



"The Essential Women's Movement For African American Women"

Launches

"Mobile Learning Clubs"

www.MobileLearningClubs.com



CathyHarrisSpeaks.com
Non-GMO Health & Business Coach

Jan. 1, 2018

If you continue to do things the same way in 2018, then you will continue to get the same results.

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Are You Ready To Take Some Bold Steps in 2018?

Not only are black people living way below their means, it's just past time that we come up with some type of alternative to bring black families back together again. Therefore, it's time to come up with some **BOLD STEPS**.

For instance in my area, Austin, TX, **gentrification** and **high taxes** has forced many black families to relocate to areas, where they don't have any support systems.

Without that support system, many have become criminalized by the criminal justice system and many, many others have fallen deep into despair and hopelessness, especially because of eating GMOs (*aka "Processed Foods"*), which turns the brain off.

I have an extremely large online audience, however, since leaving Atlanta in 2013, it has been my goal to build a community "offline" or "on the ground."

My first year in Austin, TX in 2014, I attended 4 or 5 meetup.com meetings EVERY WEEK, so I know that using this **social media platform, MEETUP.com**, can bring together some powerful heavy hitters.

Meetup.com offers everything from **FREE CLASSES** on Word Press, to Women's Empowerment Events to Holistic Conferences and other groups are THRIVING using this meetup.com platform.

Black people are always the last ones in the room to get the memo -- that they can use this same type of social media platform to not just build a **new economic base** for them and their families, but they can **REWIRE THEIR BRAINS** and build the type of life that they can truly love.

The strength of the black family depends on what we do next. In 2018, my new network on the ground in my area, will start a series of "**Mobile Learning Clubs**"

for black families in Austin, Killeen, San Antonio, Dallas and Houston, TX and the surrounding areas. We are especially referring to all the **outlining areas** where black families have relocated to because of **gentrification** and **high taxes**, such as Kyle, Pflugerville, Round Rock, Georgetown, TX, etc.

How I Turned My Home Into A Learning Club

Up until June 2017, I knew nothing about growing foods and look at me now. After turning my own home into a **learning club**, in just 6 short months, I created an entire movement around growing foods entitled "*Virtual Organic Garden Clubs*" (www.VirtualOrganicGardenClubs.com) movement.

I also created my own Garden Club at www.CathyHarrisGardenClub.com and released a new book on how to grow organic foods "*Overcoming Food Deserts in Your Community: How To Start A Home, School or Community Garden, Food Co-op and Food Coalition.*"

My next book on gardening will be released by Spring 2018 (*aka the "BIG GROWING SEASON"*) entitled "*A Beginner's Guide To Starting Your Own Gardening Journey: How I Built My First Raised Bed Garden and Grew Foods in Pots and Containers.*"

I believe in setting goals and planning ahead so all families need to **prepare now** for the 2018 Spring Growing Season.

We will be working with our new food growing initiative **BrothersBuildingGardens.com** to help boys and men (and women) become **gardening coaches** and **consultants**.

Not only will we continue to launch the **BlackBeautyandBarberShop.com** initiative, where business owners in Beauty and

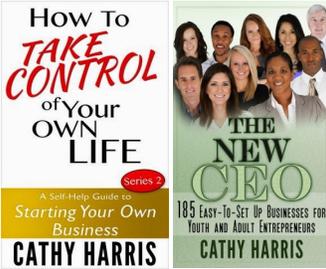
Barber Shops and other storefront businesses can partner up with other businesses and bring new customers in, but we will be working with families to turn their homes or businesses into "**learning clubs**."

I am not bragging, but I am 61 years old so if I can learn all this knowledge around growing foods in just a few short months by turning my own home and car (listening to audiobooks) into a **learning club**, with just one household, imagine what we can do if we come together.

How I Will Get Started

I will volunteer to come into your home or business or give you a FREE consultation by phone and show you how to get started educating your family and your community. You can easily set up empowerment events (seminars, workshops, consultations/coaching sessions, etc.) right there in your own home (in-home) or business and **GET PAID** by using the "**Meetup.com Platform**." Personally, I will be offering 40% of all my profits from book sales (just like in bookstores), (I travel with 17 books sold at \$10.00 each) to homeowners and business owners when I make presentations in their particular venues. **This is definitely a WIN-WIN for everyone!**

CathyHarrisGardenClub.com



Cathy's Business Books

How To Take Control of Your Own Life: A Self-Help Guide To Starting Your Own Business (Series 2) & The New CEO: 185 'Easy-To-Set Up' Businesses for Youth and Adult Entrepreneurs Available as e-books and paperbacks at www.AngelsPress.com

Cathy Harris is the author of 25 non-fiction books. She is also an *Advice Columnist* at DearCathy.com, a *Health and Business Coach*, and a *Genetically Modified Organism (GMO) Food Expert*. Her books contains topics on family & community empowerment, health, business ownership for youth & adults, workplace issues including sexism, sexual harassment, sex and race discrimination, whistleblowing, government, law enforcement/police interactions, beauty/self-esteem, aging/retirement, politics, media, writing/publishing, domestic & intl. traveling —just to name a few.

In 2017, she launched two (2) movements—*The Essential Women's Movement for African American Women*" at EssentialMentors.com and www.VirtualOrganicGardenClubs.com movement.

Tune into
The Cathy Harris Show
www.blogtalkradio.com/TheCathyHarrisShow

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Cathy Harris Health Workshops

- The Correct Way to Lose Weight.
- How To Do a New Year 'Detox Program'.
- How To Flatten Your Stomach.
- How To Get Off Medications.
- Which Foods Gives You More Energy.
- Which Foods Causes Depression.
- How Much Water Should You Drink.
- Which Vitamins You Should Take.
- List of Toxic Products in Your Home.
- Top Reasons the Pharmaceutical Industry Want To Keep You Sick.
- Top Foods that are GMOs.
- Top Side Effects of Eating Genetically Modified Organisms (GMOs)



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Many families don't enjoy other people coming into their homes, but many do, so if you live in a clean, spacious home in a safe neighborhood contact us today -- especially in the **Austin, Killeen, San Antonio, Kyle, Pflugerville, Round Rock, Georgetown, Dallas or Houston, TX area** -- and other outlining areas.

If you don't have a Homeowner's Association (HOA), you should not just be having home meetings and growing foods in your backyard, but also on your porch, patio, balcony, rooftop, in your kitchen and even in your front yard as well.

If you have a HOA, don't be afraid to have these meetup.com meetings at your home, because others do this all the time and they are making money doing it. Why have a home if you can't invite guests over when you want to?

Email cathy@cathyharrisinternational.com or call (512) 909-7365 for a **FREE consultation**, so you can learn this process and start setting up events in your home or business for 2018.

Other Places To Hold Training Besides 'Homes' and 'Businesses'

You can even do these types of meetup.com meetings not just in homes, but also apartments, duplexes, condos, etc. There is no one there monitoring how many people come into your home, whether it's an apartment, duplex, condo or single family home. You can get up to 30 to 60 people at one time and educate them.

If you can't hold these meetings in your home, then look at other venues such as—Beauty and Barber Shops; Black Bookstores; Coffee Shops; Black Restaurants; Recreation Centers; Buildings with Rooms for Rent; Libraries, Churches, etc.

Why Millennials Won't Stay in Workplaces

Three (3) out of four (4) Millennials are ending up back at home. Unlike Baby Boomers and Generation X's, Millennials will not remain in workplaces and just file EEOC workplace complaints like we did.

These workplace complaints don't usually go anywhere anyway -- not for most black people. They just send you on a journey into despair and hopelessness, while others that you had to train move up the career ladder. So therefore, it's time to say no to workplaces and/or build businesses on the side, which will also bring you more happiness, while you occupy your thoughts with something good.

Why We Must Teach Our Own Children

Black people are the most talented people on this planet! Let's use our skills and talents to teach our own people! We have to go further than homeschooling our kids. Homeschooling is a good first start, but **SELF-EDUCATION** will be key.

Most people don't have time to go to day or night school to learn skills, so if you set up this training in your home, business, or some other venue, many will be grateful. Just some of the ways you can educate yourself for a **new field** include— 2 Year Community Colleges; 4 Year Colleges and Universities; Technical Schools; Adult Education Classes; Online Internet Courses; Correspondence Courses; Unemployment Office; Small Business Administration (SBA.gov); Small Business Development Centers (SBDC); Service Corps of Retired Executives (SCORE.org)—just to name a few.

Don't forget that 80% of college students today don't even work in their majors, yet they are left paying student loans for some field they don't even work in for the next 30 years of their lives.

And if they **fail to pay back student loans** after 180 days - 1) Their wages can be garnished; 2) Their credit rating will suffer; 3) Their income tax returns may be seized; 4) They may be sued; and 5) They may be denied a professional license. Now that they have taken music programs, Physical Education (P.E.) and other programs out of most schools today, we can give this training ourselves right in our own homes, businesses and venues.

In 2018, it's time to turn the table and look out for our own families. You have to admit these are good **strategies** and **solutions** for the black family.

What They Are Saying About Cathy Harris' Workshops

Cathy Harris successful background—combined with her mix of entrepreneurial, government, and consulting experiences - uniquely sets her seminars and workshops apart from others.

-Ed Brown, Founder, Core Edge Charisma Institute

Cathy Harris seminars and workshops are not to be missed because they clear up misinformation, misconceptions, myths and urban legends in the community.

-Kenne Walker, CEO, Dare2Care Technologies

Cathy's seminars and workshops provide options for anyone with a criminal record or anyone who can't get a job.

-Judith Skidmore, Mothers Advocating Juvenile Justice (MAJJ)



Know Your Numbers and Save Your Life:

Blood Cholesterol should be below 200 - HDL (good) 50 for women and 40 for men - LDL (bad) should be below 100; Blood glucose/sugar should be below 100 (125 is pre-diabetic); Triglycerides should be below 150; Blood pressure should be below 120/80 (140/90 is high and 130/80 is high if you have diabetes).

Cathy Harris EMPOWERMENT
Seminars & Workshops
-www.CathyHarrisSpeaks.com
 -Vision Board Workshops
 -Health/Non-GMO Workshops and Health Retreats
 -Business Workshops for Youth and Adults
 -Writing Workshops & Writing Retreats (Book, freelance and blogger writings, e-newsletters, newsletters, flyer distribution, etc.)
 -Speaker's Workshops
 -Political Workshops
 -Police Interactions 101 Workshops
 -Marketing/Public Relations (PR) Workshops
 -Facebook Marketing Workshops
 -YouTube Marketing Workshops
 -Natural Hair Workshops
 -Credit Repair
 -Car Buying Workshops
 -Singles/Relationship Workshops
 -Parenting Workshops
 -Tutoring Programs/Community Learning Centers
 -Etiquette/Grooming Workshops (We are bringing back charm schools)
 -Sewing Workshops
 -Crocheting Workshops
 -Sexual Harassment, Sexism, Sex and Race Discrimination and Whistleblower Workshops
 -Organic Herbs & Gardening Workshops (also Food Co-ops, Food Coalitions, etc. with new initiative "Brothers Building Gardens")
 -GMO Movie Screenings and Discussions - 90 Minutes
 -Mandatory Vaccination Movie Screening and Discussions - 90 Minutes
 -Train the Trainer Workshops

Seeking Speakers and Trainers (especially Millennials and Generation X's) to give following workshops:

- Natural & Holistic Cooking Classes
- Jewelry Workshops
- Stylist/Correct Bra Demonstrations
- Samsung/Iphone Workshops
- Computer Tutoring
- Website Designers
- Instagram Marketing
- Twitter Marketing
- T-Shirt Workshops
- Business Plan Consulting
- Home Buying Workshops
- Musical Instruction Workshops (Piano, Trumpet, Singing, etc.)
- Financial Speakers and Trainers
- Building Apps/Financial Literacy Apps
- Building Educational Board Games
- Putting on Plays on Radio Shows including Internet Radio
- Monthly Non-fiction Bookclubs
- Meetup.com Discussions

Let Us Help You Find Mr. or Mrs. Right at
BlackMatchmakerclub.com

VirtualOrganicGardenClubs.com

"The Essential Women's Movement for African American Women"
www.EssentialMentors.com
www.OneMillionClassrooms.com
www.TeamEssentialWomen.com

Start
MobileLearningClubs.com
 in your city today.

BlackWomenMastermind.com
 Join Monthly Masterminds, Think Tanks, & Classrooms
 Every 2nd Tuesday, 7:00-8:00 p.m. (CST)
 Call (712) 770-4715, Pin Code #243460

Join Our Initiatives
BlackBeautyandBarberShop.com & BrothersBuildingGardens.com