

## AVONNE CURRY'S SPEAKING TOPICS SHORT LIST

### GENERAL AND DETENTION CENTER SPECIFIC TOPICS

#### - Motivating Yourself

In this session individuals are provided with information such as: Learning not to depend on others; Changing your Speech Patterns to more positive statements; Developing the "It Happened Now What" Attitude; Brainstorm a Plan; Activate the Plan; Revise the Plan

#### - Life Happens... What do you do?

In this session, we discuss that situations arise that we are not always prepared to handle. When the unexpected happens, what you do will be the determining factor as to whether you will succeed or fail. In this session, we discuss: Releasing the Emotion; Brainstorming a plan; Writing out the plan; Activating the Plan. At some sessions, we discuss "STOP" (STOP to deal with what has occurred and take time out for self, Fully Evaluate the situation and TAKE responsibility for your part in the situation, Come up with a PLAN of action).

#### - Not Going Backwards

The easiest thing to do after lock up is to go back to your old neighborhood, your old environment, and your old friends. If you want a new and different life that does not lead to additional jail time then the best thing to do is not "Go Backwards". Familiarity doesn't always bring you happiness and success, it can bring you unhappiness and despair because your old friends want you to be the same and not change. The best decision a former inmate can make is to move forward.

#### - Goals Planning Session (Short and Mid Term)

In this session, the speaker enlightens the audience by discussing the following: We are each born with abundant life possibilities. Between birth and now, wrong life choices led to your arrest. You know what life circumstances and choices led to your arrest and ultimately getting locked up and only you can make a plan for not allowing these circumstances and choices. Attendees will then have a goals session where they will make Short Term (initial release) and Mid Term (1-5 year) Goals.

#### - Only you can stop you

We have an inherent tendency to blame everyone and everything else for our problems. Rarely do we do a self examination to see just what our part in the problem was and how can we be a part of the solution. While we are spending time blaming others with little to no self examination or evaluation, we miss out on a potential opportunity to make personal life adjustments to assist in our own personal successes.

#### - Life's Love Languages

In this session, we discuss the five love languages as described by Gary Chapman in his Book the 5 Love languages and learn how we can better interact with our Children, Family Members, Spouse, or those that we are dating. To many times we express ourselves only in a manner that is important to us and completely ignore the feelings and concerns of others. Not because we want to, but because we are speaking two different languages.

#### - Happiness is a Decision of the Heart – Infecting others with Happiness

This topic comes from the speakers' participation in the book project "Happiness is a Decision of the Heart". In this session, the speaker discusses the following key elements of her chapter: Positive People, The Honey Approach, Recognizing Your Value, and Principles to Infect others with Happiness

#### - What's the Difference?

What's the difference between you and others who have achieved their seemingly impossible dream? They decided that no matter how bad things got or how bad things looked that they were not going to give up. What is the one thing that you desire to have in life that seems like it is just unachievable? There is no such thing as an overnight success; overnight successes take years to create. In this session, participants will be motivated regarding vision and determination with a mini discussion in Goals Achievement.

#### - Forgiveness of Others

In this session, the speaker will discuss how not forgiving someone hinders you not them. While you are walking around upset or angry at someone else for what they have done to you, they are often sleeping like a baby and not giving any thought to the

situation. You're upset and bothered and they have gotten on with their lives. Forgiving them does not necessarily mean that you have to engage in a relationship with them, it only means that you turn away the negative hold that the unforgiveness has on your life. In this session, individuals will be able to write a letter to the person that they are angry with forgiving them for what they have done (the paper will be torn into several tiny pieces by the participant and placed in the trash).

### **SINGLE DATING TOPICS (CHRISTIAN AND GENERAL ENVIRONMENTS)**

All of the below topics fall under the draft book manuscript "A Single Woman's Dating Guide for Rocks" (The term "Rocks" is used instead of "Dummies" because the speaker is a U. S. Marine):

#### **- 3/12/100 People: Recognizing True Friends**

In this session, the speaker breaks down the potential for friendships based on biblical examples. Many times we meet people and "immediately" categorize them as friends only later to be upset when they turned out not to be true friends. The breakdown is as follows: 100 Represents - The crowd that followed Jesus as long as he was performing miracles, yet turned on him when provided the option for his release or Barabas. 12 Represents – The twelve disciples who followed Jesus and were instrumental in fulfilling the vision with one of them turning on him. 3 Represents – The three individuals that were with Jesus at the Transfiguration on the Mount. At the end of this session, participants will be able to determine a persons place in their life and be less apt to "jump" to the conclusion that because someone is nice they are necessarily at the level of your inner circle of knowledge access.

#### **- 30/60/90 Days: You have met this great person... is he the one?**

The first 30 days of a new relationship is generally exciting, this is known as the "False Positive Stage" due to all of the wonderful actions and activities. The second set of 30 (60) days begin to reveal slight clues as to the true nature of the person that you are dating, this is known as the "True Positive Stage". The last set of 30 (90) days is a real eye opener, known as the "Revelation Stage" and gives complete insight into the person that you are dating. This is the time to determine if this is someone with whom you can have a successful dating relationship. This has been informally investigated by the speaker and found to be a consistent plan when beginning new relationships. Of course with everything in life there are exceptions.

#### **- Right Focus – Single Parent Topic**

I imagine that when you are a single mother with one or more children your life is a lot busier than it was when it was only you to be responsible for feeding clothing and so forth. With a child or children in your house under the age of 18, you are laden with so many responsibilities. Sometimes you think to your self, "I need some special time for me", "I need some activities just for me", "I wish that I had a man of my own", "When am I gonna meet a man to be a daddy to my kids and provide me with some help?". There really is not anything wrong with having such thoughts, especially the first two. The issues come in when you not only have the second two but you act upon the second two to the extent that you don't have the right focus. The day that you decided to have a child is the day that "what" comes first for the next 18 years is that child and the needs of that child. Too many single women are so interested in having and being with a man that they neglect their primary purpose, that of being a mother. The child comes first because no matter what, they will be there, the man comes second because he can come and he can go.

#### **- Grading Curve A - F:**

In school, the teacher periodically gave a grading curve based on the highest grade scored on an examination. A lot of times we were satisfied with the grading curve because it meant getting a "B-" when we should have gotten a "D" or "D-". When dating, we get so anxious to have someone in our lives that when someone with slight potential comes along, we grade him on a grading curve. Based on our values and beliefs, he would normally receive a "D" or "D-", however because we are lonely, we issue a grading curve. We give him a "B-" or "C+" and move forward with the relationship, only later to be disappointed and complain. Was it really worth it to give him the grading curve? Were the results of the relationship really worth it?

### **OTHER TOPICS BY REQUEST**

#### **DISCLAIMER**

Avonne reserves the right to refuse to speak to audiences that are not family friendly or whose purpose/agenda is not in line with her personal/spiritual values.