



Take time each day to empower YOURSELF! It Is Free

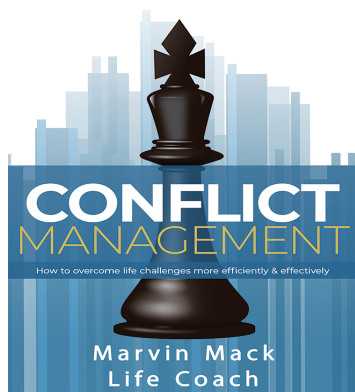
Commit 1 Hr. to YOUR Self-Empowerment

Today I encourage you to make a commitment to yourself to take time each day for your Personal and Professional Development. (PPD) The ultimate goal of The Self-Empowerment Webinar, is to assist us in discovering the power within ourselves to fulfill our purpose and materialize our deepest goals and desires. Moreover having the resources to Succeed.



*Share
Your
Ideas.*

The Ultimate Guide to Conflict Management
Make your next move as a Quintessential Leader



The Speaker

Marvin Mack
Founder, Director, Life Coach

**Personal, Professional &
Community Empowerment**
The Center For Mind &
Esteem Development Non-Profit



Webinar Program Series

6th & 9th FEBRUARY 2019 • 2.30PM - 3.30PM

Take This World To The Next Level of Love, Joy, Peace and Great Riches

If your intent is to advance personally and professionally, I highly recommend that you incorporate a PPD program into your daily life as a strategy for growth and development. It will allow you to develop your critical thinking skills, emotional fortitude and the power consciousness required to create the GREAT LIFE you truly desire and deserve.

**To register & for
more information:**

CMED
lovenow360.net
Attn: Marvin Mack
Tel: 410-971-6235
personaldevelopment@me.com

Baltimore, Maryland



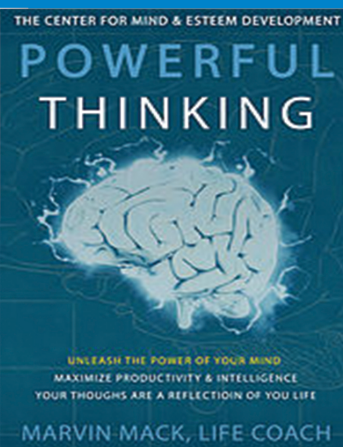
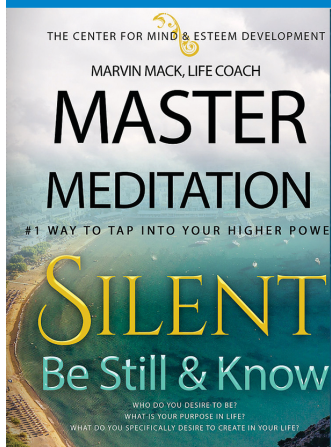
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The Speaker

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Webinar Program Series

28-30th JANUARY 2019 • 2.30PM - 3.30PM

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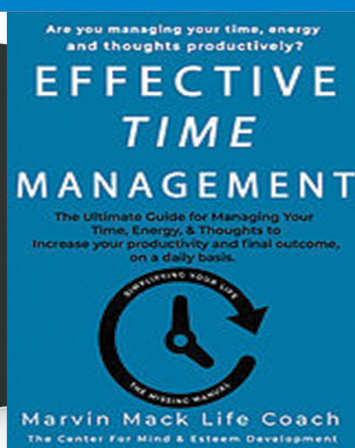
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The Speaker

Marvin Mack
Founder, Director, Life Coach

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The Center For Mind &
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Webinar Program Series

1st & 4th FEBRUARY 2019 • 2.30PM - 3.30PM

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THE CENTER FOR MIND & ESTEEM DEVELOPMENT

MARVIN MACK, LIFE COACH

MASTER MEDITATION

#1 WAY TO TAP INTO YOUR HIGHER POWER

SILENT

Be Still & Know

WHO DO YOU DESIRE TO BE?

WHAT IS YOUR PURPOSE IN LIFE?

WHAT DO YOU SPECIFICALLY DESIRE TO CREATE IN YOUR LIFE?

Webinar 1 hr. Outline

Master Meditation - Silent - Be Still & Know - Who do you desire to be? What is your purpose in life? What do you desire? How will you overcome, your life challenges to succeed in life?

This Self-Empowerment Training has 3 Goals:

1. Help us to Understand the importance of daily meditation, what it means to meditate, the benefits and the positive effects meditation can have on our health, relationships, career and wealth. Our hope is that you implement some form of daily meditation into your life. Moreover, try meditation to overcome a difficult challenge in your life.
2. Offer you some meditation techniques, that you can begin implementing today, that can help with managing stress, feeling overwhelmed and powerless. Our hope is that you find a meditation technique that is just right for you. So the next time you feel stressed, overwhelmed or powerful, you can meditation to relax, calm you mind, listen and surrender to the next right step.
3. Inspire you to implement meditation into your daily life. We believe this will have a positive impact on your health, relationships, advancement and wealth. Moreover, it will Positively Influence the people around you. When you meditation on a consistent bases, the following will happen:

Chapters To Study:

1. Understanding the term meditation
2. Benefits of Meditation
3. Meditating in todays world (Be Still & Know)
4. Top reasons to meditate
5. Simple ways to start meditating
6. Meditation for Stress

Questions & Answers Section: Pool
Conclusion and Final Analysis

THE CENTER FOR MIND & ESTEEM DEVELOPMENT

POWERFUL THINKING



UNLEASH THE POWER OF YOUR MIND

MAXIMIZE PRODUCTIVITY & INTELLIGENCE

YOUR THOUGHTS ARE A REFLECTION OF YOUR LIFE

MARVIN MACK, LIFE COACH

Powerful Thinking - Unleash The Power of Your Mind, Maximize Intelligence and Productivity, "Your Thoughts are a reflection of your life!"

This Self-Empowerment Training has 3 Goals:

1. Help us to understand the power of our words, thoughts, feeling and emotions. And the impact it has on our lives and the lives of others. Are we generating more positive words, thoughts and emotions, in order to improve our health, relationships, advancement and wealth?
2. Critical Thinking Determines our actions. This will allow you to power up and strengthen our focus muscle. This will allow us to react and respond more powerful to challenging situation and circumstances.
3. When you find yourself feeling discouraged, negative and defeated; Our goals is to give you the positive information, you need to re-affirm yourself and you power. This will allow you to overcome your fear, doubts and insecurities to do what must be done in order to move your life forward,

Chapters To Study:

1. Your Thoughts are a reflection of your life! Do you believe it?
2. Why A Positive Mindset is Important
3. Improve Your Mind
4. Steps to Positive Thinking
5. Overcoming Negative Thoughts & The Sources Of Positive Thoughts
6. Using Self-Affirmations
7. Positive Thinking Activities

Questions & Answers Section:
Conclusion and Final Analysis