

REAL PEOPLE, REAL TALK

REAL PEOPLE, REAL TALK

- Support group designed to provide empathy, encouragement, and enlightenment to people who are facing challenging difficulties in their lives.
- Meets once a week.
- Participants engage in open and frank group discussions.
- Participants learn relevant information that will help them be “**Real People**”.

Meaning of “Real”

- Genuine
- Authentic
- Honest
- Truthful
- Sincere
- Opposite of false, fake, artificial, and imitation



Goal

Encourage participants to be “**Real People**”



Randolph Consulting Services

REAL PEOPLE

- Are sincere, truthful, honest, and genuine
- Are committed, responsible, available, and accountable
- Love God, themselves and others
- Treat others like you want to be treated
- Respect other views, opinions, and thoughts

REAL PEOPLE

- Have faith in God and themselves
- Identify their talents and use them
- Acquire knowledge/skills and use them
- Set realistic goals and achieve them
- Make decisions and solve problems responsibly

REAL PEOPLE

- Act positively and productively
- Do their best and strive for excellence
- Do what they request and expect others to do
- Practice what they preach and teach
- Are positive role models and lead by example

REAL PEOPLE

- Work and legally earn money
- Save and spend money wisely
- Strive to make life better for self, family, and community
- Obey the laws and rules of the land
- Are empowered and have well-being of spirit, mind, and body

GROUP DISCUSSIONS

- Participants are expected to participate in group discussions in which they voice their concerns and express their views.
- Participants are expected to think, analyze, critique and respond to what is being discussed.
- Discussions are conducted in an orderly, peaceful, and respectful manner.
- Discussions are led by a facilitator who ensures that the discussions remain real, relevant, positive, productive, and informative.

Group discussions are designed to:

- Provide relevant information about real issues concerning people.
- Provide a setting for people to discuss issues, voice concerns, express thoughts, and share feelings.
- Enhance self esteem and encourage people to love and respect themselves and others.
- Help people identify their purpose in life.
- Teach people to solve problems and make decisions in a responsible and productive manner.

Rules

- No one shall **monopolize** the discussions.
- Only **one person speaks** at a time while others listen.
- No one shall be **personally judged, belittled, or criticized** for their views and opinions.
- Participants are encouraged to **ask questions, express concerns, and share their experiences.**

Rules - continued:

- Themes of the discussions are **resilience, wellness, encouragement, and self-examination.**
- Participants are asked to look for and share examples of people overcoming **challenges, difficulties, injustices, and adverse experiences.**
- The discussions strive to teach participants how to **move from being a victim to becoming a victor.**
- The participants are expected to continue to discuss topics with their **“accountability partner”** as needed.

Topics for Group Discussion

- Health & Wellness
- Faith & Spirituality
- Illness & Death
- Alcohol & Drug Use
- Crime & Violence
- Decision Making & Problem Solving



Topics for Group Discussion

- Discipline & Obeying Rules
- Commitment & Responsibility
- Education & Training
- Getting a Job & Working
- Starting & Operating a Business
- Earning & Managing Money



Topics for Group Discussion

- Laws & Justice
- Government & Politics
- History & Heritage
- Class & Culture
- Racism & Sexism
- Other topics that participants want to discuss



“THE MESSAGE”

- **Be truthful, realistic and responsible.**
- **Do the right thing and be for real.**
- **Obey laws and rules of society.**
- **Listen to sound and reasonable advice from people who have your best interest at heart and who you know are knowledgeable and have proven skills and experience.**

“THE MESSAGE”

- **Learn fast, work hard, and save your money**
- **Spend your money wisely and live within your means.**
- **Say what you mean and mean what you say.**
- **Do what you say you are going to do and let your word be your bond.**
- **Don't say, or agree to, things that you know you will not or cannot do.**

“THE MESSAGE”

- **Be committed, devoted, dedicated, and determined.**
- **Have discipline, and “stick to it” power.**
- **Obey and follow God’s commandments in your life daily.**
- **Have faith, pray, read, study and practice the teachings of your faith.**
- **Love and treat people the way you want to be treated.**

“THE MESSAGE”

- Recognize, develop, and use your talents and abilities to their greatest potential.
- Use your talents and abilities to improve the well-being of yourself, family, and community.
- Take care of your health and live life to its fullest because you only live once.
- Strive for Total Wellness and Empowerment
- You have the “**Equipment**” to achieve Total Wellness and Empowerment

EQUIPMENT

by Edgar A. Guest

(George Washington Carver's Favorite Poem)

Figure it out for yourself, my lad,
You've all that the greatest of men have had,
Two arms, two hands, two legs, two eyes
And a brain to use if you would be wise.
With this equipment they all began,
So start for the top and say, "I can."

Look them over, the wise and great
They take their food from a common plate,
And similar knives and forks they use,
With similar laces they tie their shoes.
The world considers them brave and smart,
But you've all they had when they made their start.



EQUIPMENT - continued

You can triumph and come to skill,
You can be great if you only will.
You're well equipped for what fight you choose,
You have legs and arms and a brain to use,
And the man who has risen great deeds to do
Began his life with no more than you.

You are the handicap you must face,
You are the one who must choose your place,
You must say where you want to go,
How much you will study the truth to know.
God has equipped you for life, but He
Lets you decide what you want to be.

EQUIPMENT - continued

Courage must come from the soul within,
The man must furnish the will to win.
So figure it out for yourself, my lad.
You were born with all that the great have had,
With your equipment they all began,
Get hold of yourself and say: "I can."

--Edgar A. Guest