

**EMPOWERMENT ZONE**



*T***ATIANA**

[WWW.TATIANAGUTSU.COM](http://WWW.TATIANAGUTSU.COM)

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# RESILIENCE

Perseverance is the cornerstone of my journey to Olympic glory. I faced countless obstacles, from injuries to intense competition, but each setback only fueled my determination to succeed. Through unwavering commitment and hard work, I transformed challenges into stepping stones on my path to greatness.

As I stood on that podium, representing my country, I realized that it was not just about winning medals but about the strength gained through resilience. My journey teaches us all that with perseverance, we can overcome any hurdle, achieving our dreams and inspiring others along the way.

-Tatiana Gutsu  
OLY/IGHOF/SOM

# HELLO, DEAR READERS



Dear Readers,

Thank you for your unwavering support of our magazine. Your engagement and enthusiasm fuel our mission to empower women in all walks of life. We believe in the strength and potential of every woman, and it's inspiring to see our community grow stronger together.

Through our pages, we aim to provide resources, stories, and insights that uplift and inspire. Empowerment is not just about personal success; it's about lifting each other up and creating a network of support. Together, we can break barriers, shatter stereotypes, and redefine what's possible for women everywhere.

Let's continue to celebrate our achievements, support one another, and champion each other's dreams. Your voice matters, and we're honored to share this journey with you.

With gratitude,

*Tatiana Gutsu*

OLY/IGHOF/SOM  
CEO of Empowerment Zone

"Tatiana Gutsu is more than an Olympic Gold Medal Champion—she is a beacon of empowerment for women across the globe. Her legacy goes beyond her historic achievements in gymnastics; it lies in the way she relentlessly uplifts and inspires women to break free from limits imposed by society and even themselves.

Through her academy, Tatiana transforms lives. She ignites a fire in every woman and girl who enters her world, showing them that true power comes from within. Her message is clear: we are all capable of greatness, and we have the strength to rise, no matter the odds.

Tatiana's story of triumph, resilience, and unshakable courage stands as a testament to what women can achieve when they dare to dream. She empowers women not only to reach for the stars but to shatter ceilings, redefine what is possible, and claim their space with unwavering confidence.

Tatiana Gutsu is more than a role model—she is a movement. Her dedication to empowering women globally is helping shape a future where women lead, thrive, and own their destiny."

**Valentina Gaylord, Author, entrepreneur, and Model**

Tatiana is a part of the village in my parenting journey. Last week I took Amelia to a field trip at an apple orchard with trampolines and bounce houses. Amelia's increased flexibility increases her susceptibility to injuries. She tried to participate with her classmates but was unsuccessful. Her disappointment was heartbreaking. The next day at Amelia's gymnastics practice, I told Tatiana what happened. She sympathized with me and then told me she had a bounce house. We agreed that would be great practice for Amelia. She set it up right then. Amelia smiled from ear to ear. She was filled with absolute joy. It brought tears to my eyes and finally the good kind of tears. Tatiana brought me and my sweet girl so much happiness that day. Amelia doesn't talk about how she couldn't play in the bounce area with her classmates, she talks about how she could play in the bounce house at gymnastics. Tatiana is an angel and I am blessed to know her.

**Mellissa Cessar, Mother**

I came to Tatiana's gym a few months ago. When I first came here, I was really shut down. I wasn't used to getting so much love and attention from a coach and Tatiana picked up on that. She wanted me to not only restore my love for gymnastics, but also become more confident and to believe in myself. Every practice, she encourages me to face my fears and try something new. Under her guidance, I've become not only a great gymnast, but a better person. I'm so grateful for her gym. It has truly become my safe haven. My passion for the sport is back and stronger than ever thanks to her.

**Elaina Ayers, Adult gymnast**

Tatiana has changed my life and encouraged me to reach for the stars and to never give up on my dreams. I have been able to find success and happiness in my daily life due to her teachings and support.

I recommend Tatiana and the Empowerment Zone to anyone who needs the extra push of support, encouragement, and positivity in their life.

**Morgan Glassmeyr, CEO Of Esthetics by Morgan Paige**

READER  
LETTERS

# TATIANA GUTSU

OLY/IGHOF/SOM

2X OLYMPIC GOLD MEDALIST  
CEO OF EMPOWERMENT ZONE

A glimpse into Tatiana's life and how she became who she is today

PHOTOGRAPHY BY LILYA USHIN



Tatiana was born on September 5th, 1976 in a port city of Odessa, Ukraine. Tatiana began practicing gymnastics at the age of five and immediately showed the potential to be a stand out athlete. From her youth, Tatiana never stopped working hard to achieve her dream of becoming an Olympic medalist.

As a child, Tatiana trained rigorously under renowned coaches and masters of the sport Victor Dikii and Tamila Evdokimova. In 1988, Tatiana became a member of the Soviet Union USSR National team and became a member of Junior Ukrainian National team just two years later she became a star when she won five gold medals in the European Championships.

After a strong start to her young career, Tatiana qualified for the Olympic Games. In 1992, the games were held in Barcelona, Spain and after 10 years of hard work she was ready to perform in the world spotlight. Tatiana brought home the gold in the women's all-around competition and won other various medals, as well. Her gold medal win was the first time the Ukrainian flag and the anthem had been raised in the history of the Olympics.

Today, Tatiana resides in Michigan where she continues to coach special stars, youth and adult gymnasts and helps inspire and encourage them to reach their goals, whatever they may be. It is her goal to help young gymnasts and athletes to become all they can be when it comes to athletic and personal ability.

# CLIENT SHOUTOUT



## AMELIA

Dearest Coach Tatiana Gutsu, thank you for your knowledge, inspiration, and kindness. We met almost two years ago when my daughter, Amelia, was almost 3 years old. Amelia has hypotonia, which means low muscle tone and floppy muscles. For Amelia, that includes fatiguing quickly and delayed motor skills. I was desperate to find someone, outside of her therapists, that was willing to work with Amelia 1 on 1. I came across your website where I learned that you offer 1 on 1 gymnastics classes for children with special needs. I was elated! Even as I recall the discovery, I get goosebumps.

At the time of Amelia's first practice, she had been walking for 6 months. I could see you watching Amelia and envisioning ways you would help strengthen each of her muscles. Every practice, you put together an obstacle course that is specific to Amelia and targets different muscles. It's incredible what you accomplish. Truly, you are an artist. In the last two years, she has come so far and you have been such a vital part of her growth and success. You create such a safe and positive place for Amelia. Every week Amelia has practice, she walks out stronger, more confident, and prouder. You do that!

Your patience and dedication are unmatched. You are genuinely beautiful inside and out. Words could not possibly be enough to thank you for everything that you have done for my family. I am beyond grateful for you and your passion.



# AMANDA

Our daughter had never done gymnastics before outside of the recreational classes, but wanted to try more. We looked around and found Tatiana's school near our home. Our daughter took an instant liking to Tatiana and the environment that's encouraged at her gym. Sometimes our daughter can be headstrong and not want to participate, or only do activities her way. Tatiana found a way to get through to her and encouraged her to focus, and to practice what was needed in order to improve. As she continued, our daughter was extremely nervous during her first recitals, as well as and the competitions. Tatiana was right there the whole way, giving her support and encouragement throughout the entire process. Our daughter now enjoys the competitions, and looks forward to both participating as an athlete, as well as being helpful to other athletes along the way. Tatiana continues to elevate the expectations for excellence, pushing our daughter to safely expand and improve her skills. Our daughter now talks of helping new gymnasts as they enter the sport and wanting to be a coach. Our daughter is potentially taking what started out as an enjoyable activity and sport to something much more. Truly an example of a coach making a profound difference in a child's life and leaving a lasting impression in more areas than just gymnastics



# TATIANA GUTSU FOUNDATION

What we do: Help less fortunate families, children and adults across the world. There are multiple ways the Tatiana Gutsu Foundation helps.

- Our mission here is to help less fortunate families, children and adults around the world.

Activities in the Global Humanitarian Foundation

- Provide children with books, sporting goods, food and funds.
- Help single mothers, orphan children, youth and adults with disabilities.
- Work with Ukraine and helping with everything we can to provide food, clothing, and funds to help Ukrainian families
- Partner with the Ukrainian Volunteers Fund Organization located in Kiev, Ukraine.
- Partner with Kids Read in Uganda, Africa to help provide books, sporting goods, and funds to help children grow and learn

Tatiana's Foundation will be the charity for her Empowerment Zone Event, proceeds from the event will go to supporting all those mentioned above



## Worldwide Gift of Fit



*Tatiana Gutsu*



The Worldwide Gift of Fit is a master class of fitness that connects children and adults globally and is broadcast on YouTube.

The program is designed for people who live in underserved countries who may not have access to a regular exercise routine, gym, or instructor. Everyone is welcome to join the program and learn about fitness from an Olympic Gold Medalist. The workouts include Tatiana providing inspirational messages to everyone who attends. Additionally, every workout will contain The Gift of Fit Global Challenge where participants can nominate a professional athlete to assist with the next month's session.

In Tatiana's words, "I have worked with many charitable organizations over 30 years including ARC, St. Jude Hospital, Breakfast with Champions, Military children's hospital, ReadUganda Africa, the USA Detroit pall, Ukraine orphanage homes and special schools in three regions of Ukraine, have consistently heard about the need for a workout and fitness classes for those who don't have access to the gym or instructor or who are curious about staying fit by leaning team skills, leadership skills and how to become champion on the everyday life. I built this program to give everyone the opportunity to stay fit and get healthy," said CEO and President Tatiana Gutsu.





# EMPOWERMENT ZONE

Welcome to what may be the defining moment of your career, your personal life, and your athletic journey. The Empowerment Zone is here to give you the motivation, inner strength, and prowess to achieve your goals. Your time is now. Your future is bright. Your coach is an Olympic champion who has succeeded in business, life, and in the athletic arena.

I have created the Empowerment Zone to give you the opportunity to attain your goals, obtain your gold medal moment, and give you the tools to bring forth your inner champion at all levels of your life.

All of our programs have a foundation built in the fundamentals of bringing out your absolute best.

What if you could learn lessons of resilience, courage, and success that you could apply to your own life from someone who has overcome insurmountable odds to achieve the highest levels of success possible?

What if you could join a group led by a World and Olympic Champion who has spent her life on an accelerated timeline of tremendous success in athletics, business, and charitable work?

What if you had the opportunity to become a champion in your field because your mentor was a Gold Medalist?

You Do!

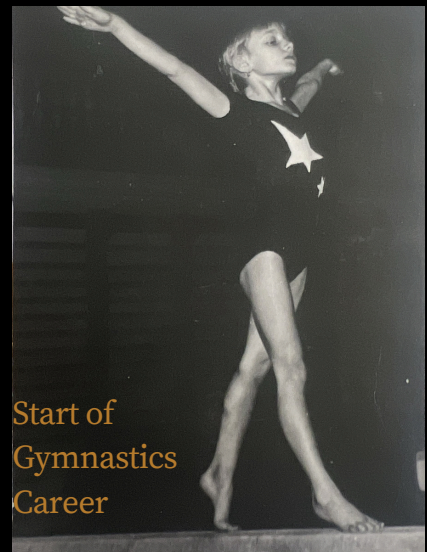
Empowerment is in YOU

Welcome to the Empowerment Zone!

The empowerment Zone strives to empower women of all ages achieve success no matter the obstacles they find along the way.



Olympics Barcelona Spain 1992



Start of  
Gymnastics  
Career

1  
9  
8  
5



World Championship 1991

# 5 WAYS TO EMPOWER YOURSELF

## BY: TATIANA GUTSU



### Celebrate Every Win

Celebrate every victory, big or small, with our uplifting magazine. We focus on the power of acknowledging your achievements to boost motivation and foster a positive mindset. Through practical tips, inspiring stories, and creative celebration ideas, we guide you in embracing each milestone on your journey. Discover how honoring your progress can enhance your self-esteem and inspire continued growth, reminding you that every win matters.



### Positive Affirmations

Discover the transformative power of positive affirmations in our inspiring magazine. Explore how these simple yet profound statements can foster self-empowerment, boost confidence, and reshape your mindset. With expert insights, practical exercises, and uplifting stories, we guide you on a journey to harness the strength of your words, helping you cultivate resilience and embrace your true potential. Empower yourself, one affirmation at a time.



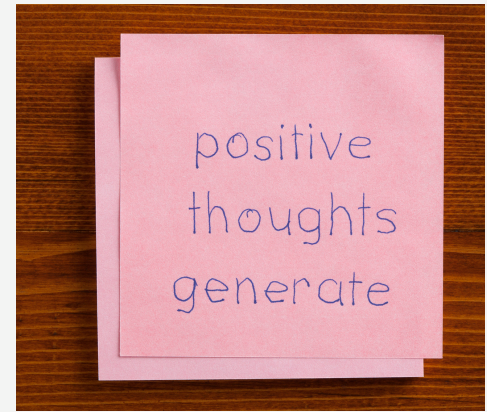
### Surround yourself with those who support you

Surround yourself with positivity and support through our empowering magazine. We delve into the importance of building a network of encouraging relationships that uplift and inspire you. Explore insightful articles, success stories, and practical tips for fostering meaningful connections that fuel your growth and well-being. Discover how the right support system can transform your life and help you achieve your dreams.



## Invest in yourself and your dreams

Unlock your potential by investing in yourself and your dreams. This magazine is your guide to personal growth, offering insights and strategies to help you cultivate skills, foster creativity, and pursue your passions. Discover inspiring stories, practical tips, and expert advice that empower you to turn aspirations into reality. It's time to prioritize your dreams and create the life you've always envisioned.



## Leave the negative thoughts in the past

Break free from the chains of negative thinking with our transformative magazine. Here, we explore practical strategies and uplifting stories designed to help you leave negativity behind and embrace a more positive mindset. Discover tools for mental resilience, personal growth, and mindfulness that empower you to reclaim your joy and focus on the possibilities ahead. It's time to create a brighter, more hopeful future.

“The  
**EMPOWERMENT**  
is in  
**YOU.**”

**Tatiana Gutsu**  
OLY/IGHOF/SOM



**DISCOVER YOUR POWER.**

Get started at:  
**TatianaGutsu.com**

**EMPOWERMENT  
ZONE EVENT**

*Tatiana Gutsu*

I am Tatiana Gutsu, 1992 Olympic 2x Gold Medalist, World, European and National gymnastics champion, Farmington hills Michigan woman entrepreneur, philanthropist, and president of Empowerment Zone. I invite you to sponsor and attend the first Empowerment Zone Live In Person event.

You may have heard me say many times “Life is EZ ( empowerment Zone ) if you figure out the plan.” The first Empowerment Zone event will help you figure out your plan for success.

Training for the gold medal, starting and running a successful gymnastics academy and founding a charitable foundation has taught me resilience, courage, and it is time to share my experience and help everyone find the power that is within them to succeed. I have created the Empowerment Zone to teach the lessons I have learned and teach everyone to celebrate themselves with every victory

This event will have global speakers who will

- Empower women to believe in themselves, their abilities and their future.

Come to this event and we will provide

- connection, motivation, networking, inspiration and skill building for women. An incredible opportunity to feature your company in an environment women will love.

This is a Red Event. Red symbolizes power, passion, strength, determination, and desire. Dress in red. Come to the event and feel the power of red and find the power within to succeed.

Get ready for inspiration, unity, and empowerment.

This event will motivate you to find “The power is in YOU”,

Tatiana Gutsu OLY/IGHOF/SOM



# SPONSORSHIP LEVELS

## 1. Supporter Level: \$500

- Recognition on event website and social media.
- Inclusion in the event program as a supporter.
- Two complimentary event tickets.

## 2. Advocate Level: \$1,500

- All Supporter Level benefits.
- Logo placement on event signage.
- Opportunity to include promotional material in event swag bags.

## 3. Champion Level: \$3,000

- All Advocate Level benefits.
- Dedicated social media post highlighting your support.
- Four complimentary event tickets.
- Recognition during the event opening remarks.

## 4. Leader Level: \$5,000

- All Champion Level benefits.
- Premium logo placement on event materials and website.
- Opportunity for a five-minute speaking slot during the event.
- Eight complimentary event tickets.

## 5. Visionary Level: \$10,000

- All Leader Level benefits.
- Exclusive branding on a key event element (e.g., registration area, stage backdrop).
- Featured sponsor spotlight in the event program and newsletter.
- VIP access to a post-event networking reception.
- Ten complimentary event tickets.

This tiered structure allows sponsors to choose a level that aligns with their commitment and offers increasing visibility and engagement at the event.



FEEL GOOD



LOOK GOOD



How to look good to feel good, written by a licensed esthetician Morgan Paige

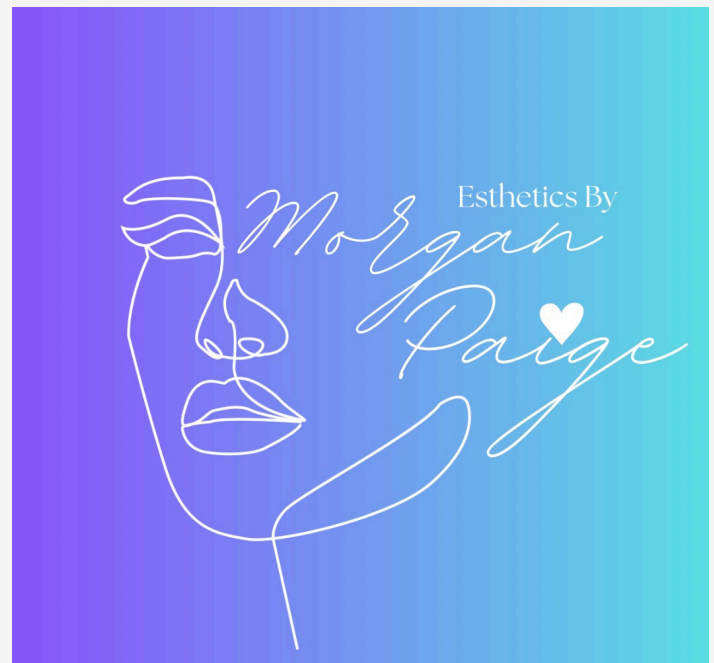


‘Elevating your beauty and strength one service at a time’

Morgan Paige CEO

Here are five quick tips from a licensed esthetician to help you look good and feel good:

1. **\*\*Hydrate Your Skin\*\***: Drink plenty of water and use a good moisturizer. Hydration plumps the skin, giving it a healthy glow.
2. **\*\*Regular Exfoliation\*\***: Incorporate gentle exfoliation into your routine 2-3 times a week. This removes dead skin cells, revealing a brighter complexion.
3. **\*\*Sun Protection\*\***: Apply a broad-spectrum sunscreen daily, even on cloudy days. This protects your skin from UV damage and prevents premature aging.
4. **\*\*Healthy Lifestyle Choices\*\***: Prioritize a balanced diet rich in fruits, vegetables, and healthy fats. Nutrient-rich foods enhance your skin’s appearance from the inside out.
5. **\*\*Mindful Makeup Application\*\***: Use makeup to enhance your features, not mask them. A natural look can boost confidence and highlight your true beauty.



# Empowered Women Entrepreneur Spotlight



**My name is Julia Ilnytskyy. I grew up in Surgut, a small town in Russia. Always had big dreams about my life and I am working to achieve them. I got a master's degree in international economics but my passion was always art and music. So one day I decided to follow my heart and about 10 years ago I started to learn about how to make chocolate but not just chocolate - perfect chocolate in every way. I learned from the best chocolatiers around the world and gained experience. And finally, in 2021 I started my small business which I am proud of. My chocolate is made with the best ingredients on the market. I aspire to expand my chocolate business and share my creations with chocolate enthusiasts.**



**Demi Morgan is a passionate advocate and visionary for women's empowerment, dedicated to helping women radiate confidence and purpose from the inside out. As the founder of My Intentional Living, a personal development company, Demi combines transformational coaching with esthetic services, empowering women to unlock their inner strength and embrace their authentic beauty. Her unique approach merges mindset work with self-care, guiding women to break through limitations and pursue lives of meaning and fulfillment.**

**Demi is also the author of The Self Formula, a powerful workbook available on Amazon that leads readers on a journey of self-discovery and growth. Through her work with My Intentional Living and as co-founder of I Am Her Enterprise INC., a collective dedicated to uplifting women, Demi builds communities rooted in support, resilience, and empowerment.**

**Her mission is simple yet profound: to inspire women everywhere to step into their fullest potential and create lives they love.**



**Dr. Natalia Glisky is the Medical Director in New You Clinic/ Metro Skin Care Spa Troy Michigan. She fuses medicine and art. For more than 15 years, Dr. Glisky has been nurturing the natural link between her clients physical and emotional well being. Go to her and you will look better and feel better when you visit Dr. Glisky. Her mastery of human anatomy, physical modalities and injection skills allow her to provide safe effective aesthetic treatments that will enhance your being. Dr. Glisky offers Botox/Dysport, Botox for men, fillers, lip enhancement, non-surgical effect facelift, eye and brow lift, chin lift, neck lift, décolletage which are the neck, cleavage and shoulder areas and sculptura which helps slow facial aging. She is at [gliskymd.com](http://gliskymd.com). She has multiple certifications in Aesthetic and Regenerative Medicine. Dr. Glisky's love of art and medical aesthetics and that is how New You Clinic Aesthetic Medicine was born. I recommend calling and making an appointment to speak with Dr. Glisky.**

**Graduated with Honors Perm Colledge of Arts,  
Graduated with Honors Perm State Medical Academy,  
Graduated Fellowship in Dermatology Perm State Medical Academy,  
Transitional year Internal Medicine Wayne State University,  
Residency in Physical Medicine and Rehabilitation Wayne State University,  
Fellowship in Pain Medicine Wayne State University.**



**My name is Yana Hlushko and I have over 15 years of experience as a makeup artist. I love seeing the glow of happiness on my clients faces after a successful transformation. In 2021 I found a way to make this glowing confidence permanent by becoming a PMU artist. I empower women everyday through powder blush, shaded eyeliner and lip blush procedures, which enhance the already beautiful girls that come to me. They leave my office feeling good, confident and ready to take on the world.**

## UPDATES AND SOCIAL MEDIA



### CHECKOUT OUT THE WEBSITE

Event updates  
About us  
Digital Magazine

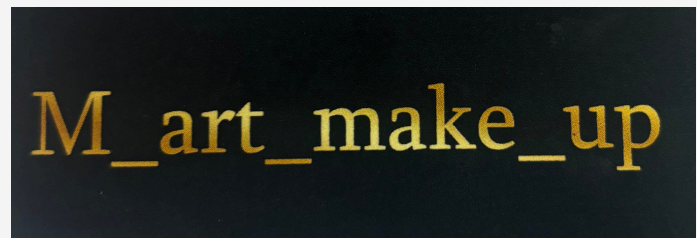
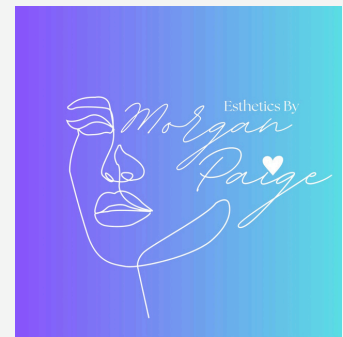


### CHECK ME OUT ON FACEBOOK

Catch the freshest videos  
Daily motivation  
and so much more



# Sponsorship Spotlight



# TATIANA GUTSU Family Zone

*Tatiana Gutsu is a 2x Olympic Gold Medalist and woman entrepreneur and more importantly she is a devoted mother and wife.*

*Tatiana and her husband Robert are happily married newlyweds and love and support each other through every moment of their beautiful life. Tatiana is a mother to her amazing and loved son Anthony. Anthony is currently in high school and is excelling tremendously. Anthony is extremely smart, kind, and respectful young man, he is one of a kind.*



**INDUCTION GALA NIGHT AT THE INTERNATIONAL GYMNASTICS HALL OF FAME CLASS OF 2022 WITH HUSBAND ROBERT AND SON ANTHONY**



*"I am extremely lucky to have such an amazing husband and son who is supporting, encouraging, and loving me through all my life endeavors while believing in me on my journey to achieve goals and new dreams".  
Tatiana Gutsu OLY/IGHOF/SOM*

**KURT THOMAS FOUNDATION GALA NIGHT 2024 WITH HUSBAND ROBERT AND SON ANTHONY**

*“The Power is in you”*

*Tatiana Gutsu*  
*OLY/IGHOF/SOM*



This could be your future ad,  
feature your business and  
yourself in the Empowerment  
Zone Magazine

Email at [info@tatianagutsu.com](mailto:info@tatianagutsu.com)