

LoveNow360

Community Engagement & Empowerment

The Center For Mind & Esteem Development

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Program Agenda

Think Potential & Possibility!

IMAGINE! Ultimately, Creating a Wellness / Personal and Professional Development Web Platform Information Resource Center that Decreases Health Disparities and stream lines the process to Self-Sufficiency and Community Development.
Please review the attached 4 page document that explains each module:

**The Center For Mind & Esteem Development
Community Engagement & Empowerment Four Program Modules**

- 1 Empowerment Education - A Holistic Approach to Solutions
- 2 Research Effectiveness - A Process Improvement Initiative ([PATIENTS Program](#))
- 3 Technology The Connection - It Takes A Village & Technology ([marvinmack.net](#))
- 4 You, Inc. - Leadership 360 (A Creative Force)

Phase One:

Offering a series of Empowerment Workshop Trainings and Online Webinars to Community Stakeholders. Along with the training, participants will gain free full access to the Wellness / Personal & Professional Development online course modules. In addition, they will be introduced to and encouraged to sign up for any research study program initiatives that University of Maryland has to offer that deal with decreasing community health disparities. Such as:

- Obesity
- Addiction
- Depression
- Diabetes
- Heart Disease

Phase Two:

Introduce Program Module to Community Organizations.

Support Community Outreach Organizations to increase their community outreach engagement and enrollment efforts. A Creative Force is designed to help organization better present and communicate themselves to the community.

Phase Three:

Evaluate, Access, Revamp and Finalize - After a period of time of implementing Community Engagement and Empowerment Program Initiative, Ask the question, did Creating a Wellness / Personal and Professional Development Web Platform Information Resource Center for Community Stakeholder Decreases Health Disparities and stream lines the process to Self-Sufficiency and Community Development.

I would love the opportunity to meet with you and your team to discuss further on how The Center For Mind & Esteem Development and University of Baltimore can work together to implement this community initiative. Please feel free to contact me any time, 410-971-6235 to set up a meeting.

Marvin Mack, Founder Director
The Center For Mind & Esteem Development

The Center For Mind & Esteem Development Community Engagement & Empowerment

Empowerment Education A Holistic Approach To Solutions

The world is undergoing radical change. Our lives and the workforce are more demanding and challenging. As technology and globalization becomes more pervasive, competition is dramatically increasing and people will be required to learn, know and do more in less time. Are we prepared?

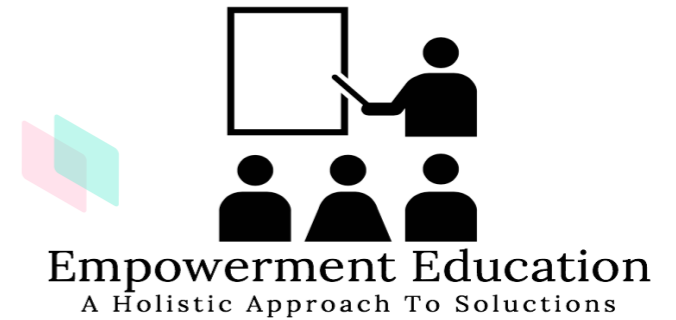
Success Now

The Center For Mind & Esteem Development, Inc. has concluded that the success of any family unit or work/business environment is dependent on the empowerment of each person in that unit.

This course is designed to empower you to develop the mind set required to:

- * Focus, execute, meet deadlines and achieve goals.
- * Present and communicate confidently and effectively.
- * React and respond to negative challenges in a powerful manner.
- * Be mentally, emotionally, spiritually and physically strong enough to handle challenges, such as: multiple projects, crises and difficult people.
- * Give quality service in a professional manner to succeed now.
- * Communicate effectively in all relationships.

Develop stronger relationships with all people and be a powerful team player.



- ### PROFESSIONAL DEVELOPMENT
- Affirm: I Am Powerful Enough
 - Career Development
 - Brain Power
 - Rational - Critical Thinking For Everyone
 - Escape Your Comfort Zone
 - Dealing With Difficult People
 - Conflict Management
 - How Do Deal With Manipulative People
 - Dealing With Adversity
 - Let's Go! Stop Thinking Start Doing
 - Appreciate The Small Things
 - Who Cares What Other People Think About Your?
 - Better Listing Though Questions

The "Wellness/Personal and Professional Development" Module is designed to address these major issue/defect directly that tend to block the effectiveness of the overall Process Improvement Initiatives. It will not only serve to empower Leaders and Staff, but it also serves to empower Community Leaders and Residents, giving them the the tool required/needed to heal and transform and take charge of their own lives.

Module 1 or 4

**“Research Effectiveness for Process Improvement Initiative”
CMED, Inc. Methodology:“**

Instead of Researchers just trying to extract data, researchers should seek to get to know and connect with the communities stakeholders. This would allow them to build trust and loyalty within the community. They can achieve this by seeking to empower community residents by:

- a. Helping them to clearly define their purpose, goals and desires for success.
- b. Assisting them in identifying personal root barriers to success.
- c. Exposing them to self-empowerment information, resources, techniques and ideas.
- d. Giving them simple practical techniques for overcoming their barriers, energy drainers and life challenges in order to succeed.

Allowing participants to choose to incorporate the self-empowerment principles and techniques in their daily life or not. Researchers can better connect with the community stakeholders by casually asking them basic personal questions:

- Who are you?
- What is your purpose in the world?
- What do you desire to achieve in life?
- What are your life challenges that are blocking you from Succeeding?
- Do you believe and have confidence in your ability to overcome life challenges in order to succeed?

Allowing participants to answer the questions or not. Asking these questions will empower participants by a) re-affirming their personal goals and desires, or b) give them some important questions to think about.

This engagement, connection and empowerment, will allow researchers to better understand participants from a holistic perspective. At this level of communication, both researchers and community stakeholders are better able to ask and answer the right questions, collect honest data and come up with comprehensive solutions to decrease health disparities and empower self-sufficiency and community development.



RESEARCH EFFECTIVENESS
Process Improvement Initiative

Implementing the Research Effectiveness module will give Community Stakeholders free full access to the training (Empowerment Education / Wellness/Personal & Professional Development Module), this will empower Community Stakeholder by giving them something of value. (On-Line Courses 24/7 include):

Wellness Modules:

- Home Workout
- Muscle & Strength Building
- Weight Loss Manta
- Goodbye Depression
- Addiction Formula
- Emotional Intelligence
- Wellness (Holistic)
- Calm Your Mind
- Stress Management
- Power of Mindfulness
- Brain & Mental Health

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Research Effectiveness Process Improvement Initiative is design to cultivate Researchers and Community Stakeholders. Process Improvement Includes and empowers:

- Shared Vision
- Customer Focused
- Community Engagement
- Building Relationships
- Honest Data Collection, Dissemination of Research study Final Analysis
- Process Improvement
- Information Sharing
- Building Trust & Loyalty among Community Stakeholders

Giving Community Stakeholder full access to this module will empower them to become more:

1. invested and engaged
2. Empowered to Participate in Research Studies
3. Offer-up Honest Data
4. Build Trust & Loyalty
5. Make better decisions based on Research Study Results

The ultimate goal of Research Effectiveness Process Improvement Initiative is to develop stronger relationships between Researchers and Community Stakeholders. Moreover, making sure that the research findings are disseminated back into the community. Do you think that this would decrease health disparities and empower self-sufficiency and community development?



Technology The Connection

Hi-Tech, Hi-Touch
"It Takes A Village & Technology"

This module is designed to build a solid relationships with Community Outreach programs and Stakeholders via a Web-Platform. Our goal is to Offer Stakeholders the opportunity to Communicate, Connect, Engage, Learn and Empower Real-time Community Development. Giving Stakeholders the Power to Easily Access Information Resources, can empower us to: be informed, get connected, have a voice, make suggestions, and be empowered to make informed decisions regarding our health, family development, education, career development and finances.

Technology The Connection:

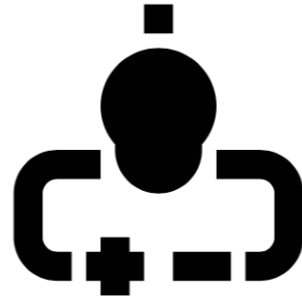
TC will Provide Easy Access to Information Resources for all Community Stakeholders. This powerful platform will allow community stakeholders to be better educated in order to make informed decisions about their health and wellbeing.

Building a Relationship with the Community is very Important - TC is committed to communicating and connecting with community stakeholders on a regular basis, via the Web Platforms: social media, blogs, surveys, suggestion forms, Newsletters, eMails and text messaging.

CMED has integrated technology into their overall process, structure, operations and strategy for community development. Allowing Community Leaders & Researchers to Collect Honest Data to make Effective Community Decision and Accurate Solutions.

Businesses in the community will be empowered to participate and benefit. This provides new opportunities for community stakeholders to develop stronger relationships with the Business Community.

Ultimately, Creating a Web Platform Information Resource Center that decreases Health Disparities and stream line the process to Self-Sufficiency and Community Development.



Technology The Connection

It Takes A Village & Technology



The Center For Mind & Esteem Development
Community Engagement & Empowerment



Self-Empowerment On-line Courses

PERSONAL DEVELOPMENT

(eBooks, Videos, Audios)

Master Meditation

Re-Focus: Success Is Now

The Peak

Get It Together

Positive Thinking

Time Management

When Life Gives You Lemons

Habit Smasher

Audacious - Conquer Your Fears

Creating A Better Mood

How To Change Your Attitude

Learning How To Say No

Module 3 or 4

You, Inc. Leadership 360 for Six Sigma will dramatically increase momentum, performance, productivity, customer service and the overall success of your organization.

Six Sigma is not merely a quality initiative; it is a Business initiative. Achieving the goal of Six Sigma requires more than small, incremental improvements; it requires breakthroughs in every area of an operation. In statistical terms, "reaching Six Sigma" means that your process or product will perform with almost no defects. Six Sigma is a Total Commitment to and philosophy of excellence, customer focus, process improvement, and the rules of measurement rather than gut feeling. Six Sigma is about making every area of the organization better able to meet the changing needs of customers, markets, and technologies - with benefits for employees, customers, and shareholders.

What is Six Sigma? by Pete Pande and Larry Holpp / The McGraw- Hill Companies, Inc.

Community On-line Courses:

You, Inc. for Leadership, Self-Management, Professionalism, Quality Service & Team Building

Start Fresh Report

Daily Optimist

Can Being More Efficient Lower Stress?

Public Speaking Handbook

Resilience After Crisis

Hard Work Freebies

Make Small Improvements Daily

Personal Skills Mind Map

I'm Sorry - Power of Forgiveness



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Community Engagement & Empowerment

Adopting The Six Sigma Concept & Idea: Accountability & Retention - there is a lack of accountability for process improvement, customer focus and a Philosophy of Excellence. A mechanism should be put in place in order to Evaluate what and who is working and what and who is not working. This would allow for Participants to evaluate on a consistent basis their vision, processes, challenges, solutions and overall operation, then make the necessary changes. The, "A Holistic Approach to Community Engagement and Empowerment", Module is designed to address these major defects. When people feel supported and know they are being held accountable, they are more conscious of their productivity and tend to perform at a higher level. Therefore, increasing their overall yearly performance evaluations.

In light of the Six Sigma concept, if it is Community Stakeholders intent to assist Residents in decreasing health disparities, I highly recommend incorporating the "You, Inc. Leadership 360" module for growth and development. It will allow each stakeholder to take personal responsibility for their roll in the development process. It serves to evaluate strengths and weaknesses. Moreover, PPD provides the empowerment information needed to build on their strengths and correct their weaknesses. It will allow stakeholders to develop critical thinking, emotional fortitude and the power consciousness necessary to make changes, take action and achieve next level goals and objectives. This component starts the process of creating a culture of people who are empowered to "Execute" without excuses.



Module 4 or 4