Overview

Do you desire to save lives? Are you parent, student, employer, educator, school leader, or administrator who wants to address suicide, bullying, and empower your entire community to create a safe, inclusive and healthy environment for all? Empowerment Essence workshops and trainings can help your community; organization and school develop a safe, well balanced and healthy empowered life. We can also help you develop these training and workshops in your own community. Using multiple programs including Youth Mental Health First Aid, Yellow Ribbon-Suicide Prevention, Bully Free Beautiful Me Anti-Bullying Conference, I Matter-Bullying Prevention, Life Matters- Suicide Prevention and Life Empowerment.

In Our Training - Workshops You Receive

- Lesson Plans to implement in your own community
- Handouts
- Audio and Video Resources
- Activities guide
- Sample pledges

Are you Ready to plan a workshop? Contact our team today.

Contact Us

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Empowerment Essence Suicide Prevention - Anti-Bullying Trainings & Workshops

9BEMPOWERMENT ESSENCE

Help Is Here! #LifeMatters

Within our trainings and workshops, your organization and or community will gain:

• Ideas empowering youth and young adults to lead state-wide suicide prevention and anti-bullying efforts.

• Development of campaigns involving parents, youth, local organizations and the community raising awareness and advocating for suicide prevention and anti-bullying.

• Strategies including videos, lesson plans, activities and resources to address suicide & bullying.

• Life skills for youth and young adults so they may effectively learn how to deal with adversity, suicide and bullying. Empowering all to live, reach out and speak up.

• Guidelines and support for survivors, attempters, youth and young adults who are bullied, have been bullied, attempted suicide, or have lost a loved one to suicide.

• Help for youth and young adults who are demonstrating bullying behavior make a change.

• Help youth and young adults who are having suicidal thoughts overcome the darkness.

• Support communities, organizations, administrators, teachers and employers just like you to create safe, healthy, accepting, empowered lives and environments.

• Help Survivors deal with the pain of losing their beloved.

• Understanding the laws of anti-bulling or steps to creating.

7 PEOPLE TAKE THEIR LIVES EVERY DAY

1,000,160 CONSIDER SUICIDE EVERY YEAR

TRAINING & WORKSHOP OPTIONS

Bully Free Beautiful Me ® & Blue Prints to Life - Anti-Bullying, I Matter - Anti Bullying, Yellow Ribbon – Suicide Prevention, Life Matters Suicide Prevention & Life Skills Empowerment

Sessions range from 1 ½ hour to 2-hour introductory session for each training program. Long term Life Matters option are available for a duration of 7 weeks. These can also be extended. Meetings are 1 ½ hours each week.

These are designed for 1 day, 2-day or 4 mini sessions for organizations, community leaders, site staff, youth groups, sports teams, teachers and administrators.

Parents Engaged: Building & Supporting Empathy, Hope and Love in Homes and Schools, Counseling Services & Group

2-hour session for parents

Sessions range from 1/2 hour to 1 hour sessions. Counseling sessions are with licensed and certified specialist. Sessions may be individualized or in a group setting. Sessions are for youth and young adults including their families. These are ongoing services based on need and determined by our professional administers.

Group counseling sessions are 1 hour sessions. Groups size ranges from 7-15 and are facilitated by trained specialists. Group counseling programs last for 6 months. These groups are designed to improve decision making skills, conflict resolution, team building, crisis management, accountability, foster positive peer relationships and other life skills.

ABOUT THE PRESENTER ~Shenetta Malkia

Shenetta Malkia is widely known throughout the Washington metropolitan area and nationally. She is a spokesperson and advocate for suicide prevention and anti-bullying programs. Shenetta presently sits on the Maryland SPIN advisory board and Maryland Governor's Commission for Suicide Prevention. She is founding President and Executive Director of Empowerment Essence, an organization dedicated to eradicating bullying and suicide beginning in Maryland & DC communities. Malkia is also a leading clinician and workshop facilitator for community organizations and government agencies. She is seeking innovative ways to grapple a growing problem within communities. As a sought-after speaker, Malkia's voice continues to sound the trumpet for systematic change within schools and social service systems, which often ignores the signs of bullying and suicide. Malkia has been featured on radio, TV, and at community events. She was the key note Speaker for Maryland's 26th Annual Suicide Prevention Conference, 2014.

To date, Malkia has touched and empowered thousands of lives. As a survivor of bullying and suicide her passion and purpose in life is a direct result of life experiences, which lead many support systems turning a deaf ear to her cries for help. Unfortunately, there were no programs to assist when she reached out. Instead, she was told by school officials to ignore the bullying by classmates. This took her down a dark path that almost resulted in death. While she survived her personal suicide attempt, her good friend, reality show actress Gia Allemand of the Bachelor didn't. Malkia was devastated by Gia's suicide in 2013. While grieving, and hurting she was empowered to speak out on the importance of life. Her vision for Empowerment Essence is a direct result of resilience and regained strength. "One Life Saved Is One Life Given."

"One Life Saved Is One Life Given" ~Malkia

Suicide Data

In a report released today by the US Centers for Disease Control and Prevention, the rate for the top ten leading causes of death has decreased or held steady – except the tenth leading cause of death in the United States - suicide. From the last time, this data was made available in 2011, the national suicide rate rose two percent to 12.6 suicide deaths per 100,000 in 2012.

While suicide is a leading cause of death, it is preventable. As a nation, we have a mental health crisis. To reverse the trend of suicide increasing, we need to invest in research, education, and support policy that helps people with mental disorders get the help they need. We need to talk openly and honestly about this serious but preventable health issue.

Empowerment Essence Training & Workshops Descriptions

In each training or workshop participants will actively be guided through a process, educated and will have the opportunity to work together in creating action plans for instituting change, awareness and prevention in their homes, communities, schools, and workplaces. Everyone will learn strategies for obtaining and sustaining attitudinal and behavioral changes to reduce suicide and bullying. They will also be introduced to resources, videos, lesson plans, and activates that will help them revive hope, save lives and empower all to live.

Translators in both Spanish and Sign Language are available upon request. Workshops with translation into other languages can also be arranged. Ongoing coaching and training is available.

Empowerment Essence Training & Workshops Descriptions

Bully Free Beautiful Me ® (Anti-Bullying) Young Queens ages 7 to 17.

- The effects of a community with bullying and hate crimes
- How to start a Bully Free Beautiful Me Campaign in your area
- How to come together and make a difference in your community
- Discussion of effective ways to prevent and address bullying at schools
- Viewing and discussions on anti-bullying films & or PSAs
- Ways parents can support their students who are victims, bystanders or perpetrators of bullying at home or in school
- How to advocate for children and partner with the school in anti-bullying initiatives

Youth Empowerment Summit (Y.E.S.) I Matter (Anti-Bullying)

- What is Bullying and Cyber Bullying
- Overview of state and federal anti-bullying legislation and requirements
- Information about bullying prevention and intervention
- How to address bullying and cyber-bullying
- Effective strategies for standing up for oneself and speaking out
- Acceptance of you
- Self-Esteem Building
- Role-Playing scenarios (How to confront a bully, how to report a bully)
- Reporting – How to report bullying incidents and ensure your incident is properly documented and responded to.

Yellow Ribbon (Suicide Prevention)

- What Is Suicide and the effects of it
- Information about suicide prevention and post intervention
- Engaging youth to become gatekeepers in suicide prevention
- How to respond to a individual who is speaking of suicide
- Appropriate Media Coverage
- Education on Suicide Awareness including signs and resources for help
- Effective ways to teach and reach your youth and young adults
- Identification of youth and young adults who are targets of bullying and how you can help. LGBT, individuals with disabilities, youth and young adults with different backgrounds, family make up, race, beliefs, appearance, or education.
- Practices in training anyone to identify, prevent, intervene and support those who are silently suffering, having suicidal thoughts, or being bullied
- Role-playing strategies that help speak up on reaching out for help and no longer being a victim

Life Matter Suicide Prevention & Life Skills Empowerment

- What is Suicide
- The causes of suicide (Risk Factors)
- Suicide & Mental Health
- Education on Suicide Awareness including signs and resources for help
- Overcoming adversity
- How to survive after an attempted suicide
- The discovery of you (Who Am I)
- Who is affected by the death of an individual who dies by suicide
- How to address suicidal thoughts
- How to respond to a individual who is speaking of suicide
- Healthy Habits for an empowered life
- Starting Over
- Who is a survivor and how to support survivors & attempters

Empowerment Essence

Empowerment Essence Training & Workshops Descriptions

Parents Engaged: Building & Supporting Empathy Hope and Love in Homes and Schools

- How to identify the signs your child is being bullied
- How to identify the signs your child may be experiencing suicidal thoughts
- How to start the not so easy conversations
- How to respond to the talk of suicide by your child
- Resources available
- How to demonstrate hope for a child who is suffering
- Love Demonstrations (It's an action and more than a word)
- How to cope after the death of a loved one by suicide
- How to answer questions and open up on about a suicide in your family
- How to gain mental illness help or counseling
- Effective ways to teach and reach your youth and young adults

Advanced Workshops for Bullying

Participants will learn the best practices and models for addressing bullying in schools, groups or communities. Activities will include:

- Statistics on incidents of bullying and intolerance
- Statistics of suicide resulting from bullying
- Social and emotional impact of bullying and cyber-bullying
- How to support victims
- Effective methods of intervening for victims
- Resources for those who are demonstrating bulling behavior for transformation

Bully Busters (Anti-Bullying) Grade Schools and Day Cares

- Students will create and paint positive anti-bullying messages to be placed throughout your school, community etc.
- Create an environment that says it's important to take a stand and not be a by-stander but a Bully Buster
- Create the conversation among peers on helping end bullying. Teaching advocacy for another
- Discussion of effective ways to prevent and address bullying at schools
- Viewing of video with discussion
- Create a BB buddy system for younger youth to be able to reach out for help to an upper classmate. #Unity