

FLAME BEARERS

WATCH



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OUR MISSION (WHAT WE DO)

We celebrate the journeys of unsung women* Olympians & Paralympians and provide action-oriented analysis of the issues closest to their hearts. We share their rarely heard stories and are a microphone for women who are true masters of resiliency. Through storytelling, we use sport as a vehicle for issues such as racial justice, disability bias or pay equity.

**Includes all people who participate in women's sport (most of whom identify as women)*

PURPOSE

To provide opportunity for both athletes and listeners alike:

- For women Olympians and Paralympians to share their dreams, struggles, and lessons of mental fortitude, overcoming stereotypes, and building resilience
- For listeners to learn from the life-changing experiences of these elite women athletes and their mentors/mentees

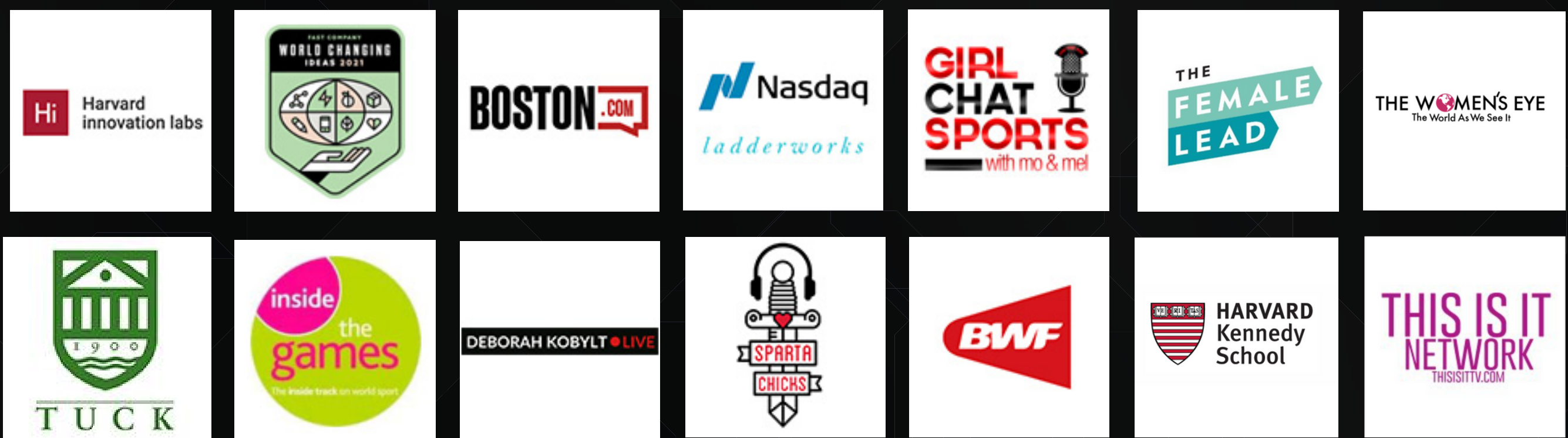
We seek to learn and grow from the unprecedented, instilling hope in a time of uncertainty.

WHO WE ARE

Host, Jamie Mittelman launched the Flame Bearers Podcast to spotlight woman-identifying Olympians and Paralympians. She's a Masters of Public Administration (MPA) graduate student at the Harvard Kennedy School (HKS).

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AS FEATURED ON



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