

Model Me Over

“Uprooting and Planting New Seed”

2018 Classes, Workshops, and Meetings

MMO Minis (Ages 5 to 7)

This is an expressive art group led by artist and fashion monger, Lashada Kai. Participants will learn about colors and how to express themselves in a positive and creative space.

MMO Kids (Ages 8 to 12)

This group will focus on basic modeling, confidence and self-esteem. We will incorporate art and other projects to build character and stage presence.

Model Me Over Workshop (Ages 13-17, 18 if in high school)

This group works with schools and other organizations with teens who need to build confidence, character, self-esteem and communication skills. This group also discusses, body image, social media, and fashion. Role odles will form from this group. Resources are provided to individuals as needed to support in reaching personal short and long term goals.

“Cream of the Crop” (Ages 19-24)

The Role Models. This is a community group of young and in between males and female who wish to give back to their community. These individuals will be trained on how to lead and support MMO workshops and events for MMO Minis, and Kids. They will also create community groups to brainstorm and discuss topics on ways to promote MMO and encourage community engagement.

Model Me Over Adult Workshops (Ages 25 and up)

For the seasoned to the unseasoned men and women. The groups are centered around the “I AM” of a person. These groups are spirit led focusing connecting with self and re-connecting with each other to break social barriers and family cycles that hinder us from moving forward in life and loving unconditionally. This group awakens the consciousness.