



"The Power of Self-Love".

Throughout our time, we are going to clearly define self-love as it pertains to both the individual and how this important factor can unify the black community. While in the process of discovering a true sense of self-love, the first objective is to answer this fundamental question, "What type of person do I want to be?" From there I will equip those in attendance with the tools needed for them to discover self-love, maintain and enhance their self-love and use their self-love to create change within our society.

The objectives:

1. Clearly define and discover self-love:
2. Determine the type of person you want to be:
3. Clearly define your core values:
4. Discuss why you are here:
5. Discuss the importance of patience in the process.
6. Learn self-care practices and techniques: Including nutrition tips and physical fitness:
7. Ways to use these techniques to create a better society:

As a Certified Personal Trainer, Life Coach, Ordained Minister, Community Organizer, my presentation will be supported by my extensive experiences, lessons, trials and errors. I will be providing my book, 21 days of Inspiration where I discuss the importance of self-care and goal-setting as well as my book, "What's Is Your Why". In this book I discuss how patience is vital while in the process of discovering your WHY. Because when you know why you are here and who you want to become, it consequently elevates your level of self-love and as a result of this, allows you to move the culture and community forward towards the direction of positive change

Thank you

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