

## REACHING OUT DOCUMENT



### Situation:

So many women & girls in your congregations have experienced different forms of trauma that has created internal barriers. These mental barricades were created from parents, sexual assault, past abusive relationships, addictions, disconnections and scarcity along the journey of life.

The mental walls begin to close in as the years went by without support. Life become so overwhelming at the common core of a daily functions. All that is solid in your life is the relationship with GOD. As the world keep shrinking and life is passing you by. Now, you are being skipped over in promotion, afraid to work in your passion or starting your own business. No matter how successful you are or may become, however still unable to move your business to a higher pay bracket or just reach another level in life. It's time to Eliminate those internal barricades. You are already **AMAZING!!** Your 50% is seen as 150% to others, yet still you know internally that **Your Best is Yet to COME!!**

As a survivor of Sexual Assault, Addiction & Domestic Violence Coach Hampton uses her own trauma experience as the blueprint for supporting others. It has been tried and true for changing the trajectory of thousands over the last 20 years. On her spiritual journey as a humble servant and trainer of the leadership team at her church she realized that there were so many traumatized leaders serving others, from their blocked or empty cup.

Being a lost sheep herself, she craved for a healthier life for her and nine children. Waddling in the past trauma made her feel the bitterness, brokenness and betrayal on a daily basis. Until she connected with other sisters in the church that had similar experience La Toyia went deeper and deeper into darkness with the little eyes of her children watching. The church provided so many resources that helped her become healthier. Women's Ministry help her understand that she was not alone on this journey of healing as a woman of GOD. She has spent the last 2 decades helping women and girls change the trajectory of their life. She provides workshops about domestic violence, teen dating, sexual assault and mental health using trauma informed evidence-based services as a launching pad for engagement.

### Proposal Solution:

"To Whom Much is Given, MUCH is Required" is the Rules Coach-Hampton lives by. She has created 7 Strategies to Wealth & Internal Freedom. Creating a Growth Mindset, Spirituality & Religion, Knowledge is The Power, Learning to Love Who's in The Mirror, Making Healthy Connections, Mental & Physical Safety, Building Generational Wealth to open internal barriers

for women. By connecting with churches all over, La Toyia plans to support women in transforming their lives.

Freedom and Wealth called “The Ultimate Guide to Internal Freedom” This will also help eliminate past trauma that prevents them from a full connection with the Lord our Savior. La Toyia is a dynamic motivational speaker and CEO of Two Lifestyles, Inc. both of which provide transformational workshops, presentations and keynote speeches for organizations, churches, schools, the justice system, corporations and public seminars.

### **Your Next Step**

1. Email us to set up an appointment for presentation overview
2. Find out how can La Toyia’s appearance support the Women’s Ministry
3. Choose a date and presentation platform (In house or over zoom)

### **Benefits for your Congregation**

- If La Toyia sell any books proceeds will be donated to the church
- The benefits are people getting the guidance they need.
- Other support for the Women’s Ministry

### **Benefits for La Toyia**

- Supporting the community one women at a time
- Fulfilling her commitment to GOD “To Whom Much Is Giver Much Is Required”

Be the change I wish to see