

Tying Your Tie Through Self Esteem: An Overview

This program is designed to teach participants not only how to tie a tie but to associate this skill to other life processes. They learn that situations in life have a beginning, middle and an ending, much like the steps of tying a tie. This program is effective with all ages and genders who want to handle interpersonal situations with confidence while strengthening interpersonal skills. Just like tying a tie, a process is not complete until the finishing touch or “*the knot*” has been successfully accomplished.

From this workshop participants will learn to:

- Listening actively
- Communicate effectively
- Be focused
- Be empowered in interpersonal relationships
- Express yourself from a position of strength
- Break down obstacles and barriers to effective communication
- Solve problems

Participants will benefit by:

- Gaining new skills to help resolve “sticky” situations
- Understanding yourself better and increasing your self-worth
- Seeing old relationships in a new light
- Realizing a new freedom in asserting yourself

Here’s what people said about LeCount Holmes’s Frederick Douglass presentation:

“Mr. Holmes displayed to the students the importance of selecting their greatest potential and not giving up on their goals and aspirations.”

Ms. M. S. Bostic

Assistant Principal
Columbia Middle School

“One of the best presentations I have experienced.” –***H. Nelson, Ephesus SDA Church, Saginaw, MI***

“...109 students had a life-changing experience. We hope you recognize...the significance of this event in empowering these young people to become involved in the process of changing their communities, state, and ultimately, this nation.”

W. Woodward, Ph.D.

Vice President, Community Programming and Research
Georgia Youth Summit, Atlanta, GA

“This presentation was very good, it made me think about my strengths and weaknesses. I especially liked the question and answer session.” ***Student, Atlanta Public Schools, GA***