

NEWS RELEASE

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Shakti Rising Founder Shannon Thompson Honored with Soroptimist Award

San Diego, CA, April 14, 2009 — Shakti Rising founder Shannon Thompson was recently presented with the 2009 Making a Difference for Women Award by Soroptimist International for her commitment to empowering women and girls. Thompson is among seven local women who were honored with the award. This distinguished award, presented annually by Soroptimist International of San Diego, recognizes women whose work positively impacts women and girls, inspiring them to lead an empowered and authentic life.

Drawing on over 20 years of experience working with at-risk youth and young women, Thompson designed Shakti Rising's programs to address addiction, trauma, and disempowerment. Her mission is to deliver programs that effectively empower and transform the lives of young women.

Thompson's clinical training includes trauma-informed services and a variety of energy psychology methods. Thompson serves as an organizational consultant and provides leadership and nonprofit management coaching to organizations across the country. She received her B.A. in Sociology from University of California Santa Cruz and is completing her Masters in Social Work degree. Thompson is also an ordained minister, a certified yoga instructor, and a massage therapist.

"Shannon is a powerful example of someone who is Extra Ordinary and is truly making a difference in the lives of women each day," said Cynthia Sullivan, the Soroptimist International member who nominated Shannon for the award.

Founded in 1999, Shakti Rising is an innovative nonprofit organization working to create large scale social change by providing holistic, empowerment-based programs that facilitate individual and community transformation. Shakti's programs span a wide array of offerings from leadership trainings, to residential "apprenticeships," to community health and yoga classes. Classes are offered year-round and enrollment is open to the public.

The Making a Difference for Women Award was presented on Saturday, April 4 at "Up, Up and Away," an annual fundraising event hosted by the Soroptimist International of San Diego.

To learn more about Shakti Rising, visit www.shaktirising.org. Media inquires or requests for interviews may be directed to Laura Drangmeister at laura@shaktirising.org.

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Shakti Rising is an innovative nonprofit organization working to create large scale social change by providing holistic, empowerment-based programs that facilitate individual and community transformation. Our work actively promotes community well-being by creating woman and child friendly societies that are safe, healthy, vibrant, diverse, sustainable and culturally alive. Our mission is to empower young women to uncover, rediscover, and reclaim their whole selves. For more information about Shakti Rising, please visit www.shaktirising.org or call 619-501-2746.