

SYNCOATED LADIES EMPOWERMENT EXPERIENCE

# SISTER HOOD

AND

*Self*  
LOVE

Chloe & Maud  
FOUNDATION

CHLOE + MAUD  
**S E L**  
SYNCOATED LADIES  
FIERCE FOOTWORK • FEMALE FORCE  
@SYNCLADIES

*who are we?*

## THE CHLOE AND MAUD FOUNDATION

**@chloeandmaud**

**[www.chloeandmaudfoundation.org](http://www.chloeandmaudfoundation.org)**

Founded in 2014, The Chloe and Maud Foundation is a 501(c)3 Non Profit organization. Our mission is to inspire and unite people worldwide by providing arts opportunities to people who are too often ignored and forgotten. Our programs include, Tap Into Life, an after-school program offered free to schools in low-income communities, The DC Tap Festival, in-school lecture demonstrations and providing need-based scholarships annually to dance programs around the world. We welcome all people, regardless of social or economic status, age, gender, artistic or cultural background and create a haven for the creative and artistic process, growth, and achievement. Building the next generation of artists and entrepreneurs.

*just do it*

*for yourself!*



...be you  
do you  
love you  
for you!

## SYNCOATED LADIES

**@syncladies**

**[www.syncladies.com](http://www.syncladies.com)**

The Syncopated Ladies is a Female Tap Dance Band from Los Angeles, CA created by Emmy Award Nominated, tap dancer and choreographer, Chloe Arnold. Syncopated Ladies' viral videos have amassed over 50 million views. They have worked with Mega star Beyonce, FOX's So You Think You Can Dance as the winner of the first dance crew battle, perform on Good Morning America, at the US OPEN. They have also performed to sold-out audiences in Dubai, New York City, Los Angeles, Vancouver and Washington, DC in their full-length concert, "Syncopated Ladies: Live." They have traveled to over 30 countries and teach about 10,000 young people annually. They are pioneering new experiences and opportunities for tap dancers worldwide.

meet the ladies...

# CHLOE ARNOLD

@chloeArnoldtaps

I grew up in Washington DC where I trained and learned dance. I also played sports and was a straight A student. I met the amazing Debbie Allen and she took me under her wing and showed me what was possible. I knew that education would be my way out of poverty so I worked really hard in school and was able to attend and graduate from Columbia University. During my years in college I studied film which helped me bring my passion for tap dance to the world. After college I moved to LA. At that time, men dominated the field, and I was determined to give women an independent and empowered voice. So I started Syncopated Ladies at the Debbie Allen dance Academy, through Chloe and Maud productions, 16 years of unity, and hard work. I also choreograph commercials and television shows including the Late Late Show with James Corden for which I was nominated for an Emmy award.

## **Favorite Quote:**

*"I dream it, I work hard, I grind 'til I own it."*  
-Beyonce

## **Who is your role model?**

My role model is Debbie Allen because she defied the odds and has made history in the Arts and Entertainment, all while giving back it to future generations, showing us that there are no limits.

## **Why do you love yourself?**

I love myself because I know that I am a wonderful person and that my love, intelligence, kindness, and creativity makes the world a better place.

## **What does sisterhood mean to you?**

Sisterhood is an unbreakable bond joining women and girls together, who believe in each other and lift each other up. A union of sisters that respect and honor one another.

## **What did you do in the face of adversity/bullying?**

As I was building the Syncopated Ladies I was bullied by some of the popular people in our field, who didn't want to see us succeed. They said mean things and tried to get people to dislike us. At first, it was difficult because it was coming from people that I knew and I thought were my friends. Instead of retaliating, I just strengthened my focus! I solidified my purpose, wrote my goals down, and I worked hard every day to achieve them. Now those bullies have no power, and have to sit and watch us live our dreams.



# MAUD ARNOLD

@maudiepooh

I have always loved people!! I am from Washington, DC. I started dancing when I was 7 years old. My sister and I have always been very close and it was always our dream to work together as grown ups. I attended Columbia University and received a degree in Film Studies. I have traveled around the world teaching and performing dance. My dream is to bring tap dance to film and television and give more opportunities to young people around the world. I love life and am infinitely thankful!

## **Favorite Quote:**

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

- Maya Angelou

## **Who is your role model?**

My mom, my sister, my brother, Debbie Allen, Beyonce, Barack Obama, Michelle Obama and Shaka Senghor.

## **Why do you love yourself?**

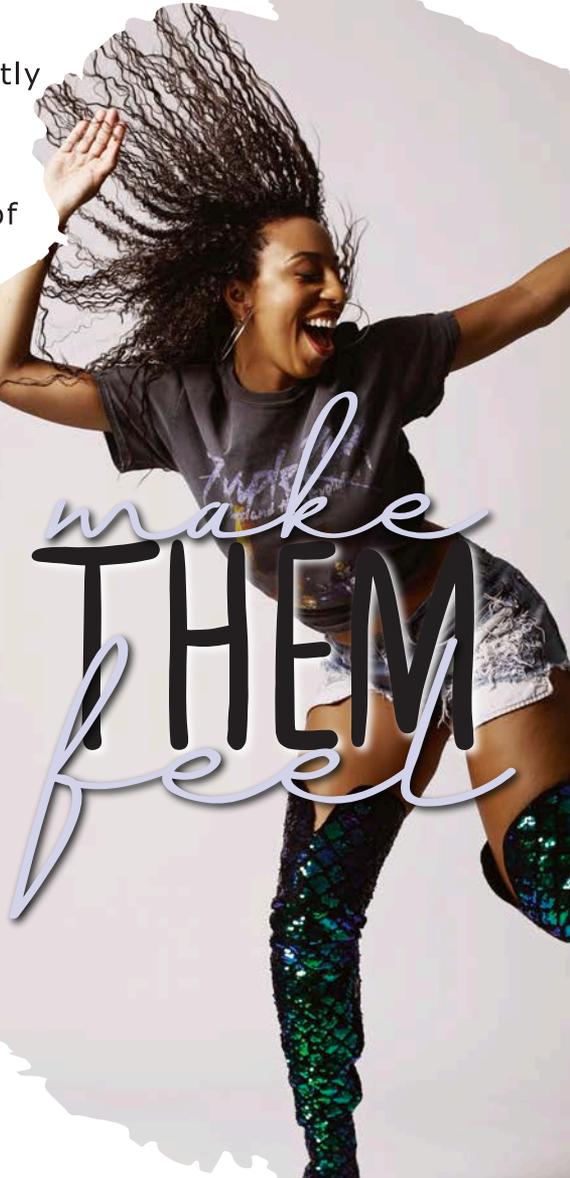
I love myself because I have learned to love and embrace all of my flaws. I love how I dream big and fearlessly!

## What does sisterhood mean to you?

Sisterhood means that you are honest, loving and never hateful towards other women. It is an action of uplifting your fellow sister. It means that you will stand up for other women when they can't stand up for themselves. My sister friends are like my family.

## What did you do in the face of adversity/bullying?

Growing up I was constantly told that my sister was, "the pretty one". This of course made me feel less beautiful and I lost a lot of confidence. I started saying daily affirmations that helped me build my own self-confidence because I had to remember that others' opinions of me truly DO NOT MATTER! Also, most of the time people who are mean are being mean because they are hurting inside. Once I built up my own self-confidence and self-esteem those things no longer bothered me. Self-love is a daily and life long journey, it doesn't happen overnight but it DOES happen!



# ANISSA LEE

@anissavibes

I am from Los Angeles, CA. I attended OTIS College of Art and Design. My dream is to one day own a costume design company that will be hired to create and construct costumes for film, television and theatre.

## **Favorite Quote:**

*"If you stay ready, you don't have to get ready."*

## **Who is your role model?**

Ruth Carter, Josephine Baker, Bootsie Collins

## **Why do you love yourself?**

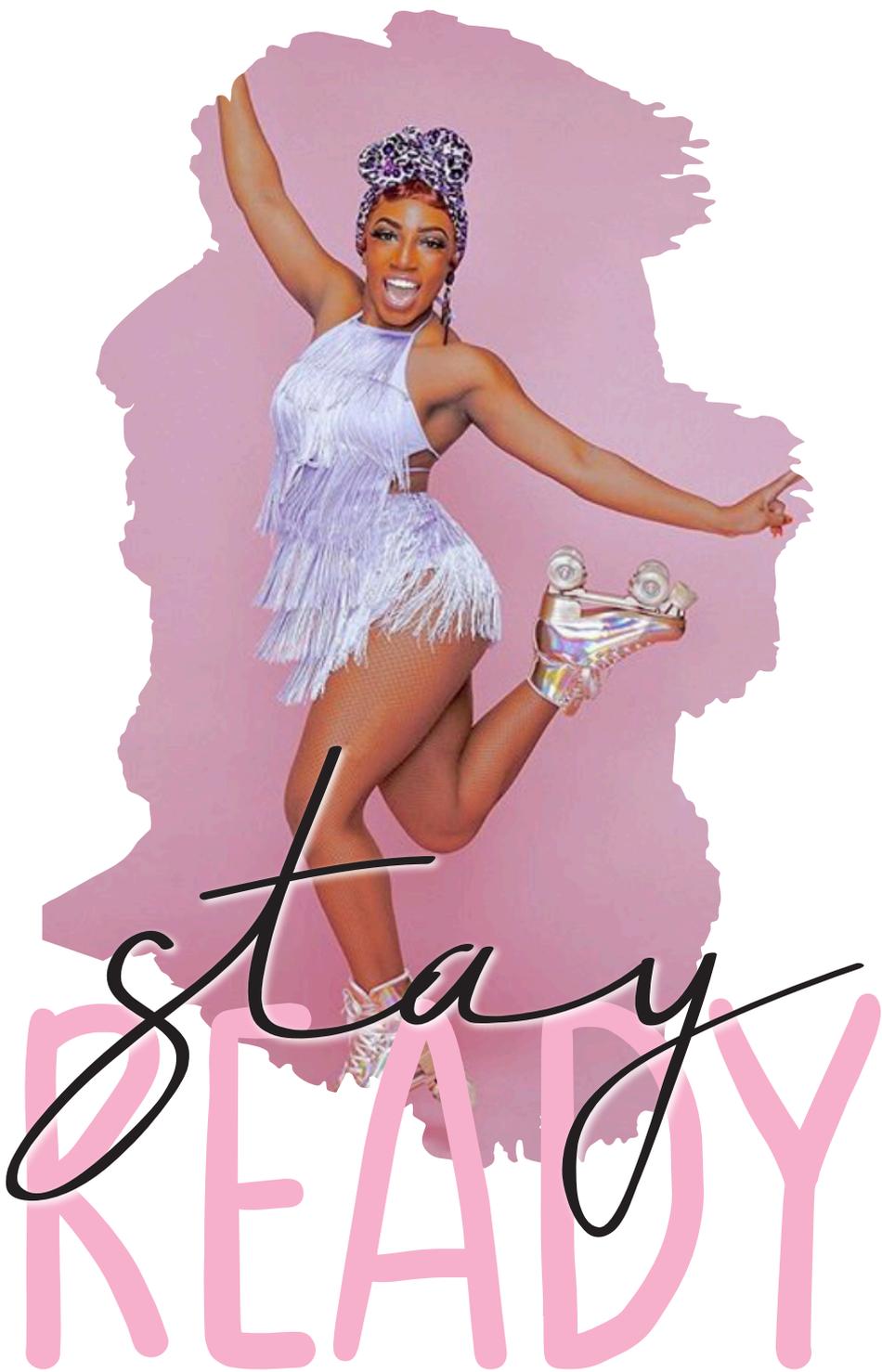
I love myself because I'm determined. I've always followed my heart and I've never let anything get in the way of me accomplishing my dreams.

## **What does sisterhood mean to you?**

Sisterhood means giving and receiving support from those who love you.

## **What did you do in the face of adversity/bullying?**

I was often singled out and stereotyped in college because I was the only black girl in my department's graduating class. I focused on my work, worked harder than all the nay-sayers and graduated with multiple honors, awards and job offers! Remember your vision, and fight for it no matter what!



# MELINDA SULLIVAN

@itsmelindasullivan

I am middle child from Thousand Oaks, CA, who grew up with music being played in my house constantly. My grandparents would share their old movie musicals, and my Abuelos, the salsa music from their childhood. I trained as a multi-formed dancer, but tap dancing has always been my passion. I'm very grateful for the professional experiences that have brought me joy, challenges, and friendship. My favorite thing to do is collaborate, especially with strong female artists. I also love puppets, and tap dancing with my fingers.

## **Favorite Quote:**

"Laughter is the shortest distance between two people."

- *Victor Borge*

## **Who is your role model?**

Michelle Obama, Tina Fey and Frida Kahlo

## **Why do you love yourself?**

I love myself because of my persistence, passion, and perseverance. I've overcome some deep fears in my life, and for that I am so proud of myself!

## What does sisterhood mean to you?

Sisterhood is having an extended, chosen family. It is love, understanding, communication, and patience. And laughter. Lots of laughter!

## What did you do in the face of adversity/bullying?

When I've been faced with negativity or harassment, I surround myself with friends and family who support me and believe my truths. For every person that brings you down, there are so many others that can bring positivity into your daily life. Nurture these relationships, and you will become more and more resilient.



# ASSATA MADISON

@assatagrooves

My name is Assata Madison and I am a young lady of African descent born and raised in Los Angeles, CA. My passion for tap dance started at an early age and continues to evolve as an adult. My passion in life is to inspire others to express their gifts and discover their passion and purpose in life.

## **Favorite Quote:**

*"Live. Life. Well."*

## **Who is your role model?**

My parents, Assata Shakur, Marimba Ani and Ma'at

## **Why do you love yourself?**

I love myself because I am made in the image of the Creator and therefore capable of manifesting all things good & righteous. Loving myself and my heritage unconditionally provides me with self pride and strength to further manifest my purpose in the world. I love that I am multifaceted, interested in a wide range of things (science, math, dance, sports, arts), and incapable of fitting into one box.

## What does sisterhood mean to you?

Sisterhood is women supporting women and not comparing oneself to another. It is celebrating & looking out for one another.

## What did you do in the face of adversity/bullying?

Anytime I feel bullied or faced with adversity I look to my family & friends for support & guidance. I remember who I am & my heritage to find the courage to fight through.



# PAMELA YASUTAKE

@pamelayasutake

I am from Seattle, WA. I moved to NYC after high school to attend Parsons School of Design. I studied at Parsons for two years and went on to pursue dance full time. I have performed in the Broadway production of Shuffle Along which gave me an opportunity to perform at the 70th Annual Tony Awards. I have also been on the Late Late Show with James Corden. I am a proud member of The Syncopated Ladies, who I've been able to travel the world with, performing and sharing our love for Tap dance!

## **Favorite Quote:**

*"When you learn, teach. When you get, give."*

*-Maya Angelou*

## **Who is your role model?**

All the women in my family

## **Why do you love yourself?**

I love myself because, like all of us, I know I was uniquely created. It's special to know you are a one of a kind design!

**What does sisterhood mean to you?**

Sisterhood is loyalty and understanding.

**What did you do in the face of adversity/bullying?**

I've faced bullying and adversity many different times throughout my life. However, I have always made sure to surround myself with awesome positive people and their love and encouragement always outweighs any negativity!



# ORIALIS ASHLEY

@orialisashleydance

I was born in Puerto Rico and grew up in Louisiana and Florida. Moving around as a young child taught me to be independent and to face new experiences with positivity. My dream was always to be a dancer, to perform and to share my love for dance with the next generation.

## **Favorite Quote:**

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- *Joshua 1:9*

## **Who is your role model?**

My parents, Debbie Allen and all My Sync Ladies Sisters

## **Why do you love yourself?**

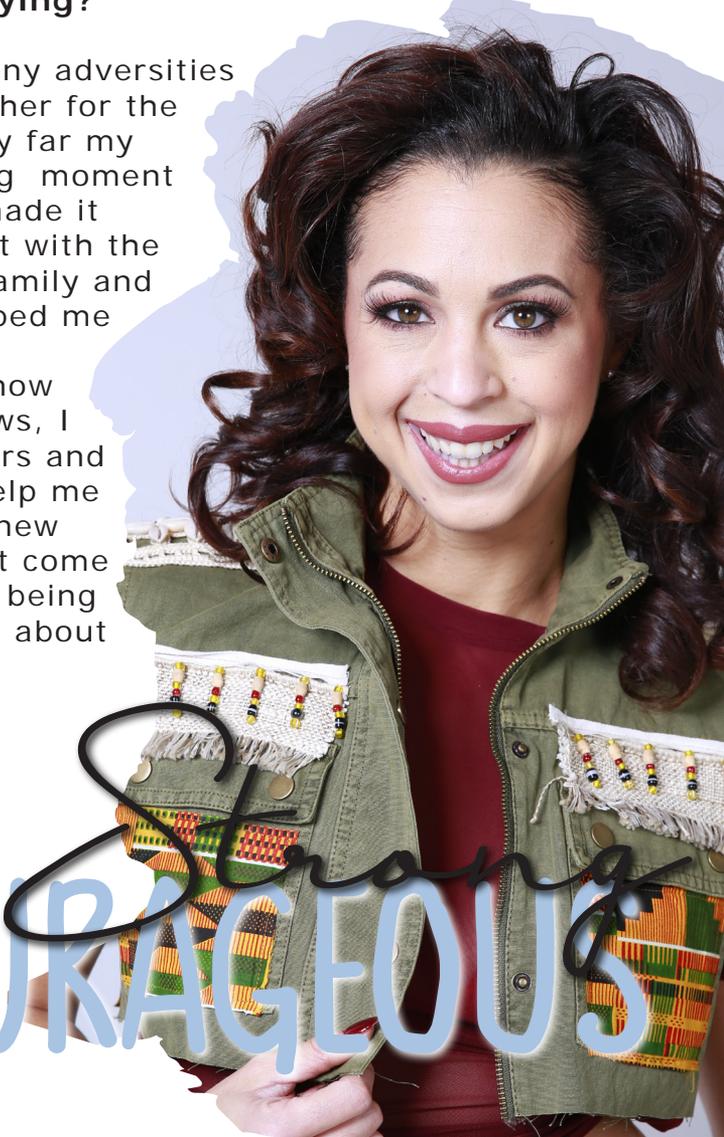
I love myself because God loves me. Life is about sharing Love with everyone and you can't do that if you don't love yourself.

## What does sisterhood mean to you?

Sisterhood is being in a group of women that makes you the best version of yourself. By inspiring you, challenging you, being brutally honest when needed or by having your back at all times of struggle. Sisterhood makes me a better version of myself.

## What did you do in the face of adversity/bullying?

I have faced many adversities but being a mother for the first time was by far my most challenging moment in life. I only made it through without with the support of my family and friends who helped me through the life change. Even know as my child grows, I rely on my sisters and my friends to help me through all the new experiences that come with the joys of being a mom. It's all about community and sisterhood!



be Strong  
COURAGEOUS

# GISELE SILVA

@iamgiselesilva

I am from Brazil, and my love for dance started when I was 5 years old. I spent all day in dance school studying ballet, tap and jazz.

In Brazil I danced in professional companies, traveling all over the country. As a teacher I taught in many different types of communities and created opportunities with dance for many children.

My love of dance brought me to the United States, Chloe Arnold invited me to join the Syncopated Ladies, I moved to Los Angeles in 2018 and it has been an amazing experience, having opportunities I never imagined!

## **Favorite Quote:**

"If you can dream it you can do it."

- *Walt Disney*

## **Who is your role model?**

Definitely my Mom, she is my greatest example of strength, everything I do is for her.

## **Why do you love yourself?**

I love my courage, the way I face tough times. The way i overcome obstacles is one of my favorite characteristics.

## **What does sisterhood mean to you?**

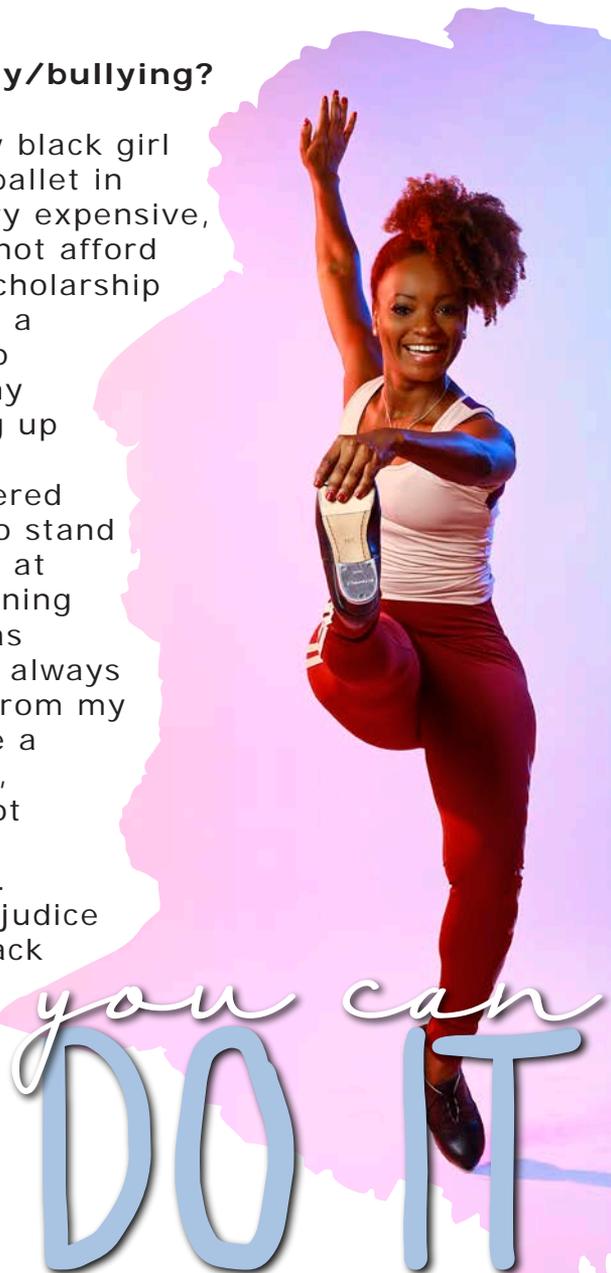
Sisterhood is support, friendship, having someone to lean on, hug, to share your joys and sadness, for me that I have no family here, it is essential!

## **What did you do in the face of adversity/bullying?**

I was always the only black girl in my dance school, ballet in Brazil is elite, it's very expensive, and my family could not afford the tuition. I had a scholarship because my aunt was a secretary, and to help with costume costs my mom started cleaning up the studio.

My talent was discovered early, and I started to stand out with my first solo at 7 years old- the cleaning woman's daughter was extremely talented. I always had a lot of support from my director, who was like a second mother to me, supporting me and not letting the negative comments bother me.

I conquered their prejudice not because I was black or the cleaning mom's daughter, but because dance was in my soul.



*you can*  
**DO IT**









Things to Remember  
SPEAK THESE DAILY...

I am beautiful

I am brave

I am powerful

I am intelligent

I am empowered

I am strong

I am loved

I am my sister's keeper

I am fearless

I am enough

# Dear me...

Write a letter to yourself! On a separate piece of paper write a letter to **yourself**. Talk about what is going on in your life, the world and how you feel.

Also write down **affirmations** and **encouragement** to **yourself**. Seal that letter in an envelope and write "Dear "YOUR NAME", OPEN ONE YEAR FROM TODAY! (*put today's date*).











# TIME<sup>OF</sup> *activate*

Film the Dance you learned today with the **Syncopated Ladies**. Post that video on Instagram/TikTok/Facebook.

Encourage your friends from FAF and outside to learn the dance and post too! Spread the word and **empowerment!** Don't forget to use the hashtags...

#FRESHAIRFUND2020

#FAFSYNCLADIES

#FRESHAIRFUNDEMPOWERED

TAG @SYNCLADIES @THEFRESHAIRFUND

Remember that you are NOT alone. You have a community that supports and loves you! We are stronger together. Never hesitate to reach out to the Syncopated Ladies if you need advice! We are here for you, we stand with you and we want to see you SHINE!

"I learned that courage was not

THE ABSENCE OF FEAR,

but the triumph over it.

THE BRAVE PERSON IS NOT ONE

who does not feel afraid,

BUT ONE WHO CONQUERS

that fear."

-NELSON MANDELA

