INTERN INSPIRATION

What a flawless group of 2020 interns hailing from...

These young leaders are students at...
University of Pennsylvania, UNC Chapel Hill, Tulane, Princeton, Columbia College Chicago, University of Utrecht, Penn State and Bowdoin

Their diverse backgrounds allow them to bring unique experiences to the table and offer valuable insight to every project we create at Flawless. In order to give a glimpse of our inspiring team, we asked a few of our interns to share their favorite part about their work with us. Here is what they said:

“My favorite part of being a Flawless Intern is…”

"...the opportunity to learn real work skills while giving back to the community around me. It is incredible to see a difference being made by the work of the entire Flawless team!” - Mary Kathryn

“...learning from and collaborating with mental health professionals all while learning about the field of marketing through personal and hands on experience!” - Tara L.

“...having the opportunity to work with such a skilled group of individuals who have found and are continuing to find impactful ways to achieve the same goal of promoting mental health awareness and education.” - Jason

“...the opportunity to simultaneously learn invaluable marketing skills and the various ways to improve the field of mental health.” - Tara O.

“...everything I’ve learned related to my field. Interning at Flawless has solidified my interest in social media and all the ways it can be used in my field of study.” - Georgie

Join the conversation!

GIVING

As we enter the season of giving, please support our mission and further expand our reach as our work is more important than ever.

You can make a difference by...

Donating
Make a one-time or monthly gift FlawlessFoundation.org/Giving

Amazon Smile
Select Flawless Foundation when you do your holiday shopping with AmazonSmile, and 0.5% of your purchase price is donated to Flawless!

Giving Assistant
Get all of your holiday shopping done while supporting our work with Giving Assistant!

Shopping Flawless
Our Flawless necklaces or keychains make perfect holiday gifts! And when you shop the limited edition #YouAreFlawless Peacock print from ArtSugar, 50% of the proceeds will go to support our work. FlawlessFoundation.org/Shop

$10,000 match until December 31!
When you give to Flawless through 12/31, your gift will be matched by one of our Flawless board members! FlawlessFoundation.org/Giving

Please detach and send this form with your check to
Flawless Foundation
3330 Fairchild Gardens Blvd #32024
Palm Beach Gardens, FL 33420

☐ $25 ☐ $50 ☐ $100 ☐ $500 ☐

Name __________________________
Address ________________________
City/State/Zip __________________
Phone _________________________
Email __________________________

This contribution is in honor of __________________________

The Flawless Foundation is a 501(c)3 recognized charity. Contributions are tax deductible to the extent allowed by law.
Dear Flawless Family,

Have you seen the meme that says, “Alexa, skip to 2021”? While it certainly has been quite the year, here at Flawless we feel that we were made for this moment. Given our wide reach and digital resources, together with the fact that we work remotely all the time, we were able to immediately step into high gear when the second pandemic of the mental health crisis hit. Instantaneously we provided education, hope, and support across the country. We acknowledge the immense gratitude we feel for this capability as we approach the season of giving thanks.

Once quarantine became the “new normal,” we practiced what we always preach by changing the format of our weekly staff meetings. Now, we spend half our meeting time checking in with each other and providing support when needed. The current mental health statistics are staggering: young people are the most impacted. The CDC recently reported that a quarter of young adults (18-24) have seriously contemplated suicide during the pandemic.

Our college interns have been under stress with the advent of online learning and the myriad of other changes they have endured this year. The health and wellbeing of our team has always been a top priority, and this has enabled us to respond as quickly as possible to the increased need for mental health resources and information.

On a personal note, my gratitude practice has provided the strength and foundation necessary to navigate my Mom’s health issues. She lives with Alzheimer’s and went through two COVID outbreaks. The loss of contact with her—both physically and virtually—has been heartbreaking. Understanding that so many have suffered these same dark moments reminds me to dig deep for gratitude and to celebrate the simple things. After weeks of no contact, I was able to finally face Time with her and her faculty recently allowed me to visit. The gift of quality time with my Mom is something that I will hold in my heart forever.

Times are different. Life has new challenges, yet if we rely on the old tried and true—something that I will hold in my heart forever. I remain optimistic about the future. We get through this. We will get through this. We will get through this. We are Flawless.

Wishing you and your loved ones a Flawless holiday season,

Yours Truly,

Flawless Founder

FOUNDER’S MESSAGE

TOP 10 OF 2020

10. #FlawlessTalks
We hosted 43 Flawless Talks and 18 InstaLive videos with many thought leaders. We also wrote 50 blogs and were invited to write for the COVID Action Network.

9. Celebrating Generosity
Our interns led the charge on fundraisers this year. Miles for Mental Health Day and Lifting Power for Mental Health raised over $5,000. Additionally, on Giving Tuesday over $1,000 was donated for our children’s book to teach Emotional Intelligence

8. Student-Athlete Mental Health
Athlete mental health was a prominent theme this year. We supported Hillikis’ Hope’s Strong In Stories conferences, interviewed various coaches and players, and kicked off filming our documentary and online course.

7. Flawless Faves
Don’t forget to sign up for our Five Flawless Faves each week with sections on “feel good” news, advice for kids, parents, older adults, self-care tips, and more.

6. Compassionate Leadership
Our founder Janine was interviewed, alongside many influential politicians and thought leaders, for Donato Tramuto’s book on compassionate leadership. She was also featured in Donato’s Op-Ed discussing herd compassion and kindness.

5. Stay tuned...
We have a few major projects being announced soon! Be on the lookout for our online courses on social media and men’s mental health, as well as our Podcast series, and children’s book and curriculum.

4. Team Flawless
Along with our Flawless Fellow Tre, we have had 10 interns from five states, two countries and eight colleges all working together to amplify our mission.

3. Flawless Workshops
We sponsored two Flawless workshops before quarantine began! Janine presented to USC Gerontology students, and Tre and Janine led our workshop with the entire second grade at Thurgood Marshall Academy Lower School in Harlem, NY.

2. Racial Justice Trainings
Flawless Fellow Tre Gabriel has been co-facilitating the Young Professional Conversations with our colleagues at The Meeting House. Additionally, our team has attended racial justice training sessions sponsored by The Meeting House.

1. Spreading the Word
We were honored to be the digital media sponsor for many events this year, including Mental Health America’s conference, “COVID-19, Mental Health, and the Need for Equity” the Mental Health For US Presidential Candidate Forum in Los Angeles, and ASHA International’s Grit & Grace Conference.

Dear Flawless Family,

Welcome to our new clients!

ThinkKids at Massachusetts General Hospital is revolutionizing the way to support children with behavioral challenges. Dr. Stuart Ablon’s innovative Collaborative Problem Solving® approach promotes the idea that “kids do well if they can.” Their work is critical during these challenging times, so make sure to check them out at thinkkids.org

Bill and Claire Wurtzel know how to put a smile on anyone’s face with their Funny Food Art. We are spending more time at home than ever before, so check out their books for great ideas to promote healthier eating and meaningful time together at the breakfast, lunch, or dinner table at funnyfoodart.com

FLAWLESS STRATEGIES

Our newest board member Dr. Kojo Sarfo has over 400,000 TikTok followers to whom he speaks positively and mental health tips through his relatable videos!

Our Treasurer Nathaniel Counts is now the Senior Vice President of Behavioral Health Innovation for Mental Health America, along with being named a Clinical Assistant Professor in the Department of Psychiatry and Behavioral Sciences at the Albert Einstein College of Medicine!

Our Flawless board members have been making waves!

Cece Xie was named to Crain’s New York ’20 in their 20’s list celebrating her career accomplishments. And with over 140,000 followers on TikTok, Cece uses her expertise and experience as an attorney at Morrison & Foerster and a lecturer at Yale University to provide both career and law school advice!

Our newest board member Robin Janis has over 200,000 TikTok followers to whom he speaks positively and mental health tips through his relatable videos!

Ross Szabo’s children’s book, A Kid’s Book About Anxiety, was featured on Good Morning America, chosen as one of Oprah Winfrey’s Favorite Things!

FLAWLESS FOUNDATION BOARD

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Pierre Hauser, MA
Vice Chair
Magpie Welsh, MBA
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Nathaniel Counts, JD
Treasurer
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Bruce Perry, MD, PhD
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FLAWLESS SPOTLIGHT

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