



6 Keys to Nurture, Grow and Empower Your Life

Utilize the SOAR On-PAR Toolkit for Lifelong Growth

THURSDAY NOVEMBER 15, 2018

Register at omapittsburgh.org/event/6-keys-to-empower-your-life/

7:00 pm - 9:00 pm. Doors open 6:15 pm for light reception & CASH bar.

The Twentieth Century Club
FREE parking in UPMC lot across the street!

4201 Bigelow Boulevard, Pittsburgh, PA. 15213

Please offer a Donation from the Heart when attending this event.

“To CHANGE is to Choose a Higher Anointing to Nurture, Grow and Empower.”

Anita D Russell is your change cultivator. This lecture is an overview of a toolkit she developed as a means to apply personal accountability and responsibility to cultivate change through your daily growth and personal development. The SOAR On-PAR Toolkit consists of six tools:



- Know Yourself
 - Nurture Your Life
 - Integrate Your Life
 - Connect with Others
 - Live Intentionally
 - Seize Opportunity
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FROM ANITA D RUSSELL

I developed the toolkit as a primary step on a journey toward lifelong growth and personal development to make your life a great story. The toolkit is a means of becoming who you aspire to be by closely examining who you are. The central question is this: Are you On-PAR to cultivate change, nurture your vision and take action to live your best life in spite of the storms you encounter? And the storms will come and you must decide how to respond in a way that makes your life a great story. These six tools are designed to help you along the way.