

# Mindful DECISIONS

DISCOVER **NEW** COPING SKILLS AND  
PARTNERSHIP **OPPORTUNITIES**

We will utilize the virtual platform to transmit information, promote comprehension, and spark interests.

This six week program will include discussions, simulations, and games.

EMAIL: [KONSIDERDIS@GMAIL.COM](mailto:KONSIDERDIS@GMAIL.COM) | [SHARANCHAREESE@GMAIL.COM](mailto:SHARANCHAREESE@GMAIL.COM)  
DC, MD, AND VA



**INTERACTIVE  
ZOOM**

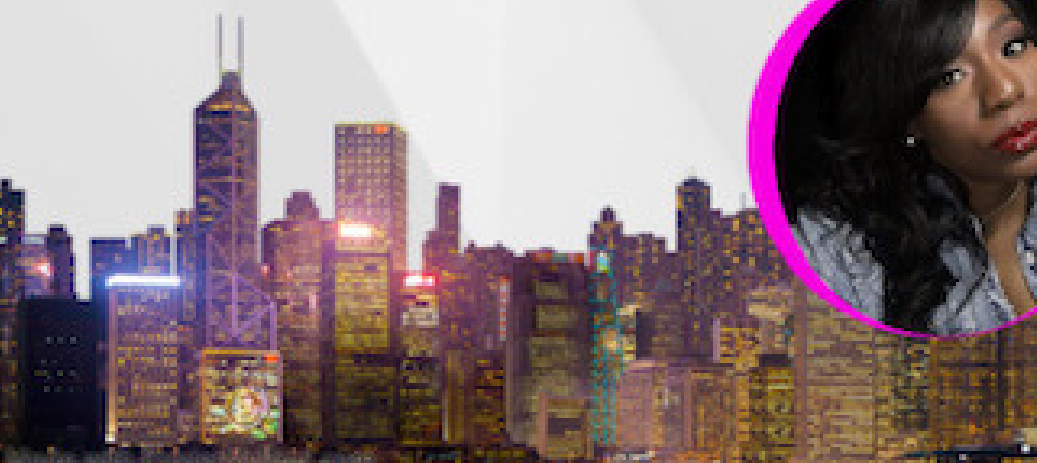
**SHA'RAN LOWE**  
**@SHARAN.LOWE**

Lowe Crew is a youth centered organization centered around mentorship, internships, education, and scholarships.



**NAKKIA JUNE**  
**@KONSIDER\_DIS\_**

Offers an array of valuable social resources to help disadvantaged families throughout the DC Metropolitan area.



[www.lowecrew.com](http://www.lowecrew.com)  
[www.konsiderdis.org](http://www.konsiderdis.org)



**We will develop intentional behavior and the coping skills that will help us navigate through this journey called life. At the end of the six-week program, you'll notice exactly what you are feeling in your body, experiencing in your emotions, and thinking in your mind.**



## ***"OBJECTIVE"***

**That is the essential content of your experience. We will look at ourselves with interest, curiosity, and inquiry, particularly when exploring our thoughts, behaviors, and emotions.**

# Event Infographic



**1st**

First workshop of the year  
due to COVID-19  
Pandemic

**17 y/o to 24 y/o**

Age Group for program  
participation



**60% Attendance**

Over the past six weeks we had a 60% participation  
throughout the workshop.



**Stipends**

Weekly food stipends for  
participants



**Sponsor**

**2020 Woodson Center  
Mini Grants Awardee**



### Client: K

(White) / (Female) / (17yo) / (Baltimore, MD): Client registered for our virtual six week program. The client was engaged during the program and shared general details. She was neatly dressed and looked well kept through the program. The client shared that she joined the program to gain an array of new skills. Like many of us, she is aware of the seriousness of COVID-19, but she is ready for it all to be over. Due to all the antics that have presented themselves during the presidential election, she has not followed it. However, social media helps her to stay connected to the news and people.

### Client: D

(Black) / (Female) / (22yo) / (Washington, DC Ward 8): Client registered for our virtual six week program. The client was engaged during the program and shared a few details about herself. She was neatly dressed and looked well kept when she was on the camera. Some of her interests include shopping, dining out, and going to the movies. The client shared that she joined the program to gain an array of new skills. 2020 has been a whirlwind for everyone, and the client feels that COVID-19 has lasted too long and is ready for life to resume to the “new normal,” and the presidential election has been filled with too many antics.

### Client: L

(Black) / (Female) / (19yo) / (Washington, DC Ward 3) : The participant registered for our virtual six week program. She was neatly dressed and looked well kept throughout the program. The participant missed two sessions of the program but did contact the host. During the initial intake, the client disclosed that she joined the program to change the way she thinks about life and to receive help with social resources. She, like others in the program, believed that 2020 had lasted too long.

### Client: K

(Black) / (Female) / (18yo) / ( Baltimore MD): Client registered for our virtual six week program. The client was slightly reserved but did complete the program with two absences. She was neatly dressed and looked well kept throughout the program. The client disclosed during the initial intake that she joined the program to gain new skills. She, like others in the program, is ready for COVID restrictions to be over.





### Client: A

(Black) / (Female) / (18yo) (PG County): Client registered for our virtual six week program. The client was engaged during the program, but she shared that she has many problems at home. The client shared that her hobbies include Instagram and Tik Tok. She. When on camera, the client looked neatly dressed and well kept during the program. The client shared that she joined the program to gain new skills. Like many of us, she is aware of the seriousness of COVID-19. The client didn't follow the elections at all and wasn't able to vote this year. However, she uses social media as an escape from her day to day life.

### Client: I

(Black) / (Female) / (24yo) / (Washington, DC Ward 8): Client registered for our virtual six week program. The client has a three-year-old daughter, and they live with her grandmother. The client was engaged during the program and shared intimate details about herself. She was neatly dressed and looked well kept throughout the program. Some of her interests include taking care of her daughter and spending time with her family. The client shared that she joined the program for the experience. She was excited because she voted this year and felt that she made a change.



Lowe  Crew

# MARKETING SUMMARY



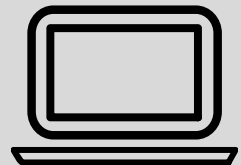
## EMAILS

50 EMAILS WERE  
OPENED OF OUT OF  
26 EMAILS



## STREET TEAM

NO PERSON:PERSON  
CONTACT DUE TO  
COVID-19.



## SOCIAL MEDIA

420 ORGANIC SOCIAL  
MEDIA IMPRESSIONS  
WITHIN SEVEN DAYS.

## EVENT AWARENES S

It's an opportunity to directly engage  
with community to understand their  
needs and desires.

36%

## IMPROVEMENTS

- 3 WEEKS OF PROMO
- EXPAND EMAIL NETWORK
- USE OF HASHTAGS AND SEO
- COLLABORATIVE EFFORT
- PROMO MATERIAL FOR SPONSOR  
TWO WEEKS BEFORE THE EVENT

Date	Partner	Priority Community	Event/Activity	Partner Role	Goal of Event/Activity	Event/Activity Highlights	Participants
10/18/2020	Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To brainstorm program ideas to develop a six week workshop	Develop new coping skills.	2
11/12/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To complete workshop development curriculum	Partners completed Mindful Decision Curriculum	2
11/4/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Follow Up	Primary Organizers	To share program updates	Program registration update and Promo materials	2
11/5/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	To complete week 1	Participants were engaged and shared intimate details about themselves	8
11/8/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To complete program prep	Complete program preparation for Week 2	2
11/12/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	To complete week 2	Participants were engaged and shared intimate details about themselves	8
11/13/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Follow Up	Primary Organizers	To share program updates	Participants update: D McQueen cooked her first meal, Lanai scheduled 1:1 appointment	2
11/14/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To complete program prep	Complete program preparation for Week 3	2
11/16/2020	KonsiderDis	Ward Three	In Person Meeting	Primary Organizers	To complete 1:1 Mentor Session	Nikki June met with client to gather information about her background and participation in the program.	3
11/17/2020	KonsiderDis	Ward Three	Individual Engagement	Primary Organizers	To fulfill client needs	Partner texted participant registration form for Workforce Institute registration for UPO <a href="https://www.upo.org/training/">https://www.upo.org/training/</a> . Participant has enrolled into the program on 11/18	2
11/17/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Individual Engagement	Primary Organizers	To fulfill client needs	Partner texted participant Workforce Institute registration for UPO <a href="https://www.upo.org/training/">https://www.upo.org/training/</a>	2
11/18/2020	KonsiderDis	Ward Seven	Individual Engagement	Primary Organizers	To fulfill client needs	Client completed resume for Z. Boone for job search.	2
11/19/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	To complete week 3	Participants were engaged and shared intimate details about themselves	8
11/21/2020	KonsiderDis	Ward Three	Individual Engagement	Primary Organizers	To support client	Client called organizer to vent about her living situation. Organizer assured her to hold on a stick to her plan for moving out.	2
11/22/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To complete program prep	Complete program preparation for Week 4	2
11/26/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	Group Chat	Organizers sent text to wish group a happy holiday.	6
12/1/2020	KonsiderDis	Ward Three	Individual Engagement	Primary Organizers	To provide social resources for clients	Organizer spoke to client about three resources for the client to register for. She also texted for SSDI, TAG Scholarship, and Mayor's Tuition Assistance Program.	2
12/3/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	To complete week 4	Participants were engaged and shared intimate details about themselves	8
12/6/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To complete program prep	Complete program preparation for Week 5	2
12/10/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	To complete week 5	Participants were engaged and shared intimate details about themselves	5
12/13/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Workshop Development	Primary Organizers	To complete program prep	Complete program preparation for Week 5	2
12/14/2020	KonsiderDis	Ward Three	Individual Engagement	Primary Organizers	To provide social resources for clients	Client asked the organizer about housing programs. Organizer sent her listings for LAYC and Covenant House	2
12/15/2020	KonsiderDis	Ward Three	Individual Engagement	Primary Organizers	To provide social resources for clients	Client phoned organizer to inform her that she has been put on the list for Safe Haven for housing placement. Someone should be	2
12/17/2020	KonsiderDis + Lowe Crew	Washington D.C. and Maryland	Small Scale Group Activity	Primary Organizers	To complete week 6	Program break	5

# SAMPLE CERTIFICATE



## CERTIFICATE OF COMPLETION

This is presented to

# Participate Name

for successfully completing the  
Mindfull Decision Workshop .

*Sha'Ran*

SHA'RAN LOWE

@lowe.crew

*Nikki June*

NIKKI JUNE

@konsider\_dis\_

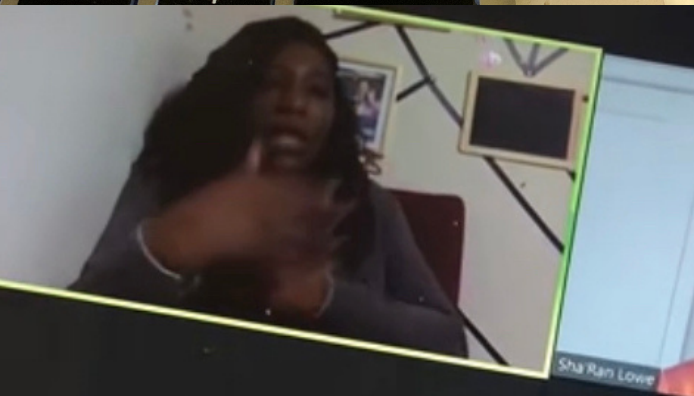
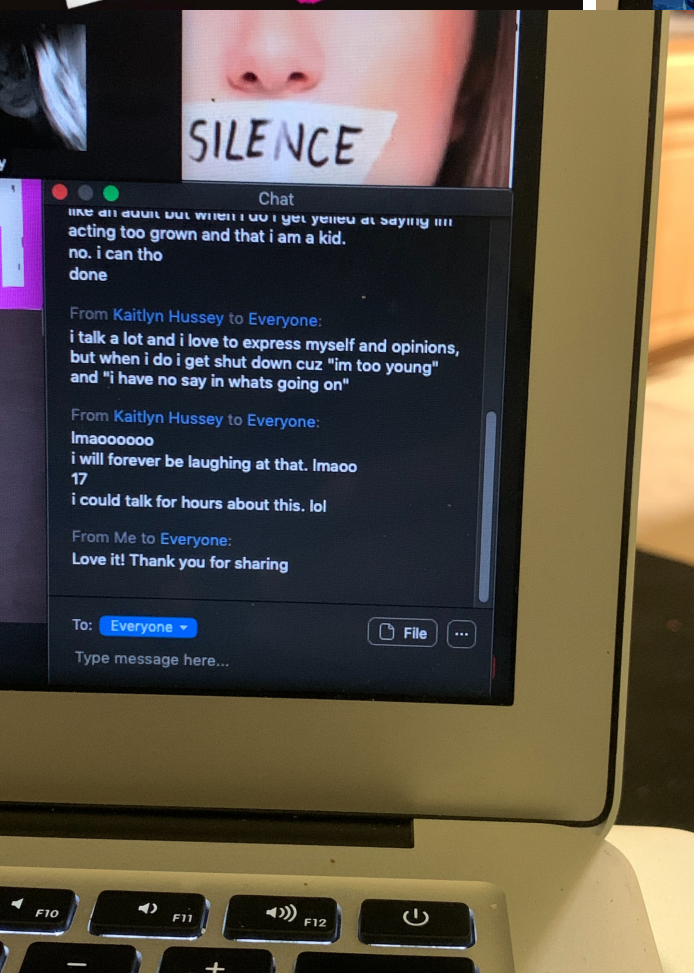


THANK YOU FOR CONSIDERING THE  
VISION @SHARAN.LOWE OF  
@LOWE.CREW

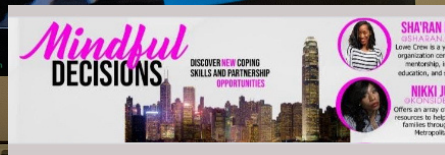
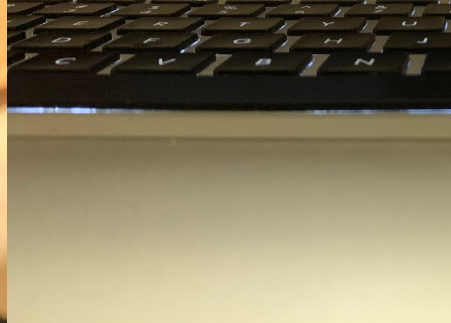
WEEK ONE COMPLETE OF

MINDFUL  
DECISIONS

# HIGHLIGHTS



Kaitlyn Hussey



## Assignment 1

Form description

Email address \*

Valid email address

This form is collecting email addresses. [Change settings](#)

What would you like to gain from the workshop?

- ☐ Mentor
- ☐ Friends
- ☐ New Skills
- ☐ Other...

How do you feel about COVID-19? \*

- ☐ Scared



# SAMPLE ASSIGNMENTS

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- ☐ Scared