

# **Growing and Empowering Future Leaders Now!**



**We provide global professional training  
for personal growth and balance to  
individuals and organizations**

**[www.CitaGibson.com](http://www.CitaGibson.com)**



**Empowerment Now for Growing Future Leaders! You.**

***"Empowering People, Building  
Communities and Changing Lives"***

**On-Line NEWSLETTER  
June 2009— Issue # 6**

***Please consider the Environment before printing this newsletter & Recycle.***

***Wishing All Father's a Marvelous Year!  
What you going to do when you don't know what to do?  
Enjoying Everyday Life!***

Greetings,

Wow! June is here and that means the children are out of school and moms and dads are wondering what we are going to do! Because of the economy many are not taking the trip with the children to "Mama them" or Big Mama –simply said, to grandparents house.

Well parents this is what you can do. Get back to the basics of the core family. Pray and Play. Set aside time for getting to know God and His purpose for your family life. Each member of the family should be allowed time to speak freely and articulate what they would like to see in the family and a solution for how they will help the family get there.

Have play time by going to the Zoo, Library, Museum, and Theater or vacation theme park. Plant a vegetable garden or your own Rose Garden. What about this for fun – check into a local hotel resort and enjoy amenities such as pool, gym, spa and designer boutiques. It takes you and the family away to another environment and relinquishes the stress and helps you to Enjoy Everyday Life.

I honor all Father's this month as we celebrate Father's Day on June 21, 2009. I am truly blessed to have had an awesome Father during my life until his Home Going on February 28, 2004. If he was alive today he would be ninety-eight years old. Of all the titles he had, his best was a committed man of God. He was truly a servant for the Master in his church, at home and in our community. I honor him on this day for being my mentor and role model and the "Father that Knows Best" for his family. I will always have fond memories of my Father: Claude D. Maloon, Sr. –We love you and miss you dearly.

The Prayer Breakfast this month consists of a combine breakfast and Tribute to America. Thanks, to all of you who participated. Well we viewed some of “Let IT Out! Message from the One and Only Bishop Noel Jones. Since we ran out of time, we will continue next month. For those of you that missed it – see you on July 4, 2009 at Mimi’s, and we will also, highlight his book, “The Battle of the Mind!” Let give our “Mind’s” a spiritual check-up. See you soon. Remember to RSVP at [www.citagibson.com](http://www.citagibson.com)).

ATIC & MG Center for Excellence & MGAA Consulting specializes in providing services that will enhance your everyday life using the holistic approach. Growing the individual and the family unit in the dimensions of physical, mental, spiritual, economical, and financial. Embracing knowledge is a key to wisdom and wisdom is the key to understanding. So, get knowledge and wisdom and in all your getting – get understanding and seek to be understood.

It is my intent to use the newsletter as a tool to provide empowerment to the readers. To inspire, encourage and propel you to do something different from what you did yesterday. Yes, a change has come and it begins with you. Start living the dreams of your life today. Thanks, for sharing this newsletter with a friend.

*Amicitia (Cita) Maloon-Gibson*

**President/CEO**

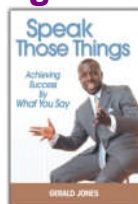
**Email: [officeassistance@citagibson.com](mailto:officeassistance@citagibson.com)**

### ***In This Issue***

- ***Feature Article: Becoming A Champion***
- ***Coaching for Success***
- ***Upcoming Events***
- ***Believe in Yourself and Achieve: Events***
- ***Job Opportunities and Tips***
- ***Contact the Information***

***1. Featured Article: A Motivational Moment-Becoming a Champion, By Gerald Jones, Contributing Writer***

## **Becoming A Champion**



## A Motivational Moment: Becoming A Champion

Growing up as a child I would observe a champion we all know and have come to admire - Muhammed Ali. No one in the history of boxing or any other sports had a mouth as big as Muhammed Ali. "Fly Like A Butterfly, Sting Like A Bee; rumble young man rumble," he would say. If you were getting ready to fight the champ, you had to clearly deal with the man's big mouth. Ali would talk about your mother, your father, and of course you. If you were ugly, you were ugly, he didn't mind telling you. I came to the conclusion that through his dynamic rhymes and metaphors, was his way of saying, I will remain the Champion of the World. And to this day, he's referred to as The Greatest.

Do you have what it takes to become a champion? Sure you do! It's simple, start talking like a champion and then began possessing work ethics like a true champion. What an easy formula. Many people have achieved so much in their lives all because they understand the fundamentals of becoming a champion. Remember, this life belongs to you. Don't let one moment pass you by. You're never too old to become a champion.

Recently, an old high school friend of mine, who reconnected with me on Facebook, mentioned how she had just enrolled at a community college and how ashamed she was at age 34. She felt that her life should be farther along. I responded, "It's not where you began, but it's where you finish that matters the most." I don't know about you, but I refuse to be 80 years old, wondering & wishing.

Ali once said, "Champions aren't made in gyms. Champions are made from something they have deep inside them: A desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill." I challenge you my friend to not settle. You were created to be a champion!

Copyright Gerald S. Jones. Gerald Jones is a bestselling author, motivational speaker, training consultant and life coach. To learn more about Gerald Jones or invite him to your next organizational event, please call (904) 692-3179 or visit [www.gjones.org](http://www.gjones.org).

**Note from Editor:** Gerald Jones is awesome. I was watching the "Good Life" Program on television Channel 45 one day and I was truly blessed with the inspiration Gerald Jones send through media. He is truly talented and a blessed man of God motivating and empowering others through his books and presentation. All I can say is to God Be the Glory!

Amicitia (Cita) Maloon-Gibson

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## 2. Coaching for Success

### *“Coaching: Focus For Success” For Women & Men*

#### What is the basic philosophy of coaching?

Everyone can get what's wanted a lot faster and easier teaming up with a coach partner.

#### Who hires coaches and why?

Those wanting more, wanting growth & wanting it easier. Coached clients get all three.

#### What happens when you hire a coach?

- You take yourself more seriously and gain forward momentum in your activities.
- You take more effective and focused actions - immediately.
- You stop putting up with energy drains and get results with less effort.
- You set goals that are truly impacting on where you most want to grow.

#### Does the coach work on personal goals or business/professional goals?

Coaches believe that personal and business matters definitely influence each other. Hence, coaches are trained to work professionally with all client aspects.

You are now Empowered to Launch in to your next venture.

Take your FREE Coaching assessment on-line and see if we are a fit for partners and if you are “Coachable”.

The Empowerment Doctor  
Love –Peace and Joy Highly Favored One!

*Amicitia (Cita) Maloon-Gibson*

## 3. Upcoming Events

### **Save the Dates:**

***Join Dr. Maloon-Gibson and friends as they host a National Book Tour and Women’s Conference in Atlanta, Ga and Orlando, FL. Register Early and see you there.***

The book tour & conference will appear in five (5) locations, feature the PWN authors, showcase all 17 books in the PWN library series, and the African American library series along with dynamic speakers and inspiring workshops.

**Conference topics include:**

- "Leaders of Tomorrow: Strategies for Personal Empowerment"
- "The Superwoman Syndrome: How to Live a More Simple & Peaceful Life"
- "Self-Marketing: Personal Brand & Image"
- "The Power to Change: Building Self-Worth"
- "Charting Your Map! Living the Life of Your Dreams"
- "You Are What You Think! Overcoming Negativism"

Register today: [www.pwnbooks.com](http://www.pwnbooks.com). See you soon!

Atlanta, GA  
Washington, DC  
Los Angeles/Orange County, CA  
Orlando, FL

June 20, 2009  
July 11, 2009  
September 12, 2009  
October 3, 2009

**4. Recent Events**

***The Empowerment Doctor***

***At the 18<sup>th</sup> Annual Freedom Fun Banquet, Inaugural for Benjamin Arnett Morse. Celebration A Century of Civil Rights Advocacy 1909-2009. Hosted by Central Brevard Chapter of NAACCP. June 5, 2009 Holiday Inn Conference Center and Resort, Viera, FL. Keynote Speaker was Mr. Roland Martin Hails from Dallas: CNN Journalist, Author and Anchor.***



***June 5, 2009 Above Amicitia & Roland share an Empowerment moment of networking. (Visit [www.Rolandmartin.com](http://www.Rolandmartin.com))***

*Other Photos of Friends and the event!*



***The Diva's in Pearls: Wanda Young and Amicitia Maloon-Gibson Giving Back as they do best –Above Giving Fabulous Smiles***

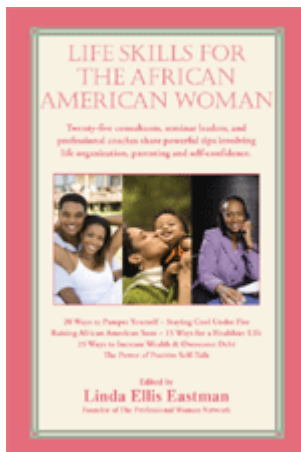
***Below Amicitia and Her Daughter is Featured in this issue on page 82.***





**L-R Wanda Young, Amicitia (Cita) Maloon-Gibson, Julia Hardin, Pastor D. Lavel Crawford's, and 1<sup>st</sup> Lady Stephanie Crawford.**

### 5. Empowerment Tools Events



New Release: Available Now!

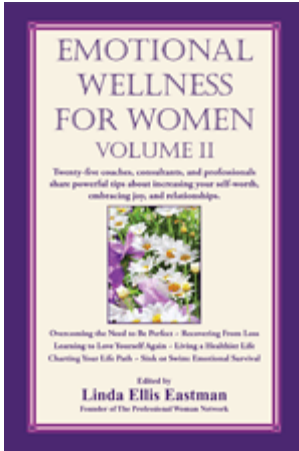
10% Discount through June 30, 2009

Life Skills for the African American Woman

Co-Author Amicitia Maloon-Gibson

20 Ways to Pamper Yourself ~ Staying Cool Under Fire Raising African American Sons ~ 15 Ways for a Healthier Life, 5 Ways to Increase Wealth & Overcome Debt The Power of Positive Self-Talk.

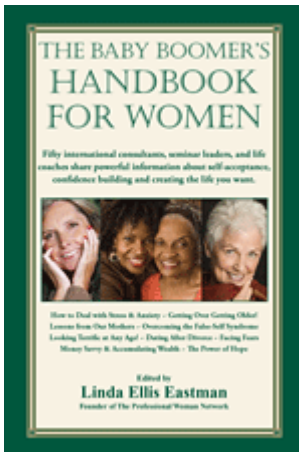
Buy at [www.citagibson.com](http://www.citagibson.com) at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.



## Emotional Wellness for Women Volume II Co-Author Amicitia Maloon-Gibson

Series on emotional wellness for women, powerful tips about living a peaceful life, forgiveness, and self-healing. Topics include **Emotions and the Aging Parent, Forgiving Self and Others, Charting Your Life Map, Living a Joyful Life, Overcoming Envy, Negativism vs. Positivism, and What are You Attracting** and Living a Healthier Life. \$19.95

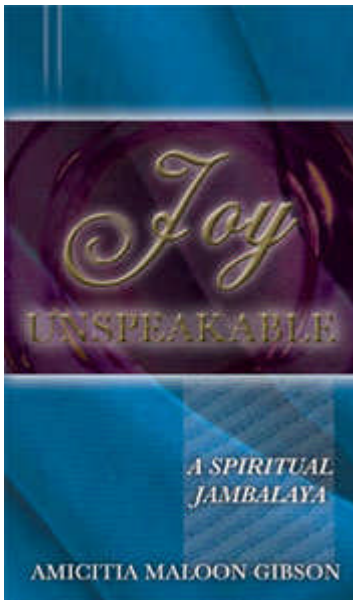
Buy at [www.citagibson.com](http://www.citagibson.com) at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.



## The Baby Boomer's Handbook For Women Co-Author Amicitia Maloon-Gibson

Series on How to Deal with Stress & Anxiety- **Getting Over Getting Older, Lessons from our Mothers, Leadership Lesson from a Father, Overcoming the False-Self Syndrome. Looking Terrific at Any Age, Dating After Divorce, Facing Fears Money Savvy & Accumulating Wealth, The Power of Hope.** \$19.95

Buy at [www.citagibson.com](http://www.citagibson.com) at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.



## Joy Unspeakable A Spiritual Jambalaya

A poetic journey and journal. Start positioning yourself to **Charting Your Life Map, Living a Joyful Life, What are You doing to help you experience the Joy of the Lord** and Joy Unspeakable. \$10.00

Buy at [www.citagibson.com](http://www.citagibson.com) at Empowerment tools and get a Free autograph Copy of Joy Unspeakable a Spiritual Jambalaya with your order.

**Sale Ends June 30, 2009.**

## **6. Job Opportunities & Tips Contact Information**

Rewired to Rehire! Are you really ready for the job market? Are you ready for Re-Entering the Workforce. Do you have the skills for the job that you are pursuing?

Check out Dr. Cita's Career Development Blogs at [www.NAFE.org](http://www.NAFE.org) and at <http://www.myspace.com/amicitiamaloongibson>. Also at

<http://www.tangle.com/amicitiamaloongibson/blog/view/38082>. See the tips for getting ready to re-enter the workforce.

Check out Thousands of Job opportunities at [www.usajobs.opm.gov](http://www.usajobs.opm.gov), [www.dol.gov](http://www.dol.gov), [www.cpol.army.mil](http://www.cpol.army.mil), [www.fbi.gov](http://www.fbi.gov), [www.cia.gov](http://www.cia.gov), [www.va.gov](http://www.va.gov), [www.cdc.gov](http://www.cdc.gov).

Contact:

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