The Approve Workshop will:

* Affirm positive new beginnings
* Manifest powerful results
* Remind women of their innate power
* Encourage women to believe in themselves
* Help women regain their self-worth
  * Engage and entertain
  * Ease tension
* Promote emotional healing
* Provide an outlet for discussion
* Help release past hurt and pain

Contact:

Akua Taylor
akuataylor@gmail.com
423-227-1440

A workshop for women who have been abused

with
Motivational Singer
Akua Taylor

Presented by:
Precious Messenger Productions
Proudly joining the movement to End Violence Against Women
A workshop for women who have been abused.

Designed for small gatherings, shelters, safehouses and support groups.

Motivational, inspiring, uplifting
Engaging, energizing, healing

The facilitator:
Akua Taylor, founder and director of Precious Messenger Productions, has been singing and acting since age 8. But when she became involved in an emotionally abusive relationship, Akua lost all will to sing. Slowly, by speaking positive words to herself, she regained strength, self-worth and self-love.

The song:
Approve is a song written, produced and performed by Akua Taylor. The song was inspired by the book, You Can Heal Your Life by Louise Hay. Approve is an affirmation song and tool to empower and heal. Approve is one of many motivational songs used to affect change through “word-sound” power.

The workshop:
Approve is an intimate workshop for individuals who are overcoming life challenges. The workshop is a motivational experience in which participants create their own personal affirmations. Akua demonstrates how to identify “power-words” that will be a source of strength, then combine these words with movement and vocal energy, attracting positivity to participants.

Featuring:
Live Performance
Affirmations
Writing Excerises
Journaling
Movement
Vocalizing
Creative Expression
Mirror talk