

The Center For Mind & Esteem Development

PROJECT FILES

# SELF & COMMUNITY Engagement



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# THINK POTENTIAL & POSSIBILITY

// IMAGIN! Ultimately, Creating a Personal and Professional Development Web Platform Information Resource Center that stream lines the process to Self-Sufficiency and Community Empowerment, Engagement & Development. //

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My Name is Marvin Mack, Founder and Director of The Center For Mind & Esteem Development (CMED), Non-Profit, started in 1997. Moreover, I was born and raised in West Baltimore. After over 20 years experience in personal and professional development, I have produced, Affirm: I Am Powerful Enough, a self-help motivational book.

CMED develops web platforms for Community Engagement & Outreach Empowerment Programs and does Empowerment Trainings for staff and residence to improve the overall quality of life for all people. Ultimately, Creating a Web Platform Information Resource Center that stream lines the process to Self-Sufficiency and Community Development. We are a Non-Profit institution, combining Community Engagement Outreach and Branding and Marketing experience to help you achieve the best results possible for your organization. Designed to Increase Participants Success Rate For Completing Outreach Programs! (Therefore, Increasing Overall Program Success Rate!)

Some of the major institutions we have had the opportunity to work with include: ISPOR - Improving Healthcare Decisions. The leading professional society for health economics and outcomes research (HEOR) globally. The Society's mission is to promote HEOR excellence to improve decision making for health globally. University of Maryland, The PATIENTS Program empowers patients to propose questions about their health care concerns and actively participate in studies to answer them. Also, we worked with The Housing Authority Of Baltimore City, Resident Services, The Senior Companion Program, and the School of Social Work on a US Department of Education Grant to improv educational and health outcome among African American youth and teenagers in West Baltimore.

CMEDs Community Empowerment Network is designed to build a solid relationship with Community Residents/Stakeholders/Partners via a Web-Platform. Our goal is to offer Community Stakeholders the opportunity to Communicate, Connect, Engage, Learn and Empower Real-time Community Development. Giving Community Stakeholders the Power to Easily Access Information Resources, can empower us to: be informed, get connected, have a voice, make suggestions, and be empowered to make informed decisions regarding our health, family development, education, career development and finances.



Marvin Mack, Founder, Director

# "Are We living In Challenging and Uncertain times, in our world?"

What are some of the major challenges our communities face today and what are the denials and disconnects, that are keep communities stuck in a comfort zone, blocking us from reaching our fullest potential and possibility for ourselves individually and collectively as community stakeholders.

Are you directly or someone you know dealing with any of the following human, community, or societal life challenges: Yes or No

- Yes or No - We are all living more demanding and challenging lives, just to say above the status quo.

- Yes or No - Technology has dramatically enhanced our way of living. However, at the same time, it has made us have less emotional intelligence, disconnected, feeling overwhelmed, vulnerable and makes us feel intimidated, insecure and inadequate.

- Yes or No - Looking at the news and reading the newspapers: Depression, suicide, mental illness, drug addiction, obesity, domestic and gun violent/abuse and terrorism are on the rise. Moreover, everyone is being negatively effected by these personal and social and crises, in some way.

- Yes or No - We are witnessing more and more mass shootings, human divide, drugs addiction, gangs, corrupte politicians, police departments and government officials and institutions.

- Yes or No - Our workplace, educational institutions and places we go to enjoy life are being overtaken by bullying, racism, sexism, social and financial inequality..Creating an aggressive, hostile, fearful environment.

- Yes or No - Our Child, Family Support and Housing System are dis-empowering and in-effective in moving people and families to Self-Sufficiency and productive citizen of American Society.

- \* Yes or No - People are feeling left out, loosing faith and belief, becoming more cynical - loosing a sense of self, dignity, self-respect and morally damaged and left feeling dehumanized.

## Ask Yourself

**D**o we have the POWER to re-create, re-form, and transform our lives, community and this world? Finding solutions and overcoming challenges, to rise to the next level authentic success and happiness.

**M**any Researchers, Psychologist, and Spiritual leaders have concluded, shown, and documented the positive effectiveness of implementing some form of empowerment training, personal and professional development or staff development component into their overall organizational structure. (Six Sigma) It services to empower a more conscious culture that is empathetic, emotionally intelligent, empowered, productive; working together as a team to come up with positive solutions to overcoming challenges and getting the job done. Based on the research, IT IS CONCLUDED: We all have the power within us to heal, change and influence ourselves, community and world. However, each person must take personal responsibility for empowering themselves on a daily basis, in order to overcome life challenges to achieve authentic success. What do you think are you IN?



Community Empowerment will allow us to develop the critical thinking skills, emotional fortitude and the power conscious thinking, necessary to clarify our vision, make changes, take action and achieve great success. This component starts the process of creating a conscious culture of people who are empowered to “Execute” without excuses.

## What Can WE Do? Think Potential & Possibility!

**W**hat can we do as an individual or organization, to eliminate, that which is clearly plaguing and eroding our greatest potential and possibility as individuals and a community? How can we heal and transform our selves, community and world? Restoring our entrepreneurial, pioneering energy and our ability to overcome life challenges and create a better world. A World that supports and embraces anyone who desire to be better and do great work in the world. A world that encourages possibility and innovative thinking to solve world challenges for authentic success. Working together toward a collaborative vision, direction and strategy for real impactful community empowerment, engagement and health and economic reform. (Benefiting the whole and not just the few.)

**I**mplement A Strategy for Personal and Professional Growth and Development. After community stakeholders, atone, accept, and acknowledge our community social and societal challenges; breaking down ignorance, fear, doubt and insecurity. We are more open and receptive to come up with solutions from a realistic, wholistic, efficient standpoint. Working together, will give us simple solutions to overall broader human community and societal barrier/challenges.

**I**MAGIN - A self, community and world accessing and using our highest potential/opportunity to feel love, joy, peace and wealth we all desire and deserve. Imagine a community in which everyone is empowered, living a Healthy, Purposeful, Meaningful, Happy Life. Excited about the future and our potential to be better and create better in our world. This would allow us to collectively achieve the following community empowerment and engagement goals and objectives. IMAGINE! Collectively:

### Personal Commitment & Strategy for Success



#### Every Person, Everyday Re-Affirming Thier Intention via ACTION

1. I intend to achieve a healthier, stronger mind, body and spirit.
2. I intend to create successful relationships with all people, both personally and professionally.
3. I intend to achieve professional advancement.
4. I intend to achieve financial wealth.
5. I intend to achieve the love, joy, peace and great riches I truly desire/deserve.

### Organizational Commitment Strategy for Community & World Empowerment

#### Every Organization Committed to:

1. We must Totally Commit to a philosophy of excellence, customer focus, process improvement, and the rules of measurement rather than gut feeling.
2. Making every area of the organization better able to meet the challenges needs of customers, markets, and technologies - with benefits for employees, customers, and stakeholders.
3. Serving to honestly to evaluate organizational strengths and weaknesses. Moreover, building on our strengths and correcting our weaknesses.



# "IT TAKES TECHNOLOGY & A COMMUNITY"

I AM IN! I WANT TO DO MY PART AND PARTICIPATE, WHERE DO I SIGN UP AND HOW DO I START CREATING  
A BRAND NEW LIFE FOR MYSELF, COMMUNITY AND WORLD?

It Takes Technology & A Community To Achieve Self, Community and World Empowerment - Easy access to  
information and resources is one of the biggest challenges that communities and neighborhoods face today.

The CMEDs Community Engagement & Empowerment Network is designed to bridge that gap.

If your intent is to advance personally and professionally, I highly recommend that you incorporate a Personal and Professional Development (PPD) program into your daily life as a strategy for growth and development. It will serve to evaluate your strengths and weaknesses. Moreover, PPD provides the self-empowerment information you need to build on your strengths and correct your weaknesses. It will empower you to develop your critical thinking skills, emotional fortitude and the power consciousness required to create the GREAT LIFE you truly desire and deserve. Implementing and re-enforcing its simple but powerful concepts will save you time, energy, thought and money. In addition, PPD will dramatically increase your self-esteem, self-confidence and self-worth and value. Moreover, it will increase our motivation, presentation and communication skills, productivity and overall quality of life. Implementing A Strategy



## COMMUNICATE

**1**. Building a Relationship with the Community is very Important - CMED is committed to communicating and connecting with community stakeholders on a regular basis, via the Web Platforms: blog, surveys, suggestion forms, Newsletters, eMails and text messaging.

## CONNECT

**2**. Use Technology - CMED has integrated technology into their overall design, process, structure, operations and strategy for community development. Allowing Community Leaders to Collect Honest Data to make Effective decision for Community Empowerment, Engagement & Development.

## ENGAGE

**3**. Inspire Community Participation & Partnership - Businesses will be empowered to support community outreach programs. This provides new opportunities for stakeholders to develop stronger partnerships with the Business Community.



## TECHNIQUE

# TAKE RESPONSIBILITY FOR THE GOOD AND TAKE RESPONSIBILITY FOR THE BAD!



Each person on planet earth truly desire to be acknowledged, loved and respected. Treated with dignity and value. Every person desires to feel love, joy, peace and great riches. Moreover, reside in a supportive environment that allows them to self-actualize, fulfill their purpose and achieve their personal and professional goals and desires on planet earth. Can we all agree on that?

Despite the fact that there are a lot of great things going on in the world. Such as, we are living longer, making dramatic advancement in Health Care and Technology, we are developing stronger partnerships and we are better able to create and produce more in less time. However, we are still living in a Challenging and Uncertain World.

If it is our deepest intent for true self, community, social and society empowerment and reform, I encourage us to take a step back, after observing the world around us, and ask ourselves the following questions: "Who do I desire to be and what do I desire to create with the rest of my life? Next, implement some form of Personal and Professional Development into the overall structure of our lives. This will allow us to tap into a higher power greater than ourselves in order to achieve self, community and world empowerment.

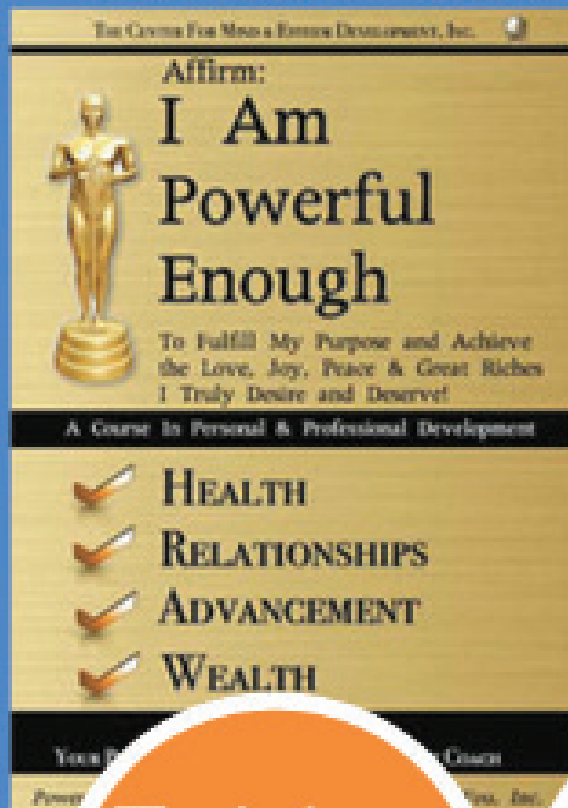
We open the door to possibility thinking. This concept will allow us to focus on solutions rather than complaining about challenges. At this level of possibility thinking, we are empowered to discover solutions to whatever challenge we face to achieve our goals and objectives.

We embrace the power within to overcome our daily challenges that could block our success. This will allow us to overcome our own internal fears, doubts and insecurities that may dis-empower us from accomplishing our daily objectives. Moreover, it empowers us to use our challenges as an opportunity to grow to our next level of success.

We stop blaming and re-focus our time, energy and thoughts on being productive and providing great service.

# Write Down 4 of Your Top Priorities!

## Now, Put A Mechanism In Place to Increase Your Success Rate! IMAGINE



Training  
01

Coaching  
02

Resources  
03

### Get Motivated

**Mini-Courses** -Attend Webinars or Take on-line now. This Training Module is designed to Empower your Character, Belief & Confidence In Yourself. Giving you the tools you need, to build on your strengths and correct your weakness. Need assistance? Then Access Marvin Mack, Your Life Coach and more..

### Be Empowered

**Need Additional Support?** Sign up for CMED's Online Webinar Coaching Series, Mondays, Wednesdays & Fridays @ 12:00p.m. Moreover, Follow up and follow through at your convenience by viewing Webinar Series on HD Downloadable Videos and Mobile Devices. It is a new way of doing Business In Today's World.

### Get It Done "Let's

**Access Information, Communicate, Connect, Engage & Be Empowered.** Easily access Government Programs, Banks & Business Opportunities. Powerful Online Information Center will assist you in accomplishing your Personal and Professional Objectives.

**See Special Offer for All Access**  
Download Book: Affirm: I Am Powerful Enough  
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Free Newsletter & Webinar Series

lovenow360.





## The Center For Mind & Esteem Development

**What Do You Desire To Achieve?**

**Make A Commitment To Succeed!**

**Think Potential & Possibility!**

**LoveNow360  
Take Action**



**LOVENOW360**  
LIVING CONSCIOUSLY

**Start Today!**

**Challenge Yourself**  
**1 Year Of Personal & Professional Development**



**success  
Next - Re-Focus**  
**TIME, ENERGY, THOUGHTS!**



**Weight Loss**  
MANTRA



**Goodbye  
Depression**



**wellness**  
BODY AND MIND HEALTH



**ADDITION**  
ADIEU FORMULA



**Build MENTAL  
WELLNESS!**

