



Ready and Relevant Toolkits

Needs Assessment

2021

Ready and Relevant aims to provide young women with tools that will enhance their lives. These toolkits provide templates that are uniquely designed for each woman. Our belief is that by fostering relationships and connections, providing space for amplifying voices and understanding current events, women working with RR will not only survive, but thrive. We believe that every young woman is relevant. Her future matters now.

These innovative toolkits are a resource for **Ready and Relevant** mentees. Each one will begin with a focus on the individual herself with a current needs assessment. From there, we will introduce a specific topic of focus.

For each topic area, there are sections for:

- New learning and growth
- Taking action in the community
- Connecting with local community experts
- Resources and facts sheets

Ready and Relevant believes that through personal reflection and guidance from our mentors, every woman can take charge of her life and realize her dreams.



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Topic for Learning and Growth:

Needs Assessment:

- What do you need at this moment in time?
- What do you see in your future?
- What are your short and long term goals?
- What are your dreams?

Materials needed:

- [Ready and Relevant Journal](#)
- Pencil
- Access to internet

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Self Needs Assessment: Check In

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Learn Broadly for Personal Growth

Self-Assessment: Are Your Needs Being Met?

Are you getting your needs met? Where do you see yourself on the hierarchy chart? How can we give you a hand up as you move up the pyramid?

You are relevant.

Part One: What Does it Mean to Have My Needs Met?

Use your notebook or online journal. Find a quiet space to think and reflect.

1) Read through the chart a couple of times and watch this [video clip What is Maslow's \(2 min\)](#) (brief bio of Maslow....)

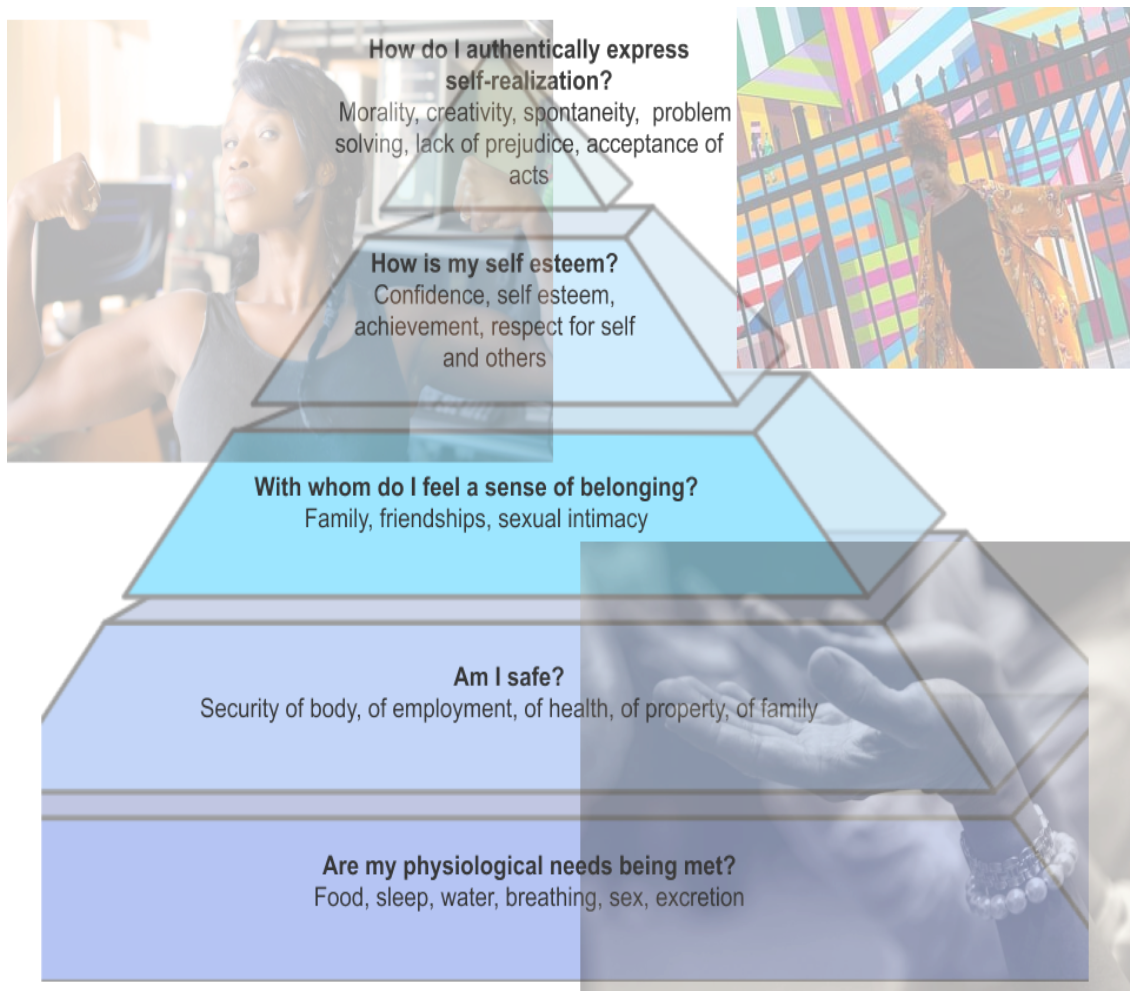


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2) Now, read through the questions on the Pyramid.

- a) Starting at the bottom block and going up, answer each question in the space provided. Give yourself time for this. Draw if this helps. Write outside the box if you need to. This is for you and no one else. Be honest with yourself when addressing your needs. You are relevant and you are ready to start your journey toward self awareness and actualization. Use these sentence starters if you'd like.
- b) Write for at least 20 min. straight through.
- c) Then, take a break from it. Revisit it later, reflect and add more.

My needs are (or are not) being met because.....or I am safe (or unsafe) because.....



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Part Two: Are Your Needs Being Fulfilled?

Begin at the bottom of this checklist. Use this space to write or use your notebook. Answer as completely as you can.

- ☐ How are you being your authentic self? Sharing your talents with the world?

- ☐ How is your self esteem? Confidence? Respect for others?

- ☐ Who are your people? Who are with when you feel that you BELONG?

- ☐ How safe are you? List any areas that you feel are insecure of safety.

- ☐ Start HERE at the bottom, ground level. What if any of your needs are NOT being met?



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Part Three: Goal Setting

What Do I Need? And How Am I Going to Get It?

Based on what you have written, take some notes as you think about your short and long term goals in the space provided. What do you need to move up the hierarchy?

Personal Goal(s): (weekly) • •	Personal Goal(s): (3 mths) • •
Personal Goal(s): (6 mths) • •	Long term goal(s) co-created with R+R staff: • •



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Part Four: Individualized Action Plan

This plan will be co-created with the guidance of a R+R mentor. Use your notes from the previous page.

Name of Mentee:	
Name of Mentor:	
Date:	
What I need: List anything you think you need in order to reach your goal.	<ul style="list-style-type: none">••
Action Plan: Include dates and what needs to be done in order to meet this goal.	<ol style="list-style-type: none">1.2.3.4.
Questions/Comments:	<ul style="list-style-type: none">••



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Holistic Ways to Take Action

Ready and Relevant promotes a holistic approach to taking action.

This includes understanding the connections within each individual's physical body and their mind. Explore this relationship. Using the tools provided and create your own path to success. Learn and become empowered to navigate the systems that impact everything around you.



Mouth: Use your voice to speak up for yourself, advocate for what you need and want.



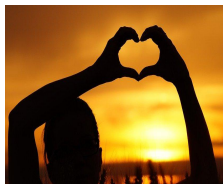
Ears: Listen to another person's experience.



Hands: Write in your journal, reflect and set aside time for self care.



Feet: Stand up for yourself and take steps toward your goals.



Heart: Love yourself, show love for others.

Voices From The Community

Learn from local people who are established in the field.

Words from Ready and Relevant founder, Ms. Evita Ellis.....

“After 25 years in the helping profession, I launched Ready and Relevant in 2019 with a mission to give young women of color a fresh start in life. I saw my younger self in them, and knew from my own experience, the power of having a mentor who believes in you and brings you closer to your essence. My philosophy was ‘Come as you are.’”

“These women suffer from trauma, poverty, racism, sexism, disenfranchisement, displacement, pain—and as a whole, they are overlooked by society. I knew that I had the words and the vision to really see them, to help them by leading an organization that provides a strong foundation for guidance, advocacy, nurturing, and compassion. The program I’ve developed focuses on all aspects of a woman’s personal growth in order to see her through to success.”

“These young women can trust us — we will care, listen, and nurture their perspective and help them attain their goals. When I was in a time of my own becoming, I had women in my life who nurtured me, lifted me up, and helped me find my voice. At Ready and Relevant, we are not here to give a hand out, we are here to give a hand up. We honor the beauty of women for who they are and who they will become.” —Evita Ellis

[Include a photo of Evita in action here and a quote from someone other than Evita who can speak on her behalf]



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Resources and Fact Sheets

Mental health:

[Black Mental Health Resources](#)

[NAMIMN youth resources](#)

[Black Mental Health Alliance](#)

Personal Organization:

[Lifestorage personal organization](#)

[Classy Girl Habits for Organization](#)

Black Women Resources:

[Black Women's Wealth Alliance](#)

[MN nonprofits for the Black Community in Mpls](#)

[Black Women's Blueprint](#)

[Tubman](#)

Hmong Women:

[Sexual Violence Center for Hmong Women](#)

[Hmong American Social Services](#)

Latino Resources:

[Casa de Esperanza Hispanic Outreach](#)

[Oportunidad Local Community Resources](#)



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Native American:

[Minnesota Indian Women's Resource Center](#)

[MIWRC related resources](#)

[National Indian Women's Sexual Assault Coalition](#)

Somali Resources:

[Afrikonnections Somali resources](#)

[Somali Multi-Service](#)

Education:

[Adult Basic Education MDE](#)

[MPS GED information](#)

[Best GED classes MN](#)

[Summit Academy GED](#)

Community Voices/Inspirational Stories:

[Green Card Voices](#)

[Black Minnesota Voices](#)

[Black Visions Collective](#)



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