

# PRESS RELEASE



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## MAAFL PROVIDES SELF-ESTEEM WORKSHOP TO 30 UPWARD BOUND STUDENTS

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Genesis Toole (Upward Bound Coordinator) and Upward Bound Students

On Saturday, April 10<sup>th</sup>, Dr. Wanda Taylor, President and CEO of Mentoring All Americans for Leadership (MAAFL) taught a self-esteem workshop to 30 Upward Bound Students at South Mountain Community College. The workshop was titled, “Cultivating the Leader Within,” which is one of six sessions included in MAAFL’s Career Development Leadership Program. The purpose of the workshop was to assist students in building their own self-esteem, self-confidence, and self-motivation through self-awareness. “Once you are aware of what is lacking in your life, then you are able to fix it,” says Dr. Taylor.

Upward Bound is a program offered at South Mountain Community College; it provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in their pre-college performance and ultimately in their higher education pursuits. Upward Bound serves high school students from low-income families; and high school students from families in which neither parent holds a bachelor's degree. The goal of Upward Bound is to increase the rate

at which participants complete secondary education and enroll in and graduate from institutions of postsecondary education.

(<http://www2.ed.gov/programs/trioupbound/index.html>)

The following are just some of the comments made by the students after the workshop:

- “I liked burying my negative thoughts. I never realized I had negative thoughts until this workshop. It helped me get things off my chest.” (NiAmbi Agent)
- “The workshop helped me to feel good about myself and others. I am now able to leave the negatives behind and focus on the positives in my life.” (Cynthia Luna)
- “I enjoyed the different activities allowing me to express struggles in my life.” (Reneaka Stewart)
- “I loved how the workshop made me feel about myself; I know now that the sky is the limit, and I can do whatever I want.” (Jennifer Abitui)
- “I enjoyed the opportunity to open my mind to the many possibilities of achieving and mastering good self-esteem.” (Jacob Hernandez)
- “The instructor was enthusiastic, explosive, and motivating.” (Darius Rivera)

To learn more about the Upward Bound Program, contact Genesis Toole, Coordinator, at (602) 305-5676 or email her at [genesis.toole@smcmail.maricopa.edu](mailto:genesis.toole@smcmail.maricopa.edu). Website: [www2.ed.gov/programs/trioupbound](http://www2.ed.gov/programs/trioupbound). To learn more about MAAFL and its Career Development Leadership Program, contact Dr. Wanda Taylor, President/CEO, 3513 W. Greenway Rd., Phoenix, AZ 85053, Telephone: (602) 441-5352 or (602) 332-5053; Email: [drwanda@maafll.org](mailto:drwanda@maafll.org) or visit the website at: [www.maafl.org](http://www.maafl.org).