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## NOTABLES

- ◆ Joining Clemons & Associates as their staff HR Consultant July 2009!
- ◆ Joined the Local Management Board for Harford County
- ◆ Partnering with Booth Brothers on local workshop/training events for the Aberdeen community

## June 2009 Symposium - Simply Amazing!

Sponsored by Harford County Office of Drug Control Policy - Drug Prevention, Intervention & Treatment

**“ A M A Z I N G ! ”**  
This single word was used by a participant who attended the CLB Management workshop entitled, *“My Tree Is Rooted By The River”*. But the truth is, it was amazing to see the number of human services professionals in attendance who were ready to be permeated with all the knowledge and experiences the day had to offer them.

One could feel energy in the atmosphere. The 28 participants who chose to participate in Davita’s workshop that day were fired up. It was obvious the moment the first person entered the room, that it was Showtime!

“Good Morning!” And the introductions began. It is always exciting to learn who is a part of the group.

The title of the 2009 Symposium was recited to the group - *“Charting the Course and Weathering the Storm”*, which



**Davita defining the word Deliver as a set up for the Believe, Trust & Deliver worksheet.**

was the perfect introduction to the title of the workshop.

*“My Tree Is Rooted By the River”*, provides the applications to do just this. The three principles: Believe, Trust & Deliver, are an integral part of the services offered at CLB Management, and

therefore were shared with the group in order to get them on the right track for the workshop.

The group learned how to define the elements in their personal Career and Life Zones. They were then instructed on how to view themselves as a tree and construct their “resources tree”, which provides the tools necessary to balance the elements within the two zones identified. What an “Aha!” moment this was for many. One participant is quoted saying,

*“The tree concept is genius! I am a visual person and this helped me to see me in my life”.*

The workshop was a success and CLB Management is looking forward to the 2010 Symposium in Harford County.



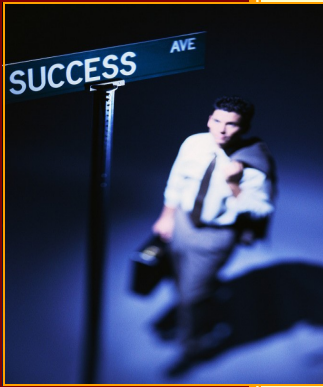
## Young Women’s Workshop

Aberdeen, MD was a buzz every Thursday from April 23rd through May 7th, with laughter, stories, and talks from the young women who attended the *“Who, What, When & Then Me”* workshop. They came because their parents enrolled them, but they engaged themselves each night with high energy and

expectations for the topics. Movie clips, pictures, shoptalk and worksheets guided each person through their journey. The road was paved with hot topics such as:

- ◆ By Default I Am A Leader
- ◆ Who Do I See In The Mirror
- ◆ Cell Phone - What Does This Text Say About Me?

These young women from Harford County and Baltimore City public schools did not leave the same person as when they arrived, because the workshops are designed to connect, motivate, and empower young women to deliver excellence in all that they say and do!



“Once you reach it, you have to continue on the path that led you there.”

# Motivational Application Zone

July 2009

“Thank God there is only 24 hours in a day and 365 days in a year”



## HR Zone <<<<<<<<

The economy has affected everyone. You may not be directly affected, but the fear of what can happen has settled down inside of all of us. This is a time to evaluate where you are professionally. You should be taking this time to define where you are and where you would like to be in regards to your education, technical and communication skills.

Conduct this gap analysis, make a commitment and take action to reach the desired and necessary level in

these areas. No, this isn't a sure way to retain your job, but what it does is better enable you to maximize your potential in your particular industry, so that you are an impact player and not on the bench. A team player is great, but an impact player moves organizations towards their vision and leads in their mission.

A state of complacency is not a positive state to be in; you will be unmotivated, as well as your employer about you.

Start a career journal, or if you prefer create an electronic version. Perform a career audit and identify your strengths, weaknesses, opportunities, and threats (SWOT), and then create a resource chart. This chart will detail who and what can provide you the tools and resources to address your weaknesses and threats.

Success is wonderful, but once you reach it, you have to continue on the path that led you there.

» Motivation is great and we all need it, but the application is the important aspect of it. The best way to apply knowledge is to identify the tools needed to perform the actions you have been motivated to carry out.

» No one wants to have to reinvent the wheel all of the time, even though doing so can reap great benefits. Your tools can be people, places or things. Create a list that shows what these three tools can bring to the table to help with application of the skills & knowledge you have acquired from a training, workshop, coaching session, or presentation.

The next step is crucial. Com-

municate to the people who have the resources to help you. Let them know what you need so they can reach out to their networks. Access the places you have identified, as well as acquire the things you can use to move closer to desired outcome.

Knowing who your cheerleaders, critics, and dreamers are is also important in motivational application. There will be times during the project period that you will need to draw from these individuals as subject matter experts. Keep a list handy so you can Twitter, Facebook, Text, Email, or make an old fashion phone call. Just keep the energy going!

### “One of Life's Moments”

I say this because I am only one person. I can't believe I have uttered the words 'I wish it was more than 24 hours in a day'. I shudder at the thought of wasting a wish on that. I should have just wished that I could accomplish my tasks during 4 hours of the day so I could spend the other 20 hours laughing, loving and dreaming while I rest. I need to recognize on a

daily basis that I only have 24 hours, so I can better plan how I can spend more time on life and less time on making a life. Or it would be great if I could blend them to a point that they are no longer two distinct moments in life. I will need to find laughter, love, and my dreams within my tasks. I am where I am in life because of my choices and God's

gift of free will. So while I seek and try to follow God's will for my life I must take on each 24 hour day and 365 day year as if they are meant to bring forth laughter, love, and dreams. Thank God there is only 24 hours in a day and 365 days in a year because if there was more time than that it may put me in an undesired constant state of laughter.

# The E<sub>2</sub>O<sub>2</sub> Corner

**Educated & Empowered to Opt-Out**  
 FROM DRUGS, ALCOHOL, GANGS, SMOKING & SEX  
 AN ASSOCIATION FOR OUR YOUTH AGES 11-18

CLB Management Inc. and it's partners are working diligently to form the E<sub>2</sub>O<sub>2</sub> Youth Association for 2010 membership enrollment. We are forming a superior committee that believes our youth deserves every opportunity to excel in life and be the beacon of light for our future.

We believe that opting-out from drugs, alcohol, gangs, smoking, and sex during this crucial maturity period in an adolescent's life phase is essential to the success of our youth and the future of our communities.

It is our intention to provide a forum for young women and men to practice opting-out with support from the associa-

tion's resources.

It is important for the community to get involved and support the youth who will be members of this association.

During this formation period, we will provide status updates and information that supports the mission and vision of the association. Please be on the look out for mailings, advertisements, and fundraising information to kick start the association.

We believe in our youth and we are going to put our actions behind our words-please join us in this effort.

## Resource Links For You & Your Youth

### Drug/Alcohol Facts & Information

[www.etr.org](http://www.etr.org)  
[www.samhsa.gov](http://www.samhsa.gov)

### Domestic Violence

1-800-MD-HELPS  
 410-828-6390

### Youth and Sex

[www.cdc.gov/hiv/](http://www.cdc.gov/hiv/)  
[4parents.gov](http://4parents.gov)

### Gang Prevention

[www.ngcrc.com](http://www.ngcrc.com)  
[www.focusas.com/gangs.html](http://www.focusas.com/gangs.html)

As your life/career coach, I am not your best friend, but at the same time I am your best friend and you will understand why - U GET RESULTS

## CLB's Twitter Pick

It is amazing sometimes that we are willing to spend money but we are not willing to invest in ourselves and our future. There are times during our lives when we experience information overload. We have so much we want to do and say to impact our who, what, where, when, why and how; but we can't quite orchestrate the information to commit or take action. This is why partnering with a coach is so beneficial. A coach will help you orchestrate all the notes in your head to sound like a well trained orchestra performing a symphony that is so melodic that all things fall in place. You are the subject expert on your life. A coach is the project manager. You will be able to find the answers and resources to take you to the next level. Don't just spend



<http://Twitter.com/DCarpCLBMGT>



## Upcoming Events & Information



The Angel Food Ministry is a blessing to many. You can save your family hundreds of dollars a year on your food bill by visiting this site monthly:  
[www.angelfoodministries.com](http://www.angelfoodministries.com)

Healthy and delicious foods and meals for your family at a fraction of the cost. Bon Appétit!

8th Annual Faith Based & Community Resource Fair September 15th from noon to 5pm in Harford County.

Call 410-638-3333 or email [odcp@harfordcountymd.gov](mailto:odcp@harfordcountymd.gov)

Help support CLB Management's future debutante, Lisa Henson, by donating funds for her introduction as a young woman into society. Visit CLB on-line and go to the resource tab for more information on Lisa and the Black Youth In Action Debutante program.

Contact the national N.A.A.C.P. to learn more about the youth programs in your communities or how to start a new program at

[www.NAACP.org](http://www.NAACP.org)

For more info go to [www.CLBManagement.com](http://www.CLBManagement.com)

If you have an event or information that you would like considered for the next newsletter please email your inquiry to

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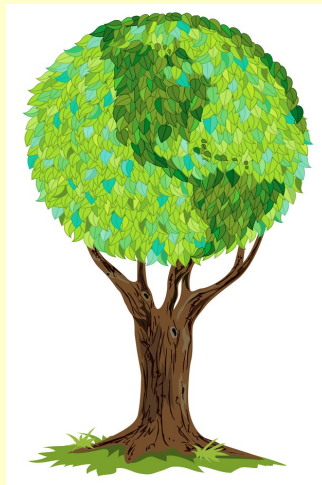
**Davita** is a native of Baltimore, Maryland, and a successful citizen of the educational and basketball community of this wonderful city. Her academic and on-the-court successes afforded an athletic basketball scholarship to Syracuse University culminating with a B.A. in Sports Medicine and English, 1992. Davita graduated Magna Cum Laude in 2005, receiving a M.B.A. in Management with a concentration in Human Resources from Strayer University. She is the mother of two young men and a Christian who strives to live her life to serve and be a blessing to others.

Her professional and personal experiences over the last 20 years have involved Public Speaking and Community Services during her studies at Syracuse University and past involvement with the NFL (National Football League). She has over 18 years of Human Resources and Executive Management experience.

**"Get Into Your Zone  
and  
Maximize Each Moment"  
through  
Believing, Trusting & Delivering**

## Resource Tips From the Tree

- ◆ Take your motivation and apply it to your life and career.
- ◆ Identify people you can call on to be your cheerleader, critic or dream catcher.
- ◆ Perform a career audit and identify your strengths, weaknesses, opportunities, and threats (SWOT)



- ◆ Be an impact player that moves your organization towards their vision and is a leader in their mission.
- ◆ Get an accountability partner who is committed to reaching their goals as much as you are.
- ◆ Build a network that benefits you and then share it.