

BELLA

MAGAZINE®

CRYSTAL WATERS

THE WOMEN OF INFLUENCE ISSUE

DIANE VON FURSTENBERG
50 YEARS OF THE ICONIC WRAP DRESS

BELLA BOSSES
WOMEN YOU SHOULD KNOW



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THE INSPIRING WORK OF THE INSPIRAME LATINA FOUNDATION

Imagine a world where we come together to ignite curiosity, spark change, foster growth, and cultivate wisdom through heartfelt conversations and meaningful connections. A place where everyone is welcome and feels at home, where we transcend racial barriers, where the seeds for new belonging are planted, and where the flowers of acceptance, recognition, and love blossom for all.

Welcome, **Inspirame Latina**, a 501(c)(3) non-profit that empowers women leaders through four pillars: Connecting, Educating, Healing, and Leading. Inspirame Latina prepares these leaders to carry the torch of change and to be the change for their families and communities.

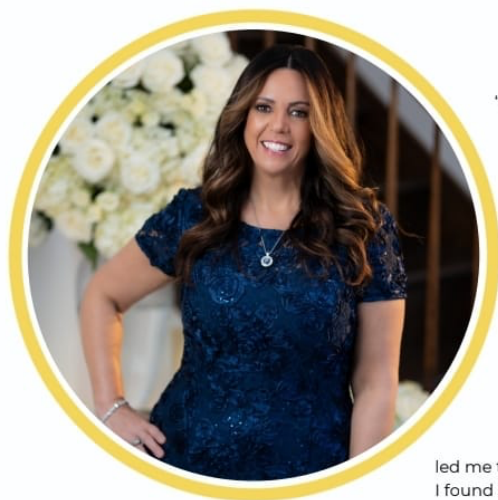
Their goal is helping women achieve upward mobility, generational wealth, and well-being while increasing meaningful participation and representation by leveraging their values.

Inspirame Latina's values are interconnected to their mission:

- Encouraging Self-Development + Constant Growth.
- Creating a Safe Space for Vulnerability + Deep Listening.
- Cultivating Mutual Respect + Freedom of Expression.
- Breaking Stereotypes without Breaking the Culture of Family + Community Values.
- Nurturing a Real Sense of Identity + Building Belonging.
- Forging the Path to Abundance by Leveraging Entrepreneurial Spirit.
- Cultivating Work Ethics + Honesty.
- Creating Space to Celebrate + Uplift Each Other.
- Creating Sacred Space for Spiritual Growth + Faith.

The Inspirame Latina Foundation provides that platform for women and families to share their stories and experiences, empowering them to heal and grow by amplifying their voices and showcasing their unique talent and cultural identity, which is crucial for building a more inclusive and diverse society. The founders embrace all women and encourage thinking beyond racial barriers. The foundation highlights and ignites women's inner power and talent, so they can help and uplift other women, their families, and communities.

Meet the Founders + Learn More About Their Four Pillars



ROSEMARIE YOUNG: CONNECTIONS

REAL ESTATE ATTORNEY | AUTHOR | SPEAKER

"I have always considered myself to be a people person. Engaging in conversation comes naturally to me, whether it's deep, heartfelt discussions, sharing a laugh so deep it leaves us breathless, or sharing a moment of vulnerability that brings tears to our eyes. It's within these moments, surrounded by the warmth of genuine connection, where I find a sense of belonging, a part of something far greater than myself. For much of my life, I grappled with a profound sense of disconnection, feeling unheard and unacknowledged. This pervasive loneliness eroded my sense of self-worth, casting long shadows over every choice I made and leaving me emotionally vulnerable. Feelings threatened not only my emotional well-being but also my financial stability, plunging my confidence to its lowest depths.

I embarked on a journey towards healing. It was a path that led me to recognize the transformative power of connection. From there, I found sanctuary among a circle of women whose hearts resonated with love, understanding, and compassion. You see, connection nurtures our emotional and psychological well-being, providing a sense of security and support. It reminds us that we are not traveling alone on this journey of life but part of a vast network of intertwined paths. Inspirame Latina is that community where you feel embraced, heard, and understood."

JACQUELINE VAZQUEZ: EDUCATION

WOMAN'S WELLNESS ADVOCATE | ENTREPRENEUR | AUTHOR | SPEAKER

"Education plays a crucial role in one's success as it helps define one's journey and path. It's a source of growth and development that can take your dreams further than you can even imagine. My name is Jacqueline Vazquez, and I am a part of the Inspirame Latina Foundation. I can vividly recall being in college and struggling in my first course. My instructor suggested that I change my major, which was disheartening as I felt she didn't offer me the support I needed, such as tutoring or guidance.

Nonetheless, I persevered and found a way to make it through and graduate. I share my story to encourage you not to let anyone stand in your way of achieving the best education possible. I could have easily been one of the many who abandoned their dreams, but I didn't allow anyone to take them away from me. This is why I am a part of the Inspirame Latina Foundation - to let you know that you can overcome any obstacle and achieve your goals through education."



YUDY VERAS BUENO: HEALING

TRANSFORMATIONAL LIFE COACH | AUTHOR | SPEAKER

"Many years ago, I found myself in a very dark and scary place. I was physically ill, dealing with chronic anxiety, panic attacks, depression, and eating disorders. All of this was a result of unresolved childhood trauma. At first glance, everything seemed perfect in my life. I had a wonderful family, a loving husband, two healthy children, a successful career, and a beautiful home. Yet, deep down, I was struggling. I felt defeated and desperate, but I didn't know how to ask for help or who to turn to. I was overwhelmed both physically and mentally, felt sad and exhausted, and realized that I was living on autopilot. Then, one day, I suffered a heart failure, which was a terrifying wake-up call for me. My father died when I was seven years old, so the thought of leaving my children was unbearable.

I realized that I had been fighting the universe all along. But then, something changed. I finally understood that I needed to find help get help, and my life was transformed forever. My name is Yudy Veras Bueno, and I invite you to join me on Inspirame Latina. Here, we have the tools and experts to help you begin your journey towards a better self. Let's start this journey of healing together."

JULISSA ALVAREZ: LEADERSHIP

HIGHER EDUCATION EXECUTIVE | CEO | AUTHOR | SPEAKER

"I grew up in a small town in the Dominican Republic with my grandmother, who was a true warrior. As we walked the streets of our community, I held her hand and helped people along the way. She was an incredible and empowering woman who encouraged and gave hope to our neighbors. To me, she was a true leader who embodied the leadership skills that many of us have inside ourselves. She was my role model, who taught me that with hard work, action, and perseverance, you can achieve anything.

We must lead by example and inspire others to follow in our footsteps. Inspirame Latina is a foundation committed to fostering and empowering leadership skills in individuals. Our goal is to equip and empower people to become leaders, thereby uplifting their communities both spiritually and financially. By embracing leadership roles and passing on these skills, we can continue to support one another in our collective pursuit of growth, upward mobility, and true freedom."



How are they inspiring change?

Inspirame Latina platform brings together global leaders, mental health experts, business owners, coaches, mentors, professors, teachers, and more, providing a space to share knowledge, stories, and experiences. In this quest for healing and growth, the foundation will be holding its inaugural "InspireMe Latina Summit: Cultivating and Celebrating our Brilliance" on March 22nd, 2024, in Hartford, CT. To learn more and to register, scan the code!

Follow along on Instagram, Facebook, and LinkedIn @InspirameLatina + connect at Info@InspirameLatina.org