



Youth Hope & Inspiration Inc.
PO Box 22026
Indianapolis, IN 46222

March 5, 2017

Dear Organization,

Thank you for your interest in Youth Hope & Inspiration Inc.'s *Mind Over Matter* workshop. Our not-for-profit 501(c)3 organization has presented this workshop for high school students and adults.

Mind Over Matter Overview:

Fee	\$150.00 per hour (includes cost of handouts) Note: Speaking engagements/workshops fees assist in sponsoring youth, of disadvantaged and/or low-income families, to participate in extracurricular activities for healthy development. For more information about our organization, log on to our website at www.youthinspirationinc.org . Checks payable to Youth Hope & Inspiration Inc.
Date/Time	TBD
Set-Up	Access training room .5 to 1 hour prior to start of workshop; will not use PowerPoint for 1 hour presentation, but will bring handouts and activity sheets.
Objective	Strengthen awareness of the power of thoughts and strengthen ability to take control over thoughts to reach full potential.
Description	This 1 hour workshop is interactive and insightful. Participants will participate in a fun team building activity that will highlight the importance of focus and fortitude.
Speaker	Catina Barnett is an Associate for Talent Development author who was featured in their November 2016 magazine article, "Reaching Your Potential." She has written five articles including, "Mind Over Matter: Are You Ready to Reach Your Full Potential?" Catina holds a BA in psychology, an MBA and a PHR certification. She is co-founder/executive director for Youth Hope & Inspiration Inc. and has over 15 years of combined human resources and organizational development experience.

We look forward to motivating and inspiring your team members to reach their full potential by unlocking the power they hold within their fingertips. Please don't hesitate to contact me at (317) 658-6655 for additional information and/or questions.

Sincerely,

Catina Barnett, Co-Founder/Executive Director