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#MINDSETMATTERS

## Building a Global Youth Movement Brick by Brick

-Dr. Shameka Mack Sanders

Empowered U is growing daily, and our growth is truly allowing us to build a global youth movement brick by brick. The hallmark of our organization is about changing the mindset of our youth. It is a proven fact that youth face a variety of issues that impact their decision making, thus altering their future. For example, single parent homes, drug/alcohol abuse, growing up too fast, violence in schools, the feeling of entitlement, materialistic habits, education disparity, shifting economy, and poverty are among the many problems youth face today.

Nevertheless, as a non-profit organization built on biblical principles, we are on a mission to:

- Enhance the quality of life for our youth.

- Expand community awareness and develop partnerships to address youth needs.
- Increase success by changing the mindset of our youth.

To continue growing and meeting the needs of our youth, we have considered two questions.

1. How can we take what's been learned and accelerate progress for young people, especially for those young people who are most vulnerable?
2. How can we create the conditions for success for more young people, more quickly?

Share your thought by emailing us at [info@empowered-u.org](mailto:info@empowered-u.org).

# Empowered U Newsletter

Empowered U

June 2018

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The NEW home of Empowered U at a glance!!!

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# Welcome

## Empowered U News

Cassandra Goodman



The work we do is not possible without the support of our volunteers. We would like to welcome our newest volunteer Cassandra Goodman.

Cassandra is married with three children. She is also a Certified Life Transformation Coach, two-time Bestselling Author and magazine writing contributor.

Cassandra was nominated and selected for South Carolina's Black Pages Top 20 under 40. This award was given to those who stand out among the rest, has achieved personal and professional success, have a record of community service and have given back to others through their time, talents and donations.

Cassandra dedicates her time as the Founder and CEO of Women on a Move. It is a 501 c3 organization that advocates for the rights of women and helping others in need.

### \*\*\*FREE\*\*\*

Empowered U presents a day of relaxation, fun and empowerment for the young ladies! June 30, 2008 at 9:00am - 1:00pm. Register at [www.empowered-u.org](http://www.empowered-u.org). We look forward to seeing you there!



## Upcoming Workshops

### OneEighty° Youth Panel

As a teenager, it can be difficult and rather awkward to approach your parents with questions about things they think you have no idea about. For many teens, it can be easier or more comfortable to go to their friends for advice. However, there is a great deal of incorrect information out there and it is important to know what information should be accepted as fact. That's why we are switching things up a bit. The Teen Talk Youth Panel will be coming soon. Youth will have a chance to hear from their peers, as well as speak from their perspective on daily issues and struggles. Now is the time to speak up and out to get your voice heard. Register your youth today for an opportunity to be a panel finalist at [empowered-u.org](http://empowered-u.org). The youth are our future and we must begin the dialogue to understand their needs better.





## Youth Mentoring Program

The saying that children are our future is very common. But what happens when children take the wrong path, yielding to peer pressure, crime, drug addiction or self-destruction? If children are our future, isn't it our responsibility to shape our future by shaping our youth? We can do that through mentorship, and ImpACT strives to do just that. At its core ImpACT is designed to create a positive impact in the lives of youth by offering programs for young ladies, young men and teens in general.

### Young Ladies

# I Am SHE

**Strength. Honor. Extraordinary.**

Girls have long been discriminated against by society and made to believe that they are inferior or less important than boys. I am SHE seeks to demystify this ideology by helping young ladies identify their strength, build their self-esteem and self-control, and overcome obstacles.

The I am SHE teen mentoring group will began May 10<sup>th</sup>. However, you can still participate. To secure your spot register your girls online at [www.empowered-u.org](http://www.empowered-u.org). Some of the topics the young ladies will discuss include: self-esteem, letting go of pain, bullying, purity, overcoming failure, leadership, mindset matters and so much more. Don't miss out

## Mentoring Groups



### Young Men

#### One 2 One

**As Iron Sharpens Iron, so does one man sharpen the other**

Men and women are different simply because they view the world and interact differently. Therefore, there are some lessons and bits of wisdom that can only come from another man. We hear all too often about absent fathers and the impact it has on young men. However, just like it takes a village to raise a child, it takes a village of male mentors to guide a young man. This is where distinguished gentlemen come in. Our distinguished gentlemen mentors help young men recognize they are not labels and do not have to succumb to statistics. They help young men realized that they are here to make an ImpACT.



## Career Day: Lonnie B Nelson Elementary School

The Empowered U youth mentors went to Lonnie B. Nelson Elementary School on Wednesday, May 30, 2018 to introduce and expose new career opportunities to the youth. Our mentors provided students with an experience that fostered a connection between their academic pursuits and future professional endeavors.

# Community Involvement



## Downtown Community Care

On Saturday, June 23, 2018 from 10am to 11 am, we are headed to the streets. Empowered U will be giving out care/blessing packages to the homeless and those who are less fortunate. We are difference makers. We are Empowered U.



## USC TRiO Program

Empowered U has started teaching Financial Education for TRiO students as they embark upon another phase in their life. As an organization, when you see youth excited about learning and development; it makes you want to drive harder in an effort to change the mindset of the youth. It is important for youth to understand their financial goals matter.

## Homeschool Expo

On Saturday June 16<sup>th</sup>, Empowered U had the opportunity to showcase their programs and resources for the community. Our team was able to give the youth an opportunity to network and speak on the organization behalf. It is necessary that the youth understand how to build professional relationships.



# Student Intern

**Empowered U**



*Student  
Intern*

Empowered U is focused on getting youth on the track of success. We offer the youth a chance to grow mentally, physical and spiritually. At Empowered U, we promote education and leadership initiatives, through internships, community involvement, volunteering and peer-to-peer mentoring. We're inspiring and teaching the youth to build a success state of mind. With that being said, Empowered U would like to welcome to the team, our new student intern *Anaiya Yankey*.

## A Success State of Mind



Developing a success state of mind is the focal point of our Empowered U enrichment curriculum that we teach to our mentees. Often times people ask, "what does success look like?" Well that answer varies from person to person because success looks different to different people. However, knowing the keys to success is an important factor when obtaining the success, you desire. We teach our mentees these key factors and walk them through the process of implementing them. We help them understand that developing a success state of mind will take self-control, responsibility, consistency, discipline, overcoming failure, mental toughness, powerful thoughts, visualization, and changing your mindset.



As a mentor I believe it is your mindset that will direct you towards habits and actions that will produce desired results. So, as Henry Ford would say, "Whether you say you can, or whether you say you can't, either way YOUR'RE RIGHT"

# Home of Empowered U

Lesley Gadson CEO and Founder

God showed me my life in a dream and what my destination would be if I didn't change. Like the prodigal son, the next day I told my parents I was coming home. **That day was the first day of the rest of my life.**

After a year, my leaders (Parents) came to me at church and stated that I was to be the youth Sunday school teacher. I felt inadequate and I had nothing to teach them, but I accepted out of obedience. My first class, I saw that the youth were broken; I saw my younger me. **I saw a need greater than myself and God knew their cry for help.** I prayed and asked God to give me the strength and the words to teach. My hurt, my pain and struggles finally made sense; they would one day be hope for someone else. It only took a change of mind and when I looked at the youth faces, I realized they were waiting on that troubled teen (me) to get her life together. **God had work for me to do.** The work is great, but is there anything impossible for God? It only takes a changed mind.

That's what we teach the youth, mindset matters. At Empowered U we inspire youth to transform their way of thinking; In everything you do the way you think is important. We understand that negative thinking can influence negative actions. Empowered U promotes healthy choices through habits of positive thinking.

Empowered U is "REST" for the youth. This is where they can come and release in a safe and trusting environment. Empowered U place of rest was created from scratch and the youth was in mind with every aspect of this design. There needs, pain, hopes and desires. This is for them; we are here to serve the needs of our youth.

**Our message to the youth is when you decide to change your mind, you will then begin to see your entire life change.**

**"Welcome to the first day of the rest of your life."**

*"Be Strong and Courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." –Joshua 1:9*

## Place of **Rest**



YOUTH LOUNGE



WELCOME SIGN-IN



RECEPTION AREA



Workshop Space

# EmpoweredU

The word "EmpoweredU" is centered on the page. The letter "o" in "Empowered" is replaced by a globe. The globe is a sphere made up of many small, colorful human figures in various colors (blue, green, orange, pink, purple) holding hands, symbolizing a global community or diversity.