

Featured Task Force Member Michigan Women Veterans Empowerment



Michigan Women Veterans Empowerment (MWVE) is a faith-based, non-profit organization created by Ret. Sgt. Stephanie Shannon, an honorably discharged disabled U.S. Army

veteran who served her county for eight years including in the 1990-1991 Desert Storm/Desert Shield Persian Gulf War. The MWVE's mission is to empower all veterans, service members, military family members and children in the eight dimensions of wellness (emotional, financial, environmental, intellectual, occupational, physical, social and spiritual) through education, trainings, programs, events, mentorships, advocacy and supportive resources in Michigan.

As founder and CEO, Shannon experienced sexual and mental trauma while serving the U.S. Army, and found there were few, if any resources for women dealing with such challenges. Combined with chemical and other physical exposures that women and men were subject to in the Middle East, Shannon is a former homeless service-connected disabled US Army veteran who has since thrived as an author, public speaker and veteran leader.

Shannon brings more than 30 years of experience combined in the fields of business, social service and social work, community development, leadership, ministry, collaborations, entrepreneurship, youth development programs, women veteran's empowerment, event planning and consulting. She earned a bachelor's degree in psychology from Grand Valley State University and is the author of the #1 Amazon Best Seller "Battling The Storm Within" and a second book, "Our Voices United".

Learn more about MWVE:
www.empowermiwomenets.com,
MIWVEC@yahoo.com or 810-373-5744.

"There really wasn't the support I needed and others like me struggled as well to obtain it. My voice is my superpower and I use it to change my life and to speak for others who can't speak for themselves."

MWVE empowers these veterans and family members through a variety of programs, workshops, trainings, retreats and other educational events designed to support wellness. Shannon is committed to doing so through tailor-made programs that make a positive difference.

Examples include:

- Dirt Therapy: Veterans and Youth Agriculture and Agribusiness Programs – includes gardening and other yard work projects designed to heal the soul along with financial literacy and entrepreneurship training for youth
- Youth Entrepreneurship Programs
- Financial Literacy Education programs
- Annual and quarterly training events
- Our Voices United: Women Veteran Anthology Books and Book Writing Workshops

Shannon says she has personally found a new joy in life by participating in and leading many of these programs. Programs like Dirth Therapy allowed her to experience a sense of joy and nature that had been missing in her life. She hopes to provide a similar sense of joy to other veterans through these and other MWVE programs. Another way she does this is by hosting annual empowerment conferences for veterans and their families.

Additionally, Shannon hopes to reinstate and expand a Drill Team Leadership Program in the metro Detroit area and West Michigan. Designed for teens, this is a leadership program that builds character development in young men and women through step and dance drills. She has successfully run this program in cities throughout Michigan in the past.

