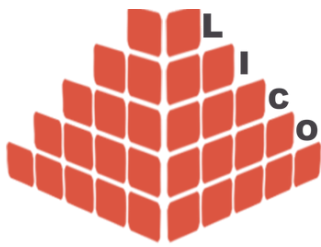


“Strong Individuals Equals Strong Communities”



**Livelihood Improvement
Community Organization**



The community impact of the **Livelihood Improvement Community Organization (LICO)** has a positive impact on the participants of the programs as well as the community as a whole and the taxpayer. A quote from a past participant of the self-empowerment workshop, “Most of the programs teach you how to cope, the **SLIP** workshop teaches you how to live.”

LICO was created because "strong individuals equal strong communities". **LICO** is geared towards the marginalized - "no one is to be left behind" **LICO** was established to make sure that all the resources that are out there are made available to those that may not know or have access to these resources. We are connectors - we connect our clients to community partners. Supports also include therapy, coaching, and mentoring.

Our motto is "**Building Your Capacity - One Brick at a Time.**" We work with both youth and adults to assist them in understanding themselves and what they bring to the world's table.

Mission Statement: We transform lives by challenging individuals, giving them the opportunity to grow through true self-empowerment and to have confidence in their personal cycle to success!

Personal Cycle of Success



Challenge: Identify, understand, and own the opportunity that will make the biggest impact in that area of your life you want to change and reach new heights.

Change: Recognize that transformation is attainable when you gain new insights and channel your thoughts to overcome your challenge.

Empower: Fully understand that you have the ability to make that change and that you are never alone on your journey.

Implement: Create a plan that applies all your acquired knowledge and skills with confidence, understanding that even setbacks are opportunities for growth.

Success: Realize that your actions guarantee success, and your achievements are limitless.

LICO Journey

Your LICO personal cycle of success begins with the first step called the **Self-Empowerment & Livelihood Improvement Project (SLIP)** and continues as you realize that your actions guarantee success and your achievements are limitless.

It is well documented that the program is valuable through written and verbal testimonials. We also have past participants eager to share their stories of what they have gotten from the **SLIP** workshop.

Upon the completion of the **SLIP** workshop participants will continue to be engaged through the access of additional programs that **LICO** offers. They will be motivated to see life in all its colour and possibilities.

Upon completion of the **SLIP** workshop, an individual will be engaged and ready to volunteer, pursue their education, or seek employment.

To continue on their journey they need to feel safe and know that they will not journey alone. There will be self-supporting cells made up of past participants who will be there to provide encouragement and support to those who have just finished the **SLIP** workshop.

We will meet together two times per month for **Sip & Chat** for a duration of one year. Our goal is to establish a space where they can continue to meet even after the year is over. Our objective is to create and maintain a community of change agents that will help themselves and others to continue to grow and be the best version of themselves.

The bi-weekly **Sip & Chat** meetings will run for a duration of 2 hours. These meetings will include light snacks. One meeting will include catching up and supporting each other, and the other meeting will include a community partner coming and speaking and offering support where needed or necessary.



The community partners are based on the needs of the group. The group will provide us with a list of individuals, organizations, or industries that they would like to hear from and we will aim to make sure that we bring forth their request. We don't want them to just think about their potential but to act on their potential and that's where the community partners come into play. The request may pertain to housing, employment, recruitment services, resume writing support, dress for success, etc.

Those who are not ready to take advantage of the other programs that are being offered through the **LICO** journey will be encouraged to be part of the bi-weekly **Sip & Chat**. This is an opportunity for us to help them build community because who we spend time with helps to determine our direction. Those who are not ready to take advantage of the other programs offered through **LICO** or are not ready to volunteer, pursue their education, or seek employment will soon feel inspired by those who are active.



SLIP Workshop

Below are some of the topics covered under the SLIP workshop. The topics covered allow the individual to take a self-reflective look at themselves. We provide the tools and the safe space for them to uncover who they are. The space is inclusive and non-judgmental. We just ask the individual to come with an expectation of wanting to change their circumstances and to be prepared and committed to do the work that is required and lastly, they are to be committed to themselves and to the group.

Identity (Part 1)

- Loving and Accepting Myself
- The Mirror
- Self-discipline
- Do I Operate In Integrity?

Motivation

- Volunteering
- Research Field of Interest
- Feedback About You
- Deserted Island

Identity (Part 2)

- What is Critical Thinking
- Are You Easily Offended?
- Excuses and Solutions

Achieve

- Your Team
- Executing Your Goals



LICO Testimonials

“...Whether you have a low opinion of yourself, are struggling to know what step to take next or are in transition in some area of your life, consider getting involved in the **SLIP** Project. It will be one of the best investments of your time. You will be rewarded with a new-found sense of accomplishment, and you will be prepared to set goals and see them come to fruition. You will see yourself with new eyes and realize that you are unstoppable. Whatever you have dreamed you can achieve...”

”

P. Meddings



“...There were far too many lessons learned to explore in this letter, although I will say that upon completion of the course, I had a new sense of empowerment... My future goals are all POSSIBLE!...”

”

D. Seary



“...I could recognize that there was a person with hopes and dreams inside of me. It was after hearing "Think Big" and having someone to walk alongside of me aiding me to see my potential instead of telling me what they think I should do. There was support to craft the life I want to Live and to finally believe in myself, my goals and the future...”

”

M. Kutrowski

“I was very fortunate to be able to attend Karen’s TRU Potential workshop both prior to Covid and after when we were finally able to finish and graduate. TRU Potential was my timeline as I was homeless due to a reno eviction during the lockdown during Covid...”

”

S. Hind



“TRU Potential was a game-changer for my life. From the first time Daniel told me about it, I knew I needed to go. I wish more people would take your workshop and let it change their lives. I believe in you and the workshop...”

”

B. Pekelny



LICO Programs

Self-Empowerment & Livelihood Improvement Project (SLIP)

The **SLIP** focuses on personal development and capacity building. The capacity building allows individuals to be connected to different resources that are available to assist them in moving them to their next level. This program is geared towards the marginalized population. Individuals that take this workshop will not be the same as when they first arrive.

Cost per person based on 15 participants.

Financial Literacy

The financial success program focuses on building the core competencies of financial literacy: earning, saving, and investing, spending, borrowing, and protecting. Individuals will build confidence in their financial ability.

Small Business Start-up Workshop

Learn the ins and outs of setting up, starting, and running a small business. Learn from industry experts and get connected with those who have gone before you and know that you will not have to walk alone.

LICO - Continuing Education & Training

We deliver different types of programs related to job market needs:

- School Upgrading
- Skills For Success
- Job Market Skills
- Job Training
- Entrepreneurial Training

LICO - Job Placement

LICO works closely with community partners who are there to not just offer supports, services, and resources, but also employment. LICO's goal is to expand its reach to ensure that opportunities are readily available to those who are seeking employment.

LICO Board and Advisors



Karen Bell

President

Karen's passion for celebrating other people's success has helped her to launch the Livelihood Improvement Community Organization (LICO). From an early age Karen has loved seeing friends, family, and even strangers achieve greatness in their lives. This exciting new turn will help her to witness and help more people achieve their greatness. She is the president of LICO and the owner of TRU Potential.



Sheldon Shaw

Chair Person

Sheldon is both a producer and director. His involvement with LICO began after producing content for The SLIP workshops, and he has witnessed the growth of many participants. He is the owner of Potential Films.



Olukemi (Kemi) Fatogun

Advisor

Olukemi is a psychologist who continually uses her personal and career experiences, as well as her Christian faith, as a foundation to help her clients overcome post-traumatic stress disorder and provide them with the support they need to get through the difficulties of life. While her focus is on youth care, she also provides services for children, adults and families dealing with traumatic situations of their own. She is the owner of Rapha Holistic & Therapeutic Services.



David Potocki

Advisor

Today, David's more dedicated than ever to assisting fellow entrepreneurs, having experienced the struggles of running a business firsthand. Recognizing a gap in traditional bookkeeping, David teamed up with Maria Mejia to create innovative solutions for setting clients on the path to success. Together, they offer a unique blend of skills and vision to support businesses in their growth journey. He is co-owner of Your Financial Success Matrix.



Maria Mejia

Advisor

Maria is driven by her passion for assisting entrepreneurs in navigating the complexities of their finances. Her goal is to empower entrepreneurs beyond tax compliance, helping them leverage financial data for business growth. Maria's deep love for accounting, bookkeeping, continuous learning, and technology fuels her ultimate life goal: helping individuals grasp the intricacies of finance. She is the co-owner of Your Financial Success Matrix.



Livelihood Improvement Community Organization

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