

# I AM... A WOMAN!!! Empowerment



PASSION. PURPOSE. PERSONAL POWER.

A women's social empowerment network

THE MISSION: SUCCESS

Programming your mind for holistic success.

(Success is fully realizing who you are meant to be.)

CREATE IDEAS

MOTIVATE EACH OTHER

ESTABLISH BUSINESSES

BOOST SELF-ESTEEM AND CONFIDENCE

CHALLENGE YOUR THINKING





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Fabulously finessing the game for the mission of holistic success. The Golden Goddess, Marquita Butler is a vivacious, courageous woman that is determined to be successful. The same principles she preaches she practices and is dedicated to the process. Marquita was an ICU Registered Nurse for 12 years and taught diabetes education as well, having been diagnosed with Type 1 diabetes at the age of 17. She is experienced at overcoming challenges, and maintaining a positive attitude which has carried her successfully throughout her life and has led her to become a personal development motivator.

A wife and a mother of two, she is the Chief Operating Officer of Butler's Extreme Training - Personal Fitness Gym/Movement and creator of I AM... A WOMAN!!! Empowerment workshops.

The two businesses are connected. Butler's Extreme Training is an innovative fitness company that offers personal training, youth sports training, group training and dietary modifications and recommendations that promotes overall health and wellness while increasing self-esteem, morale, and work ethic in a homey, family-friendly atmosphere. Butler's Extreme Training guides others to health and wellness by providing customized fitness programs at the facility or via virtual training.

I AM... A WOMAN!!! Empowerment focuses on uniting women via a social empowerment network. She offers ongoing workshops that create a safe haven in which to create ideas, motivation, establish businesses, boost self-esteem and confidence, and challenge thinking. Discovering passion, purpose, and personal power transforms the mind and body from ordinary to extraordinary with unstoppable confidence.

Both businesses are all about EXTREME ENERGY! Marquita discovered her passion for helping others, which led to her nursing career. She has since redirected her passion toward helping women in a more holistic manner: physically, mentally, emotionally and spiritually.

FACEBOOK: Marquita Butler

INSTAGRAM: golden\_goddess83

The Fabulous Queen Body, Marshaynia Washington is a force to be reckoned with. She is optimistic and has a tenacious heart for individuals to flourish. At an early age she has always found herself helping others which she is very passionate about. She has been caring for her mother since she was 18 years old and has been on her own since the age of 15. Her mother had been diagnosed with schizophrenia in 1995. She is her advocate, caregiver, and power of attorney.

She represents the strength of a queen. She has endured many hardships, trials and tribulations while maintaining an impressive demeanor and a noble persona. She continues to push through daily challenges of life. She is more than a conqueror.

She has been a Pediatric Medical Assistant for 6 years. Obtaining her position caring for children, she has had many encounters with women that looked exhausted. This has led her in the direction of one of her many passions, Physical and Mental Health then becoming a Certified Personal Trainer.

She is the mother of one. She is also the chief of her own business “Queen Body Fitness.” She trains individuals how to maintain their physique and provide knowledge on nutrition to stay healthy. Her mission is to set a platform for women to be the most authentic person that they can be and educated them on how to fabulously finesse the game of LIFE. Now with her accomplishments she wants to help others evolve to greatness!

Marshaynia has joined forces with Marquita Butler and is the co-founder of I AM... A WOMAN!!! Empowerment. She is a great addition to this holistic program. Her favorite expression is “GET YO LIFE” which means we all have challenges but we will not make excuses to shun elevation. We are EXTREME ENERGY: making every moment in life great, while being HAPPY and FREE with no worries.

FACEBOOK: Marshaynia Washington

INSTAGRAM: queenbodyfitnessllc

# **IDEAL CLIENT**

Middle aged women 35+

Middle to high class professional

\$50,000+ salary

Married

Children

(children in middle school or older & involved in extracurricular activities)

Black women

Corporate jobs

Lives in Suburbia

Hangs out at restaurants, lounges, social events: concerts, workshops, business networking

Husband: middle to high class professional

Wanting to get fit/healthy

Positive energy

Lots of responsibilities: work, family, finances, stress

Exhausted by the challenges of life

Frustrated, emotional, guilty, worried, stressed

Determined to win and goal is to be happy

Opportunistic & curious

Routined, visionary, inspirational, passionate

Looking to transition – wanting change

## **WE OFFER:**

30 min. Consultation

Health & wellness coaching

Empowerment workshops: Two-hour sessions

P.P.P. (Passion. Purpose. Personal Power.) development

Health & wellness + Fitness (30-45 min workout)

Fitness and P.P.P. development

C.P.R. – gaining emotional independence

Celebration of SUCCESS brunch – women gather their friends and families together to celebrate the greatness in their lives. We provide a brunch with great food and wine while hosting the party. Group of 10, large groups upon request

Personal training (3 one-hour sessions or unlimited sessions)

One-on-one coaching packages (3 month plans):

“GET YO LIFE” package – P.P.P development + Health & wellness

“Fabulously finessing the game” – holistic package: mental, physical, emotional and spiritual support (P.P.P. development, Health & wellness, Fitness training, C.P.R.)

## **PRINCIPLES:**

1. We will assist you on how to take mindful strategic pauses by determining what is significant and of importance.
2. We will assist you in being present and enjoy the NOW! while being aware that what you do today affects tomorrow.
3. We expect nothing but excellence. We will assist you in maximizing your schedule with practical solutions.
4. We will help you with understanding that we have more in common than we are different. There is a no judgment zone here. Perfection is whatever you define it as.
5. You are owning it and we are going to take responsibility for being there with you the whole way through.













# **TESTIMONALS**

- ❖ *--- I first have to thank the man above for placing me on the right path and leading me to I AM... A WOMAN!!! Empowerment. I AM... A WOMAN!!! Empowerment is a very chosen, gifted and anointed group of women. This group has helped me in so many ways like spiritually, mentally, physically and emotionally and the list could go on. Every woman needs an outlet. If I were you I would run to I AM... A WOMAN!!! Empowerment and give it a try! One of the best things I could have ever done in 2018.*

***\*\*Shakeem***

- ❖ *--- I AM... A WOMAN!!! Empowerment is truly an amazing group! I have learned so much and every meeting my soul is filled with gratitude of knowledge! The daily affirmations are proof that you can do anything and that you speak into existence what it is in life that you want. I know this amazing group will go global across the world. The owners are both passionate and you can tell that this is their purpose. After joining this group, my self-esteem and confidence have both been boosted. After leaving each session, I am rejuvenated, motivated and most definitely educated. I simply LOVE this group and I'm looking forward to seeing the owners take it to another level! Live Laugh Love!*

***\*\*Elonda***

- ❖ *--- I AM... A WOMAN!!! Empowerment is an inspiration for every woman. This group of ladies come together to motivate, support and lift up each other in positive vibes. From so many different backgrounds and so many different roads taken for each of us, I've learned that we all have so much in common and can all benefit from each other. I AM... A WOMAN!!! Empowerment is a great place for every woman to be!*

***\*\*Zsa Zsa***

- ❖ *--- I'm soooo pleased to be a part of a group of inspiring and empowering women. Very positive and open group of women. Love our powerful meetings and love how open all of these beautiful women are about sharing their lives. I'm looking forward to continued support, sisterhood and growth with this group. Any woman who can use a positive group of women in their circle, I recommend you check out this group. I will be recommending this group to every woman I know.*

***\*\*Latonia***

- ❖ *--- I AM... A WOMAN!!! Empowerment is a safe haven for women. Our leaders give the group the opportunity to share, teach and learn. I have found we have so many of the same issues with family, career and personal growth. The coaches teach us skills to be more successful in all areas of our life!! They are true motivators. Anytime I am*

*around them or even see social media posts I get inspired to “Go out there and be GREAT” (quote from Golden Goddess and Fabulous). They set examples as a wife, mother, business owner and friend. To keep pushing, get up when you fall down and spread love starting with yourself first. Thank you Golden Goddess and Fabulous!!!*

***\*\*Laura***