

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



approve

empowering abused women, affirming self worth

*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 Exercises
Journaling
Movement
Vocalizing
Creative Expression
Mirror talk