

# PRESS RELEASE



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## MAAFL PROVIDES SELF-ENHANCEMENT WORKSHOPS TO ARIZONA COMMUNITIES



Dr. Wanda Taylor and St. Mary's Food Bank Community Kitchen Students

On Thursday, July 15, 2010, Dr. Wanda Taylor, President and CEO of Mentoring All Americans for Leadership (MAAFL) taught a self-esteem workshop to 20 Students at St. Mary's Food Bank Community Kitchen. The Community Kitchen is a 16-week foodservice training program provided by St. Mary's Food Bank Alliance. People who are unemployed and struggling with poverty can attend the program and become a Maricopa County Certified Food Handler. The program is celebrating their 10th year of service to the community. In their new facility, they have a bistro where volunteers and employees can enjoy meals prepared by the students.



Genesis Toole (Upward Bound Coordinator) and Upward Bound Students

On Saturday, April 10<sup>th</sup>, Dr. Taylor taught a self-esteem workshop to 30 Upward Bound Students at South Mountain Community College. 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.

The workshop for both classes is titled, "Cultivating the Leader Within," which is one of six sessions included in MAAFL's Career Development Leadership Program. The purpose of the workshop is 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.



Students Participating in Dining Etiquette Career Cluster

On Saturday, April 24<sup>th</sup>, Taylor conducted a Dining Etiquette Workshop at the Pier 54 Waterfront Restaurant in Tempe, AZ to 25 students from the following schools: South Mountain High School, Tempe High School, Westwood High School, and Cordova Middle School. The students were also taught how to dress in a professional dining atmosphere; this etiquette training was to prepare the students for the Annual Banquet YAchievers/College Access Grant Program, which was held on Friday, May 7<sup>th</sup> at the ASU University Club.

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).