

The most common way people give up their

POWER

is by thinking they don't have any.

- Alice Walker

BaffleThatBully.com

EMPOWERED FOR GREATNESS

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Special points of interest:

Please look out for our newsletter every quarter!

All information about EYI and its events can be found on our website empoweryouthint.org.

Donations can be made directly to Empower Youth International account at the Bank of Nova Scotia .

25 Youth Conclude Empower U Mentorship Programme!

Empower U mentorship programme started with a tremendous bang in September 2014 with the help of six dedicated volunteers. These exciting sessions were held every Saturday morning for a period of 3 months . Some of the sessions helped youths in the following areas:

- ◆ Peer Pressure
- ◆ Conflict Resolution
- ◆ Resume Writing
- ◆ Bullying
- ◆ Self-esteem Building

With a range of speakers and volunteers from various fields including Social Work, Medicine, Account-

ing , Education, Policing, Personal Development and Cosmetology. Empower Youth International (EYI) was able to provide 25 youths with stimulating and thought provoking sessions that challenge stereotypes and provided youths with keys to develop high self-esteem and to make good choices in life.

Participants in the programme shared their views about the sessions on specially prepared videos on EYI's website that is empoweryouthint.org and on [facebook.com / eyint](https://www.facebook.com/eyint). Check it out!!



Some of EYI participants with Volunteer Alana Meyers. (Middle)



EYI director Mrs. Franz Harewood-Hamblin with (top left in the picture) participants at one of our empowerment sessions.

Empower Youth International Director Goes to Turkey

Over sixty delegates from all over the world including England, United States, Israel, Greece, Lebanon, Mexico , India, Pakistan and several other countries came to Turkey to represent their country on issues surrounding youth and diplomacy during the course of

a week. Delegates presented papers , interacted with diplomats and visited key sites including the Turkish parliament.



EYI's director (third row , second from right) with delegates at the Youth Conference in Turkey.

UPCOMING PROGRAMMES

EYI is excited about the launch of its youth empowerment programme called Beyond Walls. The programme is designed to help youths explore the reasons for their low self-esteem and to move them from a place of self-centredness to a place of gratitude and giving



EYI Financial Director Troy Hamblin with Volunteer Kerry Ann and mentees in the EMPOWER U programme. Nov, 2014

more to others within their families and communities. EYI believes the programme will be instrumental in teaching youth important life skills that will transform their lives and the society. We are currently seeking mentors for our phenomenal programme which commences April, 2015 and serves at-risk youth ages 12-17.

The programme will meet every Saturday from 9am-11am at New Testament Ministerial Educational, Recreational Centre, River Road, St. Michael. We encourage all interested persons in mentoring or being a participant to please download the [application form](#) now at empoweryouthint.org

"A mentor is someone who allows you to see the hope inside yourself. A mentor is someone who allows you to know that no matter how dark the night, in the morning joy will come. A mentor is someone who allows you to see the higher part of yourself when sometimes it becomes hidden to your own view." Oprah Winfrey

THE IMPORTANCE OF SELF-ESTEEM IN



People often use the phrase "self-esteem" when they talk about raising kids. But what exactly is it? And why does it matter so much for children with learning and attention issues? Your child's self-esteem is how much she values herself and how important she believes she is in her world. It's tied to how capable she feels. Positive self-esteem can make a big difference for children with learning and attention issues. ***When children value themselves, they're more likely to stand up for themselves and ask for the help they believe they deserve. When they're confident and secure about who they are, they're better able to face and manage their learning challenges.***

How High Self-Esteem Is Developed

Children develop positive self-esteem by experiencing repeated successes. Past accomplishments show them that they have what it takes to face new challenges. Their success makes them feel good about themselves.

Their success also pleases other people, like their friends and the adults who care about them. This also makes them feel good. Over time, success and the feedback that comes with it help children develop the positive characteristics associated with high self-esteem.

How Parents Can Help With Self-Esteem

Building self-esteem is possible. Children can learn to improve how they see and value themselves. Being a supportive but realistic parent is key.

Praise your child's efforts, but don't lavish praise on *everything* he/she does. Children know when they've been successful and worked hard—and when they haven't. Asking teachers to also be supportive but realistic is important, too.

Helping children find friends who accept them for who they are can help them feel valued and supported. Learn more about nurturing your child's self-esteem. Help your child discover his strengths and help him build upon them. Together you can help your child bring out the best in himself and empower him/her to master the challenges that come his way.

OUR HISTORY, OBJECTIVES & COMMITMENT

OUR HISTORY

Empower Youth International (E.Y.I) is a registered non-profit organisation which was founded on November 2, 2012 by social worker Mrs Franz Harewood-Hamblin to serve at risks youths between 5-17 years old. As incidences of youth violence increase, the founder of **E.Y.I** felt compelled to create opportunities for young people to be empowered emotionally, intellectually and physically. **E.Y.I** is committed to using skilled volunteers and professional staff to implement various prevention programmes and assist youth in reaching

OUR SLOGAN

“Empowering youths, impacting communities”

OUR OBJECTIVES:

1. To provide valuable learning opportunities, aid and support.
2. To establish, operate and promote Empower Youth International nationally and internationally
3. To establish or assist in the provision and promotion of

social and educational programmes for vulnerable children.

4. To build supportive and collaborative links with social agencies, organisations and individuals with similar aims.

OUR COMMITMENT

- Encourage Youth Advocacy
- Enhance youth coping skills
- Decrease juvenile crimes and deviant behaviors



VOLUNTEER OPPORTUNITIES

Volunteers not only provide Empower Youth with needed human services, but volunteers allow us to offer a more compassionate service to vulnerable children we serve in developmental and recreational programmes.

In return, we strive to provide all of our volunteers with a rewarding experience that matches their interests.

Volunteer Opportunities Include:

Volunteer Opportunities Include:

- **Volunteering** for our Events or Drives.
- **Tutors/Mentors** (to children 6-17years (Background checks required)

- **Office Support** Help with website, facebook , newsletters)
- **Counsellors** (Help provide one to one counselling or group counselling(BS. in Social Work / Psychology).



Special

This year was truly a blessed season! We would especially like to thank the CDD who sponsored our Empower U mentorship programme, The MCYS for their support of our director trip to attend the Youth conference on Diplomacy in Turkey and to all the private sector business who contributed to our empowerment programme by providing



assistance in kind donations. Special thanks also goes to the volunteers who give their time and resources to ensuring the programme was implemented and that the youths were provided with reliable and good

mentorship during the sessions. A special thanks to the parents, speakers and participants for their support and contribution to the programme.

Special thanks to Businesses such as: Wibisco

- Purity
- Brydens.

Empowered for Greatness Newsletter

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Empowering Youth, Impacting Communities

We are on the web check us
out at empoweryouthint.org



WHY CHOOSE EMPOWER YOUTH INTERNATIONAL?

Advantages for young people:

- Offers young people opportunities for leadership development
- Young people will develop important interpersonal skills.
- Young people will acquire self-confidence and self-esteem.
- It can help reduce the risk of being involved in unsafe activities such as using illegal drugs.

SOME OF EYI'S VOLUNTEERS PROFILES



Alana Meyers is a veterinarian with a big heart for empowerment speaking and young people. One of her sayings in life is be your best self!



Katherine Alleyne is a recent graduate of the University of the West Indies. She holds a degree in Accounting and has worked for many years with young people. She often volunteered her time in overseas camps. She has a passion for helping youth people develop to their full potential.



Kimberly Maynard is a missionary from the Church of God and the holder of an Associate degree in Political Science and Accounting/ She is a Sunday School teacher and spends most of her time working with young people in her local assembly.