

What Summer Camp Taught Me About Becoming Myself (And Why It Still Matters Today)

When people think about summer camp, they usually picture the obvious: Color War friendships, campfires, maybe a little chaos mixed in. And yes... all of that is true.

But what doesn't get talked about enough is this: **camp is one of the first places you get to become who you really are.** I spent 12 summers at camp, as camper and counselor, and looking back, it shaped more of who I am today than I ever realized at the time.



But here's the part that might surprise you...**I didn't even feel like I belonged at first.**

It took me until my third summer to really find myself. And it wasn't until my senior camper year, when someone in the administration truly saw me, that something shifted. That moment stayed with me. Because being seen changes how you see yourself. From there, things opened up.

I became Color War Captain. My confidence increased. I felt secure in being the spunky kid that I was with no apologies.

And now, through the lens of CliftonStrengths, I can see exactly why.

- **Communication** – Camp gave me a stage to share stories, connect, and bring people in
- **Harmony** – Living in a bunk taught me how to build connection and navigate differences
- **Activator** – At camp, you don't wait... you jump in. That energy became part of who I am
- **Woo** – From bunk to bunk, dock to dining hall, I cultivated friendships
- **Maximizer** – And once I found what worked? I leaned all the way in and made it even better

Camp didn't just give me memories. It gave me space to experiment, to lead, to fail, to grow—and to feel like I belonged. And here's the truth...**Most women don't get spaces like that anymore. Especially not in their 30s, 40s, and beyond.**

We're busy. Responsible. Showing up for everyone else. But rarely do we get the chance to step outside of our day-to-day lives and ask: **Who am I now? How can I be my best self? Where's my community?**



I'd like to introduce you to my new program - **Camp Strengths** – and why it exists.

It's not to recreate childhood, but to reconnect you to the parts of yourself that may have been buried under years of doing, achieving, and managing everything and everyone else.

The creativity. The energy. The connection. The version of you that feels fully alive.

Because there is something powerful that happens when you put a group of women together in a space that is intentional, supportive, and just the right amount of playful.

It's not just fun (although it is that, too). It's transformative in a way that feels real and lasting. The community is like none other. So if there's even a small part of you that misses that feeling...or is craving something more... consider this your nudge.

Not to go back. But to move forward—more fully as yourself. Check us out [here!](#)

**Register
now!**

May 15th
8:30 am - 5:00 pm
Tyler Arboretum
Campstrengths.com

[Learn more and
register!](#)



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