



Elevate Your Life



SPRING 2021 MEMBERSHIP APPLICATION PROCESS NOW OPEN

Complete Interest form by January 15, 2021
Visit RungforWomen.org/Membership

At Rung for Women, we celebrate boldness. We applaud those willing to seize the opportunity to achieve more. To get unstuck.

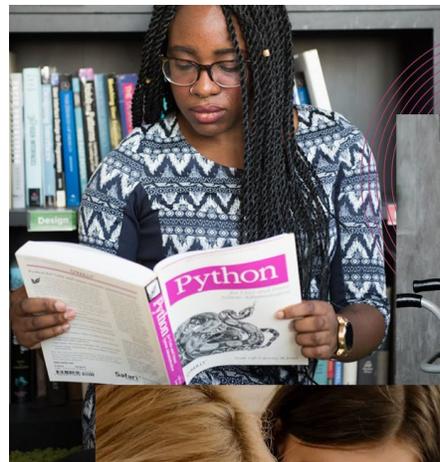
The Rung member journey equips women with the resources needed to create change, to move from surviving to thriving, and to live their life, elevated – **all at no cost to our members.**

Who is Rung for?

Rung is open to any person who identifies as a woman, who meets the following basic membership criteria, and who is motivated to grow in her career, wealth and well-being.

Basic Criteria:

- 21+ years of age
- Personal (not household) annual income of \$50k or less
- English proficiency
- High school diploma or equivalent
- Employment history and stable housing for 6 months or longer
- Ability to access programming in person in south St. Louis City (or online as needed according to our COVID Safety Plan)



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**INTEREST FORM
DEADLINE:**

January 15, 2021

**CAMPUS
LOCATION:**

2717 Sidney Street St. Louis, MO

**WHERE TO
APPLY:**

RungforWomen.org/Membership

The Rung Member Journey

MEMBERSHIP EXPERIENCE 101

Your Rung journey starts with a six-month experience called ME 101. With other like-minded women, you will work with a personal coach who will help you clarify your unique vision and set bold goals.

PROFESSIONAL GROWTH

The next phase is with Rung's Career Services where you will learn valuable skills and gain access to training and credential opportunities that ensure a fast-track to a new career or learn new ways to grow in your current field.

During your time with Career Services, you may:

- Explore career opportunities that are a good match for your unique talents and goals
- Attend workshops and trainings that will help you hone essential professional skills
- Attend events that will build your professional network by connecting you to women who have found success in your chosen field
- Gain a career mentor
- Enter into a credential or training program that will prepare you for a new career

PERSONAL GROWTH

During your journey with Rung for Women, you will also gain access to a variety of personal development opportunities offered by a variety of organizations – all located at Rung for Women campus.

Classes, workshops and other offerings will include:

- Counseling
- Health care
- Nutrition education
- Gardening workshops
- Fitness classes
- Yoga
- Mindfulness
- Financial education

PROGRAM COST

The Rung program and personal development opportunities are FREE to members. For members accessing medical and mental health services, fees or co-payments may apply, depending on your income and insurance.

APPLICATION PROCESS

Below are the key dates for the application process. The application period can last up to 4 months. **Rung will notify applicants by March 1, 2021 to let them know of their selection.**

- **Interest Form:** Open from November 1, 2020 – January 15, 2021
- **Info Sessions:** Those meeting the basic criteria for Rung membership will be invited to a live virtual info session in January 2021
- **Full Application:** After attending the Info Session, you will receive your personal link to complete the full application for membership. **Applications are due by January 31, 2021.**

ABOUT RUNG FOR WOMEN

At Rung, we believe that every woman has the power to transform her own life. Rung's mission is to empower women to grow and achieve sustained independence through co-located and coordinated educational, professional, and economic resources.

HAVE QUESTIONS?

Email membership@rungforwomen.org

WANT TO APPLY?

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*Now, instead of seeing
a giant mountain in
front of me, I see
pathways.*

- Colleen,
Rung coaching participant



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