

Crown Training

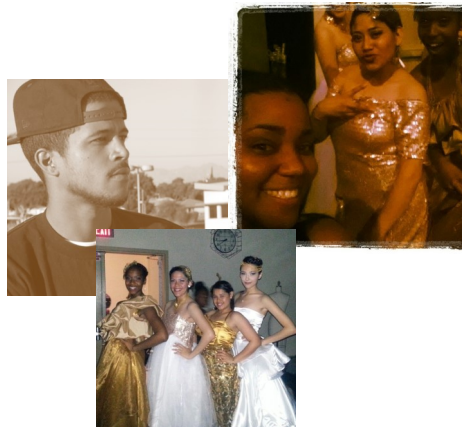
This workshop uses 14 Main Runway Turns, Art, Biblical principles and self-awareness to provide each participant with tools and insight to self-discovery. It is our hopes that when participants leave our program they are inspired to make positive changes and be role models in society. The program provides insight to empower participants to begin to build a solid foundation within themselves in order to become holistically healthy focusing on the mind, body, spirit and heart. Participants will engage in various activities and exercises including, but not limited to, goal setting, healthy living, values, social media and body image, communication and self-esteem.



Modeling Workshop 2009,
 Los Angeles, CA

Purpose

It is our goal to help participants burrow deep inside their past, reflect on the present and learn to overcome fears so that they may begin to remove social barriers or break family cycles that keep them unmotivated and further away from reaching their goals and dreams. It is also our goal that participants leave the program with a better sense of self, feeling more comfortable and confident in who they are.



Expectations of Participants

Participants are expected to:

- * **Be on time and be present**
- * **Commit to a full term of at least one complete workshop**– Workshops are 8-10 weeks for two hours per week
- * **Participate**- we would like participants to get the most out of the program. In order for that to happen at least 80% participation is required.
- * **HAVE FUN and GROW!!**



For more info
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