasn't easy to see my daughter struggle. Part of me wanted to tell her to forget the audition so she would instantly feel better. But I also knew she would learn from pushing through. We all face great challenges in life, including loss and deep sadness along with great joy and success. I've learned some things that help me get through the tough days. Creating a structure and predictable daily routine have allowed me to start every day without having to overthink. I learned that days without routine and schedule often lead to unhealthy degrees of uncertainty and anxiety. I have learned how to ask for help and I have committed myself to this foundation which holds me accountable to others. I encourage everyone to try these tools for themselves.

**Warren J. Hance, Jr.**



## SECTION 3

# RESOLVE TO RESOLVE CONFLICT

Read each scenario and ask yourself the following questions: What are you feeling? What are you thinking? What can you do?

1. A friend from school wants to hang out at your home, but you don't live at home right now.
2. A "friend" you thought you knew well spreads embarrassing, inappropriate or confidential information about you.
3. You find out that your friends have been spending time together without you and you feel as if you've been left out intentionally.
4. You don't see yourself represented in any teachers, colleagues or friends.
5. A friend doesn't seem to want to spend time with you and you have no idea why.
6. Your friend has been saying really negative things about her own appearance.
7. You wear an outfit that makes you feel confident, but notice that people are laughing at you during the day.
8. Create your own scenario!



## SECTION 3

# A LITTLE COMPLIMENT GOES A LONG WAY

Even at 5 years old, Katie knew how important it was to recognize and acknowledge the good in others. She also knew to appreciate those who recognized the good within her. When I gave her a compliment, she would respond by looking me in the eye and saying, "Thank you, Daddy!" This helped her confidence grow and, in turn, helped her to bring out confidence in others. It also helped me, a grown adult, feel better about myself.

Katie was very open with her feelings. She would hug and kiss her friends and was always sure to tell us how much she loved us. She made sure that the people in her life knew that they were important to her.

I have learned to repay generosity, support and friendship with honesty and openness, even when that is exceptionally challenging. I can tell you firsthand how powerful a compliment can be as we navigate challenging days. A compliment can change even one of my toughest days. I know how important it is to be present for others. Show up. Even if it's hard, lead with kind compliments and share your feelings.

**Warren J. Hance, Jr.**



# CONFIDENCE IS A SUPERPOWER!

*We hope you enjoyed the Beautiful Me program!  
Remember the valuable lessons we learned together:*

- What makes you truly beautiful is on the inside!
- It is important to ask for & accept help from others
- Create your own self-care rules
- Setting boundaries is an essential part of building healthy relationships
- Share how you define yourself with others
- You are capable of feeling a wide range of emotions & tolerating challenging feelings
- Take pride in your achievements
- Use your strengths to empower and encourage others
- You can share your feelings with a trusted person
- Find creative solutions to problems
- Recognize the good in others
- Positive self-talk builds confidence!



# YOUR THOUGHTS ARE AN OPTION

*Before Beautiful Me, I thought...*

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*After Beautiful Me, I think...*

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Reflect on the skills you've learned days and weeks from now. Personal growth is possible.  
It feels great to acknowledge how far you've come!

# Self-Esteem

## RISING

The Hance Family Foundation is proud to present Self-Esteem Rising, a suite of educational self-esteem programs. **All programs are available virtually!**



Raising a Beautiful Child is our seminar for anyone who is responsible for the care of a child. Learn practical strategies to connect with your child in a unique way, activate self-esteem and elevate their level of independence.



Beautiful Me is the flagship program that first extended Emma, Alyson and Katie's lessons to tens of thousands of people. Now, participants as young as 5 and as old as 105 learn vital skills **proven to increase social-emotional competencies**. Our foundation's mission will always begin and end with Beautiful Me. We partnered with Harvard Medical School's *The Baker Center for Children & Families* to develop our Beautiful Me Teacher Training modules.



Empower Me is designed for women in corporate settings and college campuses. This program provides tools to eliminate the confidence gap. Participants take an active role in learning to create success personally and professionally.



The Confidence Club is our answer to the many Beautiful Me graduates who want more! This gender-neutral program extends the lessons learned in Beautiful Me focusing on self-awareness, enhanced relationships with others and the power in helping others and volunteering.



Self-Esteem Rising Ambassadors is our competitive program for natural leaders seeking to develop critical pre-professional skills while learning to inspire their communities with the Hance Family Foundation's mission. Ambassadors learn about leadership, equity, goal setting and more.

# LET'S CONTINUE TO BUILD SELF-ESTEEM!

We have gender-neutral lesson plans & activities on our website!  
Just go to [selfesteemrising.org](http://selfesteemrising.org) and click Online Resources.



# BE A BEAUTIFUL ME ALLY

“I have learned firsthand how powerful a confident female is and the importance of **being supportive in the development of how she views herself.**” Warren J. Hance, Jr.

- Decorate your classroom or office with a bulletin board or posters: compliments, testimonials, things you are grateful for, positive thoughts, self-care tips, inspiring quotes, diverse superheroes, outstanding people, etc.
- Start a Confidence Club at your school or in your community! This gender-neutral program extends the lessons learned in Beautiful Me, including self-awareness, enhanced relationships with others and the power of helping others & volunteering.
- Volunteer, volunteer, volunteer - focusing on others can turn tragedy into triumph. There are always ways to get involved with the Hance Family Foundation! You can help us package Beautiful Me supplies, start a fundraiser or spread the word about our programs on social media. Every May, we host our 5K Run/Walk and Family Fun Day in Floral Park, NY, and every December, we host our HFF Toy Drive in NYC.
- Purchase our merch at [selfesteemrising.org/shop](https://selfesteemrising.org/shop)! We have t-shirts, hoodies, bags and more. Look good and feel good supporting our programs!
- Follow us on social media for the latest news: @selfesteemrising and @hancefamilyfoundation.



# DEAR FRIENDS,



The Hance Family Foundation was created to honor Emma, Alyson and Katie and to keep my incredible daughters' memories alive. Through our programs, we celebrate their spirits, their love of life and their unbreakable bond of sisterhood. Thank you for learning about my beautiful girls! I am so grateful that you took the time to learn how to be confident, brave and to connect with others.

Remember to be kind; it's so easy. Being kind makes you look and feel fabulous!

With love,

*Jackie Hance*



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