



Please join us on Friday, April 28 2017 (1p.m. – 4p.m.)
Mental Health America of Greater Tarrant County

“The Energy Bus: 10 Rules to Fuel Your Life, Work and Team with Positive Energy”

Yolanda Harper - Transformational Speaker & Author

The Energy Bus, an international best seller by Jon Gordon, takes readers on an enlightening and inspiring ride that reveals 10 secrets for approaching life and work with the kind of positive, forward thinking that leads to true accomplishment - at work and at home.

Whether you are a leader looking to build a positive culture, a manager trying to energize and engage your team, or someone who desires to enhance your performance and productivity, this seminar will help you implement a proven model for success.

Yolanda Harper is passionate about seeing people operate in their personal power and that is demonstrated in her energetic speaking style that captivates the audience. A sought after speaker, she has a way of evoking thought provoking emotions, asking self-reflective questions all while fully engaging onlookers.

Yolanda’s day job is the worksite coordinator for Blue Zones Project, which is a community wide well-being improvement initiative designed to make healthy choices easier in the city of Fort Worth. She works with employers across Fort Worth to implement researched best practices designed to lower healthcare costs and improve productivity.

Prior to joining Blue Zones Project, Yolanda grew her fitness brand to nationally recognized status as owner of Fit&40 Crew®, an outdoor fitness boot camp which included personal training and athletic performance coaching. As a transformational speaker, Yolanda penned her first book, “Achieving Peace: A 31 Day Fitness Devotional” and is putting the finishing touches on her second book titled, “Achieving Power: 31 Nuggets to Optimal Personal Performance.”

Other hats she wears are serving on the Board of Directors for the Fort Worth Metropolitan Black Chamber of Commerce and Chair of the Women’s Business Division, a Licensed Minister and Director of Ministerial Alliance at Bridge Builders International Church.

Other accomplishments include completion of the United Way of Tarrant County Blueprint for Board Service program, recently acknowledged for her contribution to business and community in the Who’s Who in Black Dallas and the Fort Worth Business Press Top 20 Women to Watch in Fort Worth.

In her spare time, she enjoys her minimalist lifestyle, working out, and is an avid reader.

Learning Objectives:

- 1.) Write down your vision
2.) Identify fears and energy vampires
3.) Determine people that need to be on your bus
4.) Becoming a person of purpose

The fee for this 3-hour CEU seminar is \$50 for non-MHA members, \$40 for MHA members and \$20 for students. Registration deadline (online/by mail) must be received by March 27, 2017

- 1) Mail check to MHA at 3136 W. 4th Street, Ft. Worth, TX, 76107; fax number: 817-810-3230
2) Online at www.Eventbrite.com

MHA is an approved provider of continuing education in Texas for LPC with approval #1099, Social Workers #5467, and LMFT #419. For additional information, please contact Barbara Jordan at 817-569-5779 / Barbara.Jordan@mhmrtc.org or Deannah Rowell at 817-569-5780 / Deannah.Rowell@mhmrtc.org

Registration by Mail (print off and send with check or credit card payment to MHA)

NAME: \_\_\_\_\_
ADDRESS: \_\_\_\_\_
CITY, STATE, ZIP: \_\_\_\_\_
HM/CELL PHONE: \_\_\_\_\_ WK PHONE: \_\_\_\_\_
E-MAIL: \_\_\_\_\_
PAYMENT METHOD \_\_\_ VISA \_\_\_ MC \_\_\_ AMEX \_\_\_ DISCOVER \_\_\_ CHECK ENCLOSED
CREDIT CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_
SECURITY CODE: \_\_\_\_\_ TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_