



Shine On **Y** YOUNG WOMEN OF DISTINCTION

women
of distinction™

WOMEN OF DISTINCTION™ 2026

NOMINATION FORM

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Before completing and submitting your nomination package, please review **Nomination Eligibility & Process document** to ensure you have considered all of the eligibility requirements and have included all of the mandatory documentation when submitting your package via email, or in-person.

Please check yes or no to confirm:

1. As nominator, I have read and understand the Nomination Requirements: Yes No
2. To the best of my knowledge, the person I am nominating supports the mission & values of the YMCA of Three Rivers: Yes No
3. As nominator, I have read and understand the Selection Process: Yes No
4. As nominator, I consent to YMCA of Three Rivers sharing the nomination package with the nominee after selection is complete: Yes No

NOMINATOR INFORMATION

Please ensure you provide all the requested information below:

Name: _____ Pronouns: _____

Address: _____

Postal Code: _____ Primary Phone: _____

Email: _____

Relationship to Nominee: _____

NOMINEE INFORMATION

Does your nominee consent to be nominated? Yes No

Name: _____ Pronouns: _____

Address: _____

Postal Code: _____ Nominee's Primary Phone: _____

Nominee's
Email: _____

Nominee Social Media Profiles (if known):

LinkedIn: _____ Facebook: _____

Instagram: _____

AWARD CATEGORY (select one):

Woman of Distinction™

Young Trailblazer (≤25 years old at December 31, 2025)

Lifetime Achievement (≥55 years old at December 31, 2025)

NOMINATION DETAILS (Please complete all questions):

1. List two or more examples of your nominee's unique outstanding achievements in their network and/or the community. Be specific and concise and use bullet form (500 words maximum).

2. List three or more examples of how your nominee has demonstrated vision, leadership and/or excellence in their field or endeavour. Be specific, concise, and use bullet form (500 words maximum).

3. List three or more examples of how your nominee has committed to improving the lives of women, girls and gender-diverse individuals and supporting others through their work/volunteering/community involvement. Be specific, concise, and use bullet form (500 words maximum).

4. Please share from a personal perspective why you are nominating this individual and why they should receive this award? (500 words maximum).

5. Provide a paragraph that serves as a summary of your nominee and highlights their achievements and activities in relation to the selected award category. This summary will also be used in the event program. (500 words maximum).

SUPPORTING DOCUMENTATION

You must include at least one (1) and up to three (3) letters of support that highlight the nominee's achievements. These references could be co-workers, friends, family members, students, etc.

Letters of support and testimonials can be submitted either as letters or video recordings (videos can be recorded simply on a cell phone). These testimonials should refer to your nominee by name, to their accomplishments and to YMCA of Three Rivers' Women of Distinction™ awards. Please note that by submitting video testimonials, you and the subject of the video are consenting to them being used for marketing and promotional purposes by the YMCA of Three Rivers.

We also ask that a photo be included with your nomination package, to be used for the promotions of new honourees. Optionally, you may also include one resume or curriculum vitae to further help illustrate your nominee's professional accomplishments

NOMINATION CHECKLIST

- All nominator and nominee contact information provided.
- All questions in nomination details section complete.
- One to three letters of support or video testimonials are included.
- Suitable photo for new honouree promotions is included.
- Optional — a resume or CV is included.*

Nominator Signature

Date