

"We become what we believe and therefore we must be aware of our thoughts at all times."

Angel Carlton

# Free 2 B U presents a Parent Empowerment Workshop

## Take the Ultimate Family Journey

FREE 2 B U, an evolutionary empowerment program, introduces transformational parenting concepts by bridging traditional parenting practices into effective applications to raise and nurture today's free-spirited generation.

By illustrating gentle reminders of life's most important lessons and recognizing the illusions that hinder healthy emotional growth, parents will get an inspiring and fresh perspective of their role in raising children. This enjoyable workshop introduces a variety of interactive ways to guide children while empowering them. Parents, caregivers and teachers will get a glimpse at the magic discovered in the after school *Youth Leadership Club* offered by Free 2 B U.

Building a solid foundation for children to live up to their full potential creates well-balanced, happy, confident children that deepens their appreciation for self, others and life which can greatly impact the quality of the world as a whole.

## Meet your Free 2 B U Facilitators



### Angel Carlton, Co-Director, Free 2 B U Empowerment Programs

Angel's previous career as a Marketing Consultant combined with the important role of a Stay-at-home Mom led to the development of the Free 2 B U Program. Her personal growth accelerated when her son was born and she set aside her professional life for one dedicated to the joys and trials of motherhood. This awakening led to a deeper passion and desire to develop a way to introduce *practical parenting wisdom* in hopes to create a more sustainable future for our children and a peaceful coexistence for humanity. Believing the outcome of our future depends upon the young, Angel's primary focus at this time in her life is to empower our youth and inspire the adults that impact their lives. She accomplishes this through organizing Free 2 B U Youth Leadership Clubs around the world and providing Parent Empowerment Workshops. Angel is actively involved in her community and currently serves as the PTA President at her son's middle school.

### , Co-Director, Free 2 B U Empowerment Programs

Louise raised three children and is a proud grandmother of seven young adult grandchildren. Louise began her own journey over two decades ago with two questions she wanted an answer to: "Who am I and what purpose do I serve in life?" She began her quest to find these answers by leading Adult study groups and starting her own non-profit organization, creating a space for others to expand their personal growth. Louise brings her teachings to young parents through the perspective of a grandparent while sharing the monumental differences of parenting during her generation and that of today's. The answers to the two questions she asked herself early in her life are now answered. The purpose that fills her every intention resounds in these words: Be the Change You Wish to See in Your World. She actively lives this purpose as a Co-Director of the Free 2 B U Empowerment Program.

Believe.  
Become.  
Be Free.



FREE 2 B U

For more information visit [www.Free2BU.com](http://www.Free2BU.com).

Free 2 B U is a 501(c)3 non-profit organization.