



ANGELS PRESS

“Motivating Women to Greatness”



Press Release
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Cathy Harris Launches “The Essential Women’s Movement”

Austin and Dallas business woman, Cathy Harris, launches "The Essential Women's Movement" (<http://www.EssentialMentors.com>), which is a new national movement for African American women mentors, who will uplift, empower and share information with other women, girls and boys. As we work alongside of male business owners, we will refer young boys to men with 'ethical' shadowing/mentoring businesses.

This new network will be located in every city and we will form a "mobile trainer's network" for trainers who can travel from city to city. We will come up with weekly or bi-weekly action plans for the entire family by forming Masterminds, Brainstorming Sessions, Roundtables, Panel Discussions, Symposiums, Town Hall Meetings, and other serious meetings and conferences, as we provide community and virtual training in the following areas:

- Goal Setting/Dream Mapping Workshops
- Personal Development Workshops (Self-Esteem, Etiquette, Grooming/Personal Hygiene, Financial Literacy, Home Buying, Relationship, Self Taught vs. Formal Education, etc.)
- Parenting Workshops (School Monitors and Tutoring Programs, Home Learning Centers, Neighborhood Bookclubs, Sistahood/Village Neighborhood Watch Programs, etc.)
- Natural and Holistic Health Training (Home, Community and School Gardening Projects, Food Co-ops and Food Coalitions)
- Business Workshops for Youth and Adults
- Articles and Non-fiction Book Writing Workshops
- Workplace and Whistleblower Training
- Train the Trainer Workshops

Our massive mentorship programs will be "service-oriented," not "money-oriented," where we will become "100% self-sufficient" in our dealings with each other as we grow and build "legitimate" businesses. We will especially focus on matching up "Baby Boomers" with "Generation X's" and

“Millennials.” We ask that you not be involved in any type or Network and Multi-Level Marketing venture (Pyramid Scheme) or any other ‘unethical’ business practice, including businesses that don’t teach self-sufficiency such as “Non-profits”. Instead we ask that you investigate “For Profit” businesses.

We will not ask anyone to donate to us, but instead we will ask that everyone investigate and recommend our ‘ethical’ services and products to others. Everyone, no matter how young or old, has some type of skill, talent or passion, which is of value to others, so therefore, we will form business alliances, strategic partnerships and co-ops to help each other lay out our own platforms, as we form supportive ‘ethical’ networks around each other.

Not everyone is on social media, especially facebook.com, so it will be imperative that everyone join our mailing list at the links below. You can also sign up your own family members, friends, neighbors and colleagues yourself by going to the links and just filling in an email address, however, please inform them that you have signed them up.

If you would like to be a part of this new network and be listed in our directory and provide any of the above training in your city, or if you would like to bring this training to your city reach out to Cathy Harris at cathy@cathyharrisinternational.com, (512) 909-7365 and join our mailing list at www.CathyHarrisInternational.com or www.AngelesPress.com.

To bring women aboard this campaign and new initiative, we will start off with virtual training through a series of youtube.com presentations, FREE weekly teleconference calls (712) 432-0370 -- Pin Code #678115 every Tuesday from 7:00-8:00 p.m. (Central) starting on Jan. 31, 2017 and regular posts in e-newsletters, and we will post these advertisements on the below facebook.com and meetup.com groups so join both of these groups so you don’t miss the weekly or bi-weekly action plans.

Your only qualifications to be a part of our network and this new movement is you must have a great love for the black community. Our motto is ***"Motivating Women to Greatness"*** and we are located on Facebook.com at <https://www.facebook.com/groups/TheEssentialWomensMovement> and Meetup.com at <https://www.meetup.com/TheEssentialWomensMovement>.

Cathy Harris is an Empowerment and Motivational Speaker, Non-GMO Health and Wellness Expert, Advice Columnist at DearCathy.com, Self-Publishing and Business Coach. She is also the author of 23 non-fiction books including 4 health books and 2 business books, and she provides seminars, workshops, webinars and consultations through her speaking and training platforms at <http://www.cathyharrisinternational.com> and can be reached through her empowerment company, Angels Press, CEO, President, Publisher, P.O. Box 19282, Austin, TX 78760, (512) 909-7365, Phone: (512) 909-7365, Website: <http://www.AngelesPress.com>, Email: info@angelspress.com.