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Annual Report

Fiscal Year 2022-2023

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None of what you are about to read would have been possible without our donors and funders. Thank you for serving the community through The Innerwork Center.

Guiding Principals for FY 2022-2023

Vision

We envision an individual and collective human experience rich with compassion, authenticity, and meaning.

Belonging

We are creating an organizational culture where everyone feels welcome to be their true selves. That can only happen with explicit effort from all key stakeholders including staff, board, faculty, and volunteers. We value each other's diverse experiences, our common humanity, and our interconnectedness.

Priorities

1. Grow and diversify our audience
2. Deepen our relationships with supporters
3. Strengthen our operational practices and financial sustainability

Mission

We are a catalyst for well-being through programs that inspire curiosity, cultivate mindfulness, and awaken the spirit.

Impact

When you engage in inner work at The Innerwork Center you discover how to craft a life of meaning, including where you find awe, your connection to the natural world. You live from the ground of who you are including your gifts and your purpose.



Our 22-23 Team

BOARD OF DIRECTORS

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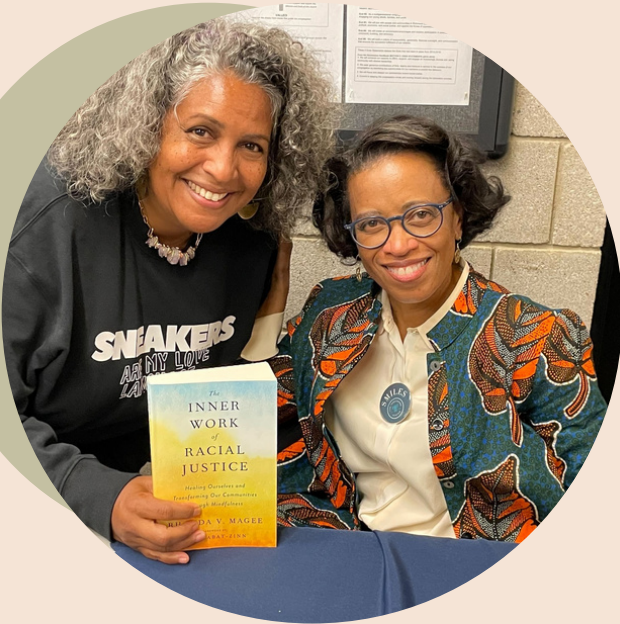
Sheila Battle - President
Camille Bird
Katie Botha
Jessica Coffey
Jeffrey Fiolo
Hollie Freeman
Cheryl Groce-Wright
Michael Grow - Past President
Jan Hatcher Conquest
Lisa Halberstadt
Roberta Keller - Secretary
Korantema Pierce Williams
Rachael Randall
Vicki Saunders - Honorary
Bob Sneed - Treasurer
John Taylor
Susan Wilkes



STAFF

Rachel Douglas, Executive Director
Felisha Jones, Community Engagement Manager
Sherry Klauer, Programs Director (July - Feb)
Ryann Lofchie, Programs Director (May - June)
Lizzy Shin, Digital Library
Shay Wilson, Operations Coordinator

Programmatic Highlights In FY2022-2023



- 150 programs open to general public, incl 8 consistent and free drop-in practice groups
- 1,133 Participants
- 2 Keynote Speakers:
 - Rhonda Magee
 - James Gordon

- 12 Words for the Journey Essays by our community
- Served ~500 public school teachers in Richmond and Henrico
- Served ~75 first responders
- Served ~100 healthcare providers



Partnership Highlights In FY2022-2023



SCHOOLS:

CHESTERFIELD PUBLIC SCHOOLS
RICHMOND PUBLIC SCHOOLS
HENRICO PUBLIC SCHOOLS
HOPEWELL PUBLIC SCHOOLS
COLLEGIATE SCHOOL
ST. CATHERINES SCHOOL

GOVERNMENT AGENCIES:

CRATER HEALTH DISTRICT
DEPT OF BEHAVIORAL HEALTH AND HUMAN SERVICES
RICHMOND BEHAVIORAL AUTHORITY
HENRICO COUNTY PUBLIC LIBRARY
MUNICIPAL CLERKS
CHESTERFIELD RECOVERY ACADEMY
VIRGINIA 529

AND WE ARE NOW AN OFFICIAL VENDOR WITH THE
STATE OF VIRGINIA!

BUSINESSES:

STONE CONSULTING
PLAN RVA
LUTRON
HARDYWOOD
CEDARFIELD

NONPROFITS:

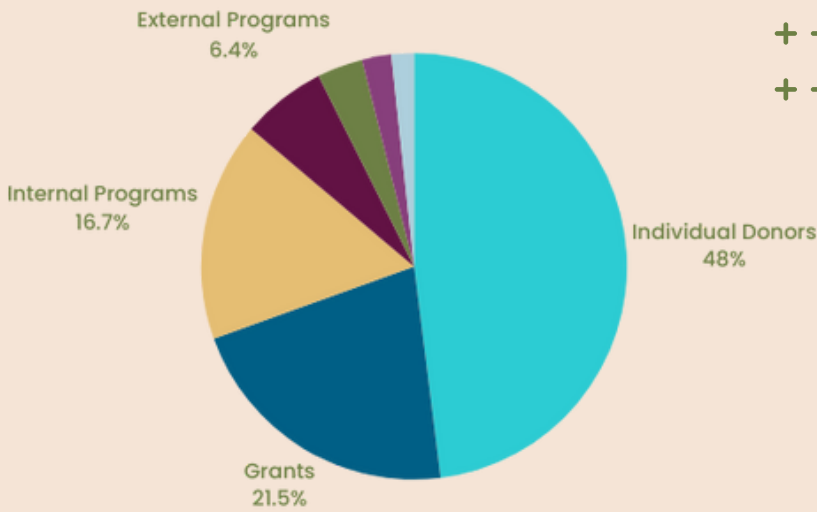
SHELTERING ARMS
RICHMOND FIT 4 KIDS
RICHMOND PERFORMING ARTS ALLIANCE
REAL LOCAL RVA
GIRLS ON THE RUN
FEEDMORE
VIRGINIA INTERFAITH POWER & LIGHT
SPECIAL OLYMPICS
VIRGINIA HOUSING ALLIANCE
SOUTHSIDE TRAUMA-INFORMED COMMUNITY
UTURN
STARFISH RECOVERY
WOMEN'S COUNCIL OF REALTORS
LGBTQ+ YOUTH IN HANOVER COUNTY
LEGAL AID JUSTICE CENTER

Audited Financials for FY2022-2023

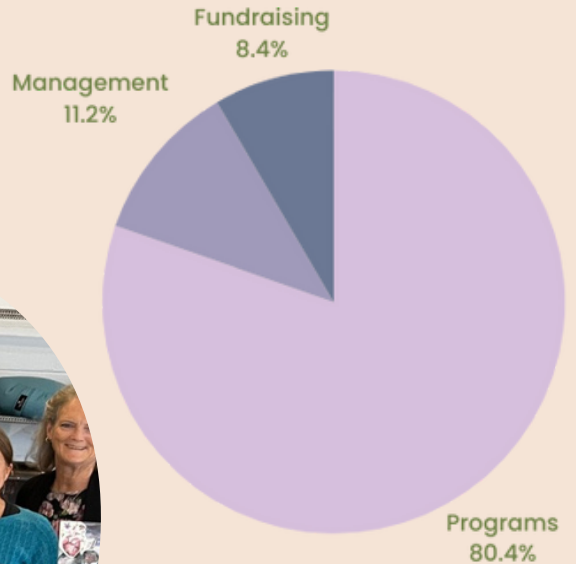


Income

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Expense



Client Spotlight



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We worked with 83 participants from the Virginia Women's Center in FY22-23. Participants reported the following benefits:

- Be mindful
- Take 5 techniques
- Positive self-talk
- Be kind and show grace to myself
- Self-encouragement
- Self-compassion
- Be in the moment
- Remember to see things from others' point of view
- Take more breaths
- Try not to be too hard on myself
- Midday reset is life-changing once it becomes a habit
- Staying present
- Not overthinking past or future events



HUGE gratitude to Kim Lee Schmidt, our beloved volunteer photographer.