

Straight to the Heart Seminar
Facilitated By: Brandi Cummings

“Changing Lives Through Inspiration”

What to Expect:

A 1.5 hour interactive and engaging seminar to facilitate dialogue on topics to include love, self-esteem, peer relationships, and education. Participants will leave the seminar with practical techniques to identify their needs and wants. They will also understand ways to communicate those needs to others. Brandi uses her book of poetry, *Straight the Heart: Life & Love* to explain what love is, how to give and receive it. In the sessions, the young women discuss the challenges they face. As a treat, the young women write their own poetry and get an opportunity to explain it. By the end of the seminar, the young women are better equipped to handle many situations they may face.

Who Would Benefit:

- Middle & High School Students
- Church Youth Groups
- Parents of Young Women
- Youth Ministry Leaders
- Guidance Counselors
- Civic Groups (Brownies, Girl Scouts)
- Juvenile Group Home Residents

Seminar Requirements:

Each participant must have a copy of *Straight to the Heart: Live & Love*

Group Size:

Up to 25 youth participants. Accommodations may be made for alternate group sized.

Minimum Space Requirements:

One classroom area, equipped with chairs to accommodate the number of participants is recommended.

Modifications:

This workshop may be lengthened to fit your specific time needs.

Payment:

Payments are due in full prior to the start of the workshop. To request specific pricing, contracts or additional information, email: contact@BrandiCummings.com