

DISCLAIMER: I am not and neither do I present myself to be a clinical physician or psychologist. Furthermore I do not prescribe or recommend any medicinal practices. 1 on 1 Personal Development employs tried and true biblical principals.

FREQUENTLY ASKED QUESTIONS:

Q. Who is 1 on 1 Personal Development?

1 on 1 Personal Development is a, **not for profit faith based** company established in 2012. Our goal is to enable, encourage and empower youth, teens, adolescents and women from ages of 13 – 103. to live holistic and healthy lifestyles. Our mantra is “**Like a puzzle—Life sometimes have missing pieces,** (physical, mental and spiritual).” All three are needed if one is to be whole and completed; No **longer fragmented.**

Our Mission is: To spread the good news of inspiration, love, self-worth and victory

Q. Do I have to be a member of a religious organization to be eligible for your program?

No. All that is required is a desire to make positive change in your life

Q. Is there a fee?

Yes. However, there are some events that are free

Q. Are these groups or individual classes

Both depending on the clients

Q. Is the fee the same for both

No, some are on a sliding scale

Q. Does fee include materials and meals

Fee include cost of materials only for groups of 10 or less for a 2-4 hour session, unless requested. Meals and materials are included for groups of 15 or more in a 5 hour session.

Q. How can I become whole?

A. There are many methods, some are **temporary**—short term or long term such as:

- **Pleasure** – drugs, alcohol, promiscuity,
Some are **false**, that enables instead of disabling
- **Dependency** – on family, friends, significant other
Some are destructive
- **Abuse** – verbal, mental, physical and self inflicted .

And there are others that require: **Professional/Medical/Therapy**