

What Participants Say

Nothing speaks to results and experience like that who've gone through the program. Because of the very personal and intimate process of I AM Powerful, and various populations we serve, we've removed the names of the participants.

Business Stories: these are participants who attended the 2-day seminar format in business, are business leaders, and team members in companies.

"I now see the blind side of the box, or do I?" (Smiles)

"The way the training is articulated is like seeing the light for the first time. Once you know the truth and really think about it, your lives and relationships will never be the same."

"I am powerful has not only helped me be a better leader, but a better mother and wife!"

"I have a whole new perspective on how to transfer and inspire power in others, which has had a huge impact on our bottom line results!"

"The team is simply more engaged, more passionate, more connected to themselves and each other. It showed in our results immediately."

"I AM Powerful gave us a language to use with one another."

"I gained insight into who I am, how I am perceived, and have risen my sense of personal responsibility."

"I am Powerful has allowed me to touch the inner workings of my heart. I now look at myself with no judgment, no fear, and no limitation. It is breathtakingly beautiful to allow yourself to experience conscious choice and know that I am already everything I need to be, right where I am. I feel for the first time I have opened up and embraced my power; as well as, loving and honoring myself. Looking at my internal power has taken me through a vulnerable experience where I haven't allowed myself to travel before because I had shame and guilt associated with myself feeling that I was never good enough. There is a poetic justice knowing that when I have arrived, my journey has just begun! I can't wait to continue and share my journey."

"I learned the process in which to handle issues as they arise in a professional and non-judgmental way. I can better deal with control dramas in the workplace and in personal life. I learned the various perspectives of my

colleagues and leaders. I learned practical tools like how to best deal with a problem or situation by using the Perspective Box.

Your leaders will become stronger because they learn how to handle situations and move into solution quicker, in the end effecting your bottom line. I have personally seen the transformations of leaders who just frankly didn't know how to identify what types of personalities they are dealing with and what kind of communication styles are best for dealing with them. It is a very effective series."

"I don't try anymore. I make the choice to DO! It is working and the fact that I believe in myself to gives me wings. I feel different not only at work, but at home. Learning that there is no right or wrong was incredibly impactful. The biggest thing for me is to be present, the past a story and power is my truth!"

"I have learned that 'it is what it is'. You can't control people's thoughts or feelings or how they look at things. It is what it is, was a powerful tool I use often."

"This training empowered people to have open communication with each other regarding control dramas when they silently acknowledged another person's and responded accordingly. It personally gave me the clarity to systematically express and teach a belief system I support. I don't expect others anymore to have a previous knowledge of universal, or my own, personal truths. I pay closer attention to my blind side and feel I have a deeper understanding about perspective in myself as a leader and those I lead. I highly recommend putting the entire organization through this series. It has the potential to shift your business culture to an environment of unity if you support the system by walking the talk."

"Recently I had the opportunity to take the 'I AM Powerful' training. Like most who are resistant, I though here we go again. . . . More Training. Wow, I was surprised to see how valuable it would become. The basic principles of looking at human interaction from more than just your point of view, are empowering. So much so that the basics can be applied to all aspects of life, not just the work place. The ability to allow someone to speak their mind and actually hear them enable you to become proficient at 'problem resolution'.

I love the feeling of competency. I no longer feel as though I have no control. I have learned to separate emotions from fact, and no longer react to people's opinions emotionally. Thanks for providing me with a filtration system between my mouth and my words. I grew spiritually and I thank you for that!"

"When I was told I had to come to this 'class' I had no idea I would want to be so involved, learn so much and appreciate the opportunity to be part of it. I just want to say THANK YOU!"

Educational Stories: these are participants who attended the 2-day seminar format and are educators, administrators, teachers and/or staff.

Participant Stories: these are participants who attended the 8-week format and have experienced one or more of the following - homelessness, domestic violence, rape, assault (sexual and otherwise), addictions, and mental health among many things.

“I now know that I am not alone!”

“I loved the connection time with other women like me. It broke barriers between us, and some within myself.”

“The most impactful thing to me has been the reminder that I choose, I really do have the power within me.”

“It has changed the way I look at myself. I value who I am and what I’m all about.”

“I have a greater sense of safety.”

“I peeled the onion away. I wasn’t sure I even grasped it the entire 8-weeks. Today, dealing with my reality, my new home, my 3 children and my abuser who tried to continue to control me. . . I looked at that key, and everything was so amazingly clear. You taught me perception and how to see it clearly, it does sooo work. Needless to say, I AM Powerful, and thank you for the best day of my life walking into my new home after being homeless for so long!”

“I AM Powerful has been an amazing experience for me. The program put me back in touch with who I am and what I’m all about. Over the course of eight weeks I’ve rediscovered my strengths and weaknesses, learned to embrace both, and to value myself. I’ve rediscovered the joy of being me. I’ve been reminded of how vital joy in being me, in just being, is to living life successfully. This course took me from surviving, back to living life on purpose. Thank you!”

“What I got out of the series are a system of processes to cope and heal. I learned ways to take ownership, and that boundaries are necessary. The facilitation in the process was the most impactful. The facilitator showed up equal to us, and didn’t judge at all. I got the message that I AM Powerful no matter what I went through, that I am passionate, strong and that I already am where I need to be. I can now do things and open up more so that my relationships can flourish. It has helped me trust my feelings with more people and I can communicate without acting out or covering who I am up. The celebration at the end when I recognized I opened up and changed my behaviors was my favorite memory!”

“I learned self-respect as well as a deeper respect for others, being self-responsible, setting boundaries and standing for my convictions. Most importantly though, I was able to share. I realized that I am worth standing up for, that I am important, and that I need me before anyone else. I have begun to see the red flags of non-

safety and to get comfortable with healthy safe zones. Sometimes it's not a matter of right and wrong, it just is what it is. I can let things go now, and accept myself and situations. I AM Powerful, and for a reason."

"I learned I am not a complete failure and how to deal with people in a nicer way. I am a wonderful me and right where I need to be. I learned to speak for myself, to get over obstacles, the past and move on, to be able to say how I feel. I had fun while doing it and got energy from the facilitator and the group just being there."

"I learned a lot about being able to share things and trust. I loved most the activities, people expressing through feelings, and building trust with a group of people. I learned that I have power in my life, my strengths, my dreams and my desires. I am stronger mentally, and able to talk about me with 'new' friends. I found that I am safe."

"I learned to take ownership of myself, to empower myself and to accept nothing less than what I choose for myself. I AM Powerful; I could've died, but in this series I was able to be myself, and was safe to open up again with everything."

"My favorite parts were all the activities. I learned that I AM Powerful, and have more positive things in my life than I thought. I learned that using positive tools, creates a positive life. I feel more positive, more of a woman. I see myself strong willed now, more positive thinking. I am more aware of things and surroundings. My life has changed! In fact, the rite of passage ceremony was very powerful, and I am very grateful!"

"Knowing that I already am all I need to be, right where I am was a powerful notion. I am taking away that I am strong, intelligent and deserved to be acknowledged. I have changed some negative outcomes to positive ones while in this class by using the tools I learned. I am now learning to accept things that I cannot change. I was self-loathing and self-judging but now I am more comfortable with my own choices. I have learned to be self-reliant, responsible for myself and my safety, and that I am definitely worth it. This group has taught me that I can set and stand by my boundaries and that I have the power inside to respect and honor those boundaries. The open acceptance of ourselves and others is the most memorable part of I AM Powerful."