

# DR. EMPOWERMENT

SPEAKER AUTHOR TRAINER COACH

LARTHENIA HOWARD

"PRESCRIBING POSSIBILITIES FOR THE HEART AND MIND"



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Rufus Curry, Jr.

This Weeks Show: **08/09/2010**

## Turn Your Negatives Into Positives

### How To Hit A Homerun When Thrown A Curve Ball

Overcoming bouts with poor self esteem and encounters with a few negative professional educators including one who said, "You will never amount to anything. You will never see the inside of a college and you will never graduate from high school," have propelled Rufus to become a man of action.

With the love of his mother, maternal grandmother, the vision and attention of some divinely placed teachers/Coaches/ a Librarian and community angels (as he calls them), he was able to complete high school and graduate from Florida Agricultural & Mechanical University (F.A.M.U.) where he began to gain his footing and take a more firm posture in who he was to become.

Spend the evening with Rufus as he takes you on the journey from being a kid with low self-esteem to becoming a lauded military serviceman, mentor and an award winning author.

#### ABOUT DR. EMPOWERMENT

Dr. Larthenia Howard, also known as Dr. Empowerment, is Founder of The Stimuknowology Institute. Studies show that people who have a high Emotional Quotient (EQ) are more aware of their emotions and behaviors than those who have a low number. It has also been proven that high EQ people manage themselves and the emotions of others in a more positive manner than their counterparts. Guests on this program will discuss a variety of topics, all designed to empower and point you in the direction of success

#### ABOUT THE CO-HOST ADRIAN FREEMAN

Adrian is the founder of Adrian Speaks International and is a sought after motivational speaker, workshop facilitator and success coach. He has helped countless individuals achieve success and advance their careers through individual coaching and mentoring.

