



Monthly Newsletter



Letter from the Chair



The State of Kindness Scholarship Fund began as a small initiative with one goal, to enrich the lives of deserving students by helping to alleviate the financial burdens of education - so that students can focus on their goals for their future. As we continued along our path to find promising young students who wanted to further their education, achieve their goals and inspire others, our mission grew to foster a network of giving, mentorship and education outside of the traditional classroom setting.

We aim to accomplish this by engaging with students throughout their educational journey. Through life and workplace skills development, along with networking and mentorship opportunities. And through partnerships with trusted community leaders that share in our vision. State of Kindness Scholarship Fund has become an expanding network that continues to initiate change, foster growth and support young people as they navigate towards their goals.

What started as an idea to support youth with open doors and access to industry and community networks, has grown to a flourishing organization that is helping to finance the education and dreams of young people across Ontario. I am honoured to see our vision come to fruition over the last five years. And I am tremendously grateful to the many people and companies who have believed in our vision along the way. Without your support, guidance and confidence none of what we have accomplished thus far would have been possible.

Cora Liberta

Executive Director and Chair
State of Kindness Scholarship Fund

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Celebrating Success: Annual Ambassador Luncheon

This August State of Kindness scholarship recipients met in person for the annual meet and greet lunch at Earls Restaurant in North York. New 1st year Ambassadors Naomi Marcellino, Solomun Beyene, and Jane Obiyan were introduced to returning State of Kindness Ambassadors for an afternoon of getting to know one another, laughs, sharing and gratitude.

During their time together, students had the opportunity to share tips for success for the upcoming year. Advice cascaded down from State of Kindness program Graduates, now mentors, to 4th year, 3rd year, and 2nd year students.

In addition to learning about the State of Kindness organization and our goals for students for the upcoming year, State of Kindness Ambassadors participated in a gratitude exchange exercise. Working together with the backpack giving program of Southern Niagara, Ambassadors shared personal notes of encouragement for younger students and placed them in backpacks to be distributed to students ranging from elementary to high school.



Meet Our Ambassadors

1st Year



Naomi Marcelino

Ontario Tech University
Educational Studies

1st Year



Selemun Beyene

University of Toronto
Mechanical Engineering

1st Year



Jane Obiyan

Western University
Studio Arts

2nd Year



Elijah Cosby

McMaster University
Biomedical & Mechatronics

2nd Year



Harkeerat Bhatia

University of Toronto
Political Science & Criminology

2nd Year



Marcus Chong

University of Waterloo
Computer Science

3rd Year



Hailey Rocha

University of Toronto
Medical Anthropology and
Women & Gender Studies

3rd Year



Lily McKay

University of Queens
Philosophy & English Literature

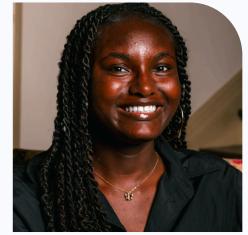
3rd Year



Jesus Delgado

McMaster University
Engineering

3rd Year



Bisola Victoria Olaseni

University of Queens
Health Sciences

3rd Year



Alina Kaleemuddin

York University
Biology

3rd Year



Desmond Anuku

Carleton University
Economics & Financial Accounting

4th Year



Joshua Johnson

University of Waterloo
Computer Science

Graduate



Krystell Fienco

University of Florida
Bachelor's of Science in Psychology and
Bachelor's of Arts in Criminology with a
minor in Computer Science & Engineering

Graduate



Emily Fienco

Hamilton College
Bachelor in Arts in Women and Gender
Studies with a minor in Anthropology and
Digital Arts

Graduate



Kevin Mahato

University of Guelph-Humber
Bachelors of Applied Science in
Community Social Work

Graduate



Maryan Albazi

Sheridan College
General Business



SCAN THE CODE
TO LEARM MORE
ABOUT OUR
AMBASSADORS!

Hailey's Story



My name is Hailey Rocha. I am a third year University of Toronto student and Ambassador to the State of Kindness Scholarship Fund. Throughout my years at university, I've come to realize that the busyness and excitement of this stage of my life often leaves little time to reflect on the circumstances that have brought me here and how far I've come.

This past August, I had the privilege to again meet with the entire State of Kindness team of Ambassadors at our annual in person luncheon. I look forward to this event every year as it provides time to connect with like-minded students, who have now become some of my best friends. Our in-person events gives us the opportunity to connect as a community. They also offer the chance to reflect, engage, and exchange insights with other students that share the same passion for education, community, and care that guides my daily life.

This year, State of Kindness partnered with the Backpack Giving Drive to provide young students in Southern Ontario with backpacks filled with supplies for school. As students who were once in elementary and high school ourselves, we were asked to write a note of encouragement to place within a backpack for a student. Little did the State of Kindness team know that this exercise in gratitude would have a tremendous impact on me personally. I became overcome with emotion, reflecting on the full circle moment I was experiencing. I was a student who received a donated backpack during a tough time growing up. Unexpectedly, the note I was asked to write became a note to my younger self. The girl who put everything she had into her schoolwork. The one who dreamed of opportunities and experiences. The girl that was now living the dreams and aspirations I had for myself.

Being given the opportunity to reflect and give back in this year is an experience I will cherish forever. It is part of the reason I am so honored to be an Ambassador to the State of Kindness Scholarship Fund. Being a part of this organization goes beyond the financial scholarship and its impact on my education. State of Kindness is a family that believes in each of us and instils the power of knowledge and the lasting impact of kindness - both to ourselves and others - on our world and future success. I am forever grateful for this community and all the love and support it gives back.

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at info@stateofkindness.ca!

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Mentor's Matrix Series

In May of last term State of Kindness was excited to host our first networking speaker series - The Mentors Matrix. This series of open panel discussions presented the opportunity for State of Kindness Ambassadors to engage with and learn from leading industry professionals across various fields – including Law, Healthcare, Finance, Technology and Engineering. Offering a unique opportunity for interactive group discussion with a hand selected assembly of industry leaders and professionals. A tremendous success, mentors imparted their professional insights and experiences to help guide and inspire students.



Immense gratitude to all our board of directors' members for taking the time to reach out to their community networks and connect us with such an amazing group of individuals. They all played an invaluable role in educating and guiding our students. Many of whom offered opportunities for job shadowing and individual follow-up meetings and discussions with our bright eyed, eager students. Three key touch points served as major take aways across all industry discussions....

Key Takeaways

The Importance of EQ over IQ



- Emotional Intelligence over Intellectual Intelligence
- Emotional Self-Awareness
- Identify - Interpret - Understand

The Power of Business Knowledge

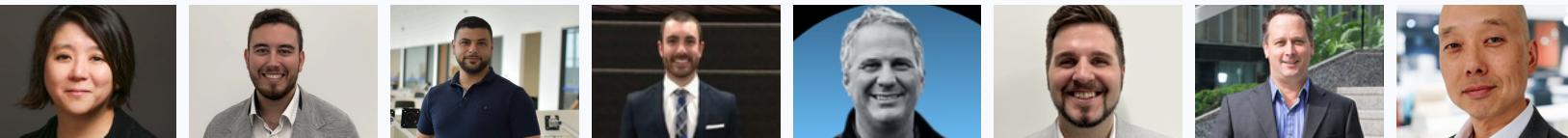


- Understanding the nuisance of business to work with others for collective success

Growth Mindset is Crucial



- You are not required to know everything
- Surround yourself with those smarter than you are
- NEVER stop learning
- You are the average of the 5 people you spend the most time with - Do you need to increase your average?





Mentor Spotlight: Understanding Emotional Intelligence - With Jamelle Lindo

In September, State of Kindness Ambassadors had the privilege of expanding on the concepts learned throughout the Mentors Matrix series industry discussions. Developing our emotional intelligence is essential for our well-being. It affects our relationship skills and our ability to work successfully with other people. It is just as important to develop our EQ, emotional intelligence, as it is our IQ, knowledge development.

Emotional Intelligence executive coach and international speaker, Jamelle Lindo graciously led Ambassadors through an open dialogue workshop on the importance of understanding EQ for both personal and academic success.

Using the EQi 2.0 model, Jamelle Lindo helped to guide students through learning to focus attention on internal emotional cues. Identify the feelings associated with the emotion and interpret what the body needs. Understanding how to navigate the body's system of emotions, better equips us to understand ourselves and others. Shifting control and putting us back in the driver's seat. In turn, developing a language around emotional intelligence gives the power to understand what we value, what matters to us most and what we need to succeed. The better we become at collecting this information, the closer we are to our success.

Learn more at <https://www.jamellelindo.com>

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