

I am...

WORTH IT!

WORKSHOP OVERVIEW:

“*I Am WORTH It*”, is a 2-hour introductory presentation to the concept of self-worth development. Self-worth is about who you are, not about what you do. It’s the inner belief we have in ourselves that guides our journey through life.

During this presentation, participants will be introduced to:

- 7 Essential Self-Worth *TRUTHS*.
- The 4-P’s of Personal Growth
 - The *ROAD* to Self-Worth

SERIES

Sessions Attendants will be provided GIFTS for developing and maintaining a lifestyle of Self-WORTH

Presented by:

SICKLE CELL ANEMIA FOUNDATION OF OREGON, INC.

Guest Workshop Facilitator: Elder Frederick T. Bletson, Jr.MA

ABOUT THE FACILITATOR

Fredrick T. Bletson, Jr., MA, has more than 30 years’ experience working with individuals (both at-risk youth and adults) who experience multiple barriers to life. Mr. Bletson’s primary focus has been, and will continue to be, to introduce and teach culturally relevant, self-worth enhancement concepts that are designed to challenge participants commit to become their best self. For those individuals who seek one-on-one assistance to implement these concepts and spiritual *TRUTHS*, He offers Guidance utilizing Intervention Fundamentals, Techniques, and Strategies (*GIFTS*).

DATE: 04/27/2019

TIME: 9AM- NOON

PLACE:

4566 NE 87TH AVE

PORTLAND OR 97220

FOR INFORMATION: 503-249-1366

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