

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 HBCU audiences. You can choose to bring the entire team for a half day conference for a flat fee of \$3000.00 (all travel and lodging included) or just one workshop for a fee of \$500.00 plus travel expenses for the workshop's presenter.

Our Speakers and Topics

The Moovin4ward Presentation team consists of a dynamic group of youth motivational speakers from across the country with a common goal—to inspire young people to make the most of their lives to be the best they can be.

Below is a list of our A4E topics, along with biographical information about our speakers.



**Attitude
Awareness
You Are Who
You Think You
Are**

Presented by
**Jonathan
Oliver**
-Dallas TX

Jonathan is the founder of Higher Enlightenment which he started in 2005. Higher Enlightenment is a firm that provides spiritual and intelligent insight to others which helps them to believe in themselves and reach beyond their fears. By assisting them in this he assists others in living their dreams. Jonathan says that his mission is to create a world of truth, love, and faith. He is a dynamic speaker and seminar developer. He is also author of Impersonations, an inspirational book that shares how he overcame dyslexia and a recovery program to live his dream.



**Dealing with
Emotions
Elevate Your
Mind, Get
Yourself
Together**

Presented by
**Sharon A.
Myers**
-Huntsville AL

Sharon has many years of experience in facilitating effective youth programs for high school and college student audiences. Her passion is in encouraging young women to accept obstacles as “ladders to be climbed.” A native of Huntsville AL, she was pregnant at 18 and told that she’d never have a successful future. Contrarily, she went on to earn her BS in computer science from Alabama A&M University, her MBA from the University of Alabama-Huntsville, and is the President/CEO of an information systems and management consulting company. She is also the author of Slumber Party, a book that follows the lives of four teenage girls as they journey through the dramas of high school.



**Motivational
Power
Get In the
Starting Lineup**

Presented by
Mark Wiggins
-Washington
DC

Mark is a Motivational Speaker, Author, Trainer, and internet Talk Show Host. He is also a former college basketball player for the University of Alabama – Huntsville. His accomplishments on and off the court were rewarded by being inducted into the UAH Hall of Honors. He also speaks for Positive Coaches Alliance, a national organization whose mission is to transform youth sports, so that sports can transform youth. Mark speaks to coaches, parents and athletes about a better way to coach youth sports. Mark’s goal as a motivational speaker is to continue to present to diverse groups all over the country and to “Move you from the bench to the starting line-up of life.”



**Reaching
Your
Potential
Thoughts,
Actions, Goals**

Presented by
Damon Nash
-Raleigh NC

Damon (**NFLUENCE**) is originally from Cleveland OH, where he played High School basketball which earned him a full athletic scholarship to Miles College in Birmingham AL. Damon discovered his passion for motivational speaking while at Miles College and started an on campus group called H.O.A. which stood for Helping Others Achieve. Damon’s mission is to influence struggling urban youth to find a path out of the poverty cycle that holds them down. He founded INFLUENCE ENTERTAINMENT INC, a youth empowerment company. His mixture of motivational speech and spoken word has been said to not only entertain but really bring the message home.

Visit www.Moovin4ward.com to learn more about our programs and see our speakers in action
or contact us at info@moovin4ward.com

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