

Attitudes for Empowerment

COLLEGE • CAREER • LIFE

Moovin4ward
Presentations

Empowerment begins with seeing the possibilities not just the problems. It means changing our perspective—of ourselves and of others. Most people believe attitudes just happen. They don't! The thoughts we hold in our mind, over time, become our attitudes. These attitudes become the blueprint for our experiences.

Our Program Overview

The Attitudes for Empowerment (A4E) program is strategically designed to help young adults understand that how they perceive and respond to events around them is their choice. This awareness is the first step in changing negative attitudes to positive ones. It is the key to establishing personal responsibility and accountability in the midst of change. The program is designed to prove to each participant that people are truly Dynamic.



Our Program Format

The program includes four high energy 60 minute workshops which can be facilitated as a series in the same day as a half-day conference or independently. Each workshop incorporates a remarkable process of self-discovery using small group interaction, shared personal experiences, individual and group exercises and facilitator led discussion.

The topics include:

- › You Are Who You Think You Are: Attitude Awareness
- › Elevate Your Mind, Get Yourself Together: Dealing with Emotions
- › Get In the Starting Line Up: Motivational Power
- › Thoughts, Actions, Goals: Reaching Your Potential

Our Fee Structure

We are very passionate about what we do and seek to minimize expenses as much as possible for our college audiences. You can choose to bring the entire team for a half day conference for an all inclusive fee (travel and lodging) or just one speaker for a 1-hour workshop.

Call us toll free to learn more at 1-888-893-6303 or email
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