

Marlene Dillon is an Empowerment Specialist. Through her trajectory-shifting workshops, she teaches: children to love themselves and believe in their dreams, girls to believe in themselves and make better decisions, and parents to engage in loving communication with their children and to raise them with a healthy self-concept. Marlene is the author/illustrator of the empowering children's book, I'm Proud to Be Natural Me! and the online course creator of Udemy's Healing Our Families: Healing the Parent-Child Relationship.



"My intention is to help mend families by teaching healthy communication skills. We can heal our communities by healing our families."
Marlene Dillon, MACM

Yvonne Monique Livingston is a Global Community Engagement Coordinator—building community wherever she goes. As a survivor of childhood trauma, Yvonne knows first hand how it can disrupt mental development. Yvonne works with stakeholders to build programs that are evidence based, to empower individuals to move in the direction of self-love, and stability. Through open and honest dialogue, she helps families come together to envision and create their ideal healed environment by fostering a welcoming space.



"My goal is to teach these principles to families, community stakeholders, businesses, and any one who wants to empower individuals to rise to their full potential. Talk to me and see."
Yvonne M. Livingston LLC



Single moms using the art of authentic communication to heal our families

Safety
Integrity
Support
Trust
Accountability



sistamoms.org



Imagine a supportive community of girls, who believe in themselves, communicate respectfully, and hold their peers accountable. Imagine young ladies united as **SISTAs**.

S.I.S.T.A. is an empowerment program for young ladies in 4th through 9th grades that promotes social emotional learning through guided group discussions on the topics of self-confidence and wise decision-making.

S.I.S.T.A. supports girls in developing their social emotional skills. Through high engagement sessions where students are reading, viewing videos, discussing their own experiences, reviewing case studies, setting goals, we teach young ladies to:

- Recognize the feelings and perspectives of others
- Recognize individual and group similarities and differences
- Use communication and social skills to interact effectively with others
- Develop confidence to communicate and contribute in group discussions, and
- Learn to support peers through verbal and nonverbal communication

"Ms. Dillon was an outstanding presenter for the Ladies First Mentoring Group. The young Ladies loved her so much, we asked her to come back a second week in a row." — Ms. Rogers & Ms. King



Healing Our Families: Healing the Parent-Child Relationship is a communication course for parents. This 6-lesson training teaches parents how to engage with their children in healthier ways to improve the quality of their relationship.

Parents will learn:

- 6 main mistakes parents make that shut down communication
- Verbal and nonverbal communication triggers
- How to talk to their child
- How to regain their child's respect
- How to get their child to want to communicate
- How to advocate for their child in ways that build trust

Parents will gain:

- Lifetime online access to the course and course materials
- Access to their purchased course on their iPhone or Android (using the free Udemy app)
- Journal reflection questions for deeper healing work
- Live, in-person instruction, and Q & A
- Certificate of Completion

"This course is an amazing guidebook and how to for raising confident and secure children through creating a lifelong positive relationship with them. I love all the practical parenting tips and tools that are both simple and effective.... I highly recommend this course to other parents!" — Megan Barella, Positive Parenting Coach