

"Emotional Perseverance" Trifold Brochure Template

Format: Trifold Brochure (Template Draft)

Role: Brochure Designer & Template Creator

Context & Purpose

This trifold brochure draft was created as a foundational template for a client needing assistance in developing promotional materials for her 'Emotional Perseverance' program. The goal was to provide a professional and easily customizable layout that she could populate with her specific content and imagery, significantly reducing her design burden and accelerating her project launch.

My Contributions

- Designed the complete trifold brochure layout and structure from scratch using Canva, following the aesthetic established in the 'Emotional Perseverance' flyer.
- Created distinct panels for different content sections (i.e., 'About,' 'Contact Us,' program outlines) to ensure logical flow and visual appeal when folded.
- Developed a user-friendly template that the client could easily modify by simply changing pictures and adding text, without needing advanced design skills.

Why It Matters

This brochure template was a crucial deliverable that empowered my client to independently complete her promotional materials. The ease of customization I built into the design directly addressed her need for a streamlined process, saving her significant time and effort. The client's high satisfaction with the template highlights my skill in creating intuitive, professional graphic designs that serve as practical tools for others to build upon, demonstrating a strong understanding of user-centric design principles.

About

The Divine Perseverance

Founded in 2020, the Divine Perseverance is a Certified Minority and Woman-Owned Business enterprise (MBE/WBE), dedicated to providing trauma-informed and holistic mental wellness solutions to schools, organizations and communities.

Our mission is to empower individuals and communities to heal, grow, and thrive through accessible, culturally competent, and evidence-based care.

Our services are delivered by State-licensed mental health practitioners with a focus on evidence-based interventions and measurable outcomes. Provided in-person or virtually, our programs are customizable to your audience, and include structured assessments to track engagement and effectiveness for any of your organizational reporting needs.

Contact us

✉ alexia@thedivineperseverance.com
🌐 www.thedivineperseverance.com
☎ 410-870-5286



Company Founder:
Alexia N. Smith, MS,
LCPC

Alexia is a licensed mental health therapist, certified Youth Mental Health First Aid Instructor, and holds a Master of Science in Clinical Mental Health Counseling from Loyola University Maryland. With close to a decade of experience supporting educational initiatives across Maryland, including roles at the Maryland Higher Education Commission and Johns Hopkins, Alexia combines a deep understanding of how the emotional wellness of our youth can directly impact their ability to learn, thrive and succeed.



The Emotional Perseverance Learning Series

Trauma-informed, evidence-based, self-regulation programs that create lasting emotional intelligence and resilience for grades 8 to 12.



Click here to view program information online

Program Outline

- Conducted by a State-licensed mental health provider
- Experiential practice of regulation tools and strategies

INNER CHECK-INS FOR EMOTIONAL INTELLIGENCE



Using the evidence-based Internal Family Systems (IFS) model, students learn to connect to and support the internal “parts” of themselves that drive their emotions and behaviors.

WEEK 1 Welcome! Starting the Journey

WEEK 2 Mastering the “Pause”: A Tool for Mindfulness

WEEK 3 Understand the Body-Mind Connection

WEEK 4 Inside Out: Getting To Know Your Parts

WEEK 5 Inside Out 2: Don't Let Your Parts Drive You!

WEEK 6 Communicating Your Parts' Needs to Others

WEEK 7 Maintaining Empathy for Your Parts

WEEK 8 Closing Celebration

- 8-week programs
- 2 workshops per week x 1.5 to 2 hours each

MINDFULNESS TOOLS FOR MANAGING STRESS



A powerful program that helps students identify a variety of tools (such as breathing, meditation, movement and sound) to help them manage stress and build resilience.

WEEK 1 Welcome! Starting the Journey

WEEK 2 Stress and How It Affects Us All

WEEK 3 Mindfulness: Your Weapon Against Stress

WEEK 4 Breathing: Mindfulness Tool Number One

WEEK 5 Meditation: It's More Than What You Think

WEEK 6 Movement & Sound: Mindfulness in Motion

WEEK 7 Integrating Mindfulness In Your Daily Life

WEEK 8 Closing Celebration

- Daily + pre/post-program assessments
- Teacher + parent support guides included

SELF-REGULATION FOR ANXIETY AND ADHD



Students from all backgrounds will benefit from this ADHD and Anxiety-centered program which helps students learn to manage impulsivity, create internal calm and increase focus.

WEEK 1 Welcome! Starting the Journey

WEEK 2 Anxiety: Mental Health's “Common Cold”

WEEK 3 A Day In the Life with ADHD

WEEK 4 What is Self-Regulation?

WEEK 5 Master the “Pause”: Your Secret Weapon

WEEK 6 Safely Communicating Your Needs to Others

WEEK 7 Maintaining Empathy for Your Mental Health

WEEK 8 Closing Celebration

Assata Shakur "Young, Wild & Woke" Workshop Pamphlet

Format: Educational Pamphlet / Workshop Handout

Role: Teaching Artist & Educational Material Designer for Nonprofit

Context & Purpose

This pamphlet was developed for a 'Young, Wild & Woke' workshop, part of a series I led as a Teaching Artist for the S.O.U.L Sisters Leadership Collective. This particular session focused on Assata Shakur and the principles of Kwanzaa, aiming to educate young participants on figures of historical significance and concepts of collective liberation and self-determination. The pamphlet acted as a comprehensive educational guide, providing key facts, principles, and historical context to facilitate discussion and learning.

My Contributions

- Designed the structure and content for this multi-page workshop pamphlet using Microsoft Word.
- Researched and compiled essential biographical information about Assata Shakur and detailed explanations of the Nguzo Saba (Seven Principles of Kwanzaa).
- Structured the information logically to support the workshop's learning objectives, including sections like 'All About Assata' and 'Assata Taught Me...'.
- Ensured the layout was clear and professional, effectively presenting complex topics in an accessible format for the target audience.

Why It Matters

This pamphlet was a vital tool for delivering impactful educational content during the Assata Shakur workshop. It provided participants with a structured resource that enabled deeper engagement with critical historical figures and cultural principles. Its creation demonstrated my ability to design informative and well-organized educational materials that resonate with a specific audience, showcasing my skills in content curation and visual presentation in support of a nonprofit's mission.



"NOBODY IN THE WORLD,
NOBODY IN HISTORY, HAS
EVER GOTTEN THEIR
FREEDOM BY APPEALING
TO THE MORAL SENSE OF
THE PEOPLE WHO WERE
OPPRESSING THEM."
ASSATA SHAKUR

Young Wild & Woke Workshop

December 18, 2018



Young Wild & Woke: Who is Assata Shakur?



Nguzo Saba – The Seven Principles:

Umoja – to strive for & maintain unity in the family, community, nation, and race

Kujichagulia – to define ourselves, name ourselves, create for ourselves & speak for ourselves.

Ujima – to build & maintain our community together & make our brothers' and sisters' problems our problems & to solve them together.



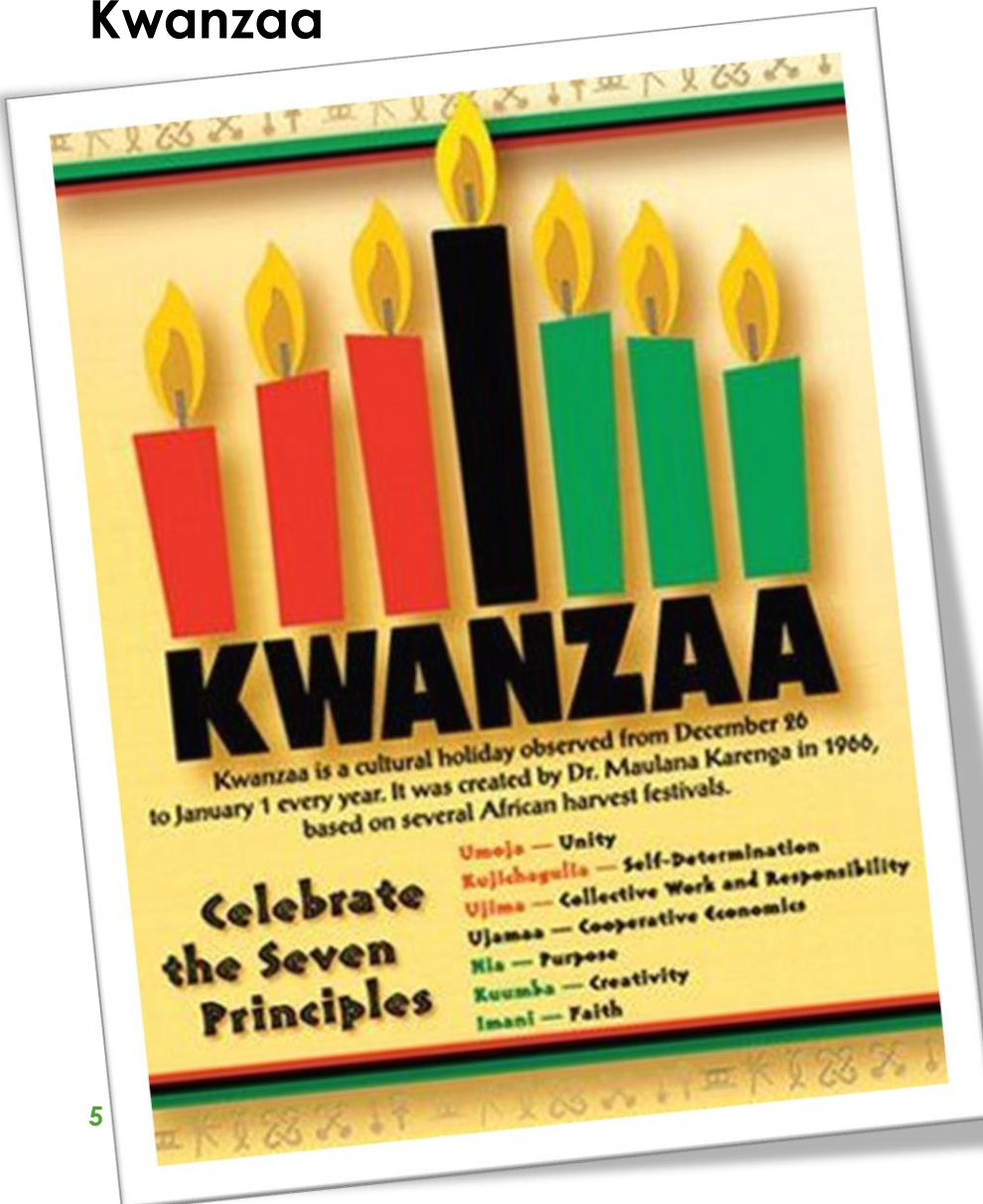
Ujamaa – to build & maintain our own stores, shops, and other businesses and to profit from them together.

Nia – to make our collective vocation the building & developing of our community in order to restore our people to their traditional greatness.

Kuumba – to do always as much as we can, in the way we can, in order to leave our community more beautiful & beneficial than we inherited it.

Imani – To believe with all our heart in our people, our parents, our teachers, our leaders, & the righteousness and victory of our struggle. ⁶

Young Wild & Woke: All About Kwanzaa



All About Assata:

Born JoAnne Deborah Byron in 1947, in New York, Assata is an internationally acclaimed revolutionary activist. She has spent the last thirty years (**3 DECADES**) in Cuba, as a fugitive from the U.S. Here are a few Fierce Femme facts about her life:

- She changed her name to reflect her African heritage:
Assata means “she who struggles”
Olugbala means “love for the people”
Shakur means “the thankful”
- She was active in two radical Black activists organizations: The Black Panther Party, & the Black Liberation Army
- She delivered her daughter in prison in 1974
- In 1979 she escaped prison and fled to Cuba

“i believe in the fire of love and the sweat of truth.”

Assata Taught Me...

"It is our
duty to
fight for
our
freedom.

It is our
duty to
win.

We must
love each
other and
support
each
other.

We have
nothing to
lose but
our
chains."



Assata Chant Analysis:

Frida Kahlo "Fierce Femme" Workshop Pamphlet

Format: Educational Pamphlet / Workshop Handout

Role: Teaching Artist & Educational Material Designer for Nonprofit

Context & Purpose

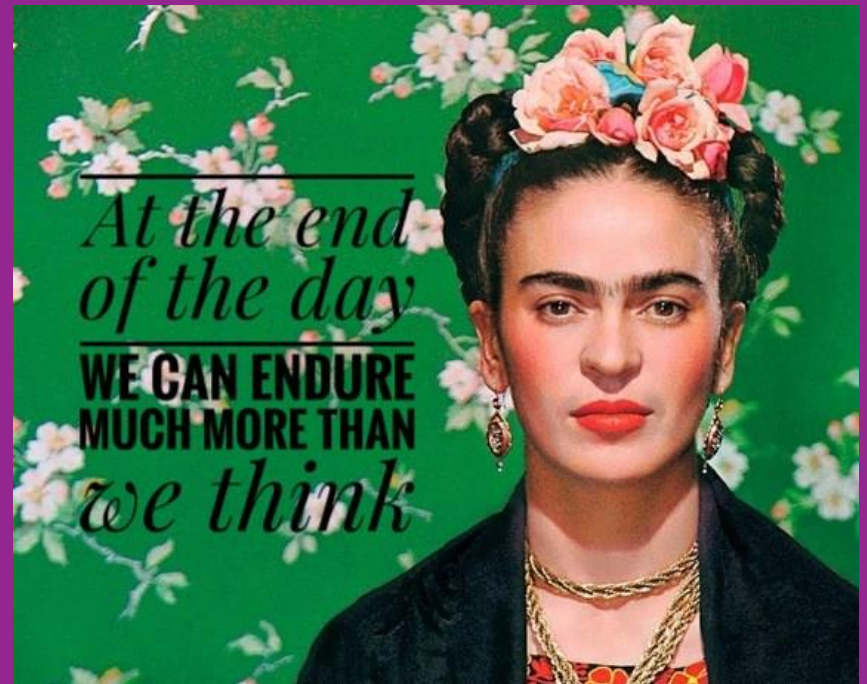
This pamphlet was created for the 'Young, Wild & Woke' workshop series, a program I facilitated as a Teaching Artist for the S.O.U.L Sisters Leadership Collective, a non-profit organization. The specific workshop focused on the life and art of Frida Kahlo, aiming to introduce young participants to her as a 'Fierce Femme' icon. The pamphlet served as an engaging educational handout, providing biographical facts, artistic insights, and interactive prompts to deepen participants' understanding and connection to the subject.

My Contributions

- Designed the multi-page layout and integrated text and imagery for this workshop pamphlet using Microsoft Word.
- Curated key biographical facts about Frida Kahlo, her artistic style, and her 'fierce' qualities relevant to the workshop's theme.
- Incorporated an interactive element with a 'Your Fierce Femme Portrait' section and discussion questions ('Be Like Frida').
- Ensured the pamphlet was visually appealing and accessible for young learners, effectively complementing my facilitation during the workshop.

Why It Matters

This pamphlet significantly enhanced the educational experience of the 'Frida Kahlo' workshop. It provided a tangible and engaging resource for participants, allowing them to absorb information and reflect on the themes at their own pace. The organization's positive feedback on this creation underscores my ability to develop effective and impressive educational materials even with basic software, demonstrating strong resourcefulness and design aptitude within a non-profit setting.



Fierce Femme!

Young Wild & Woke
Workshop

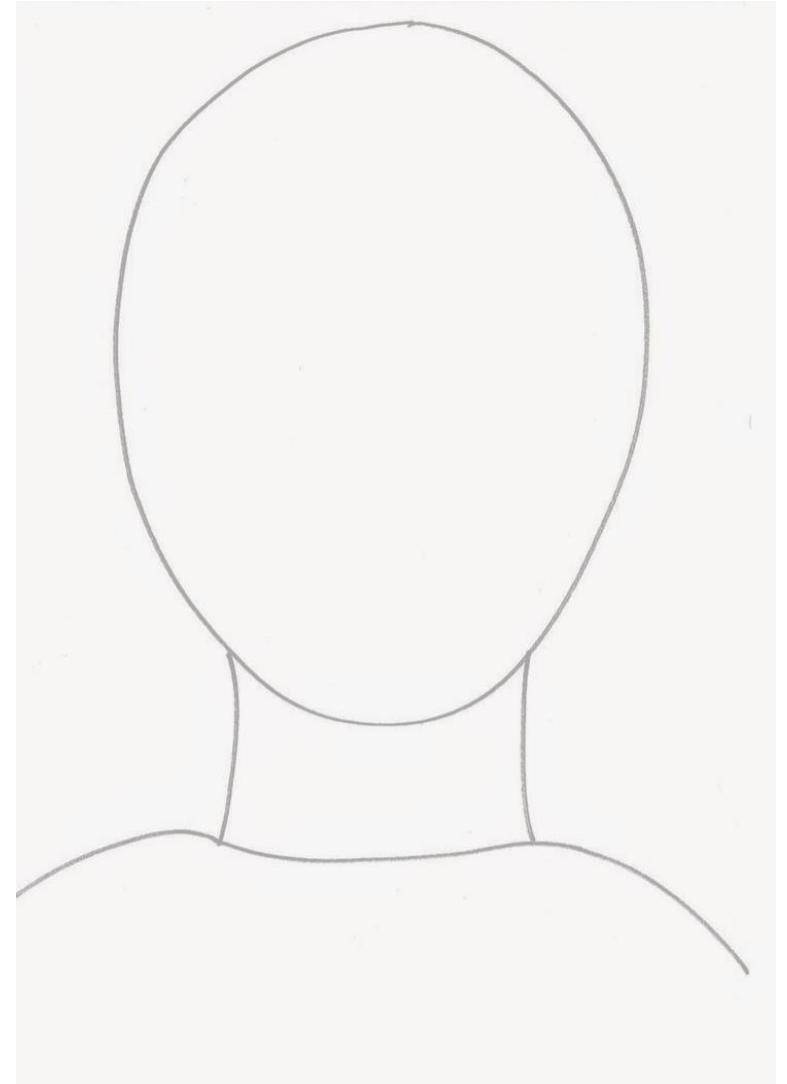
October 30, 2018



Introducing Fierce Femme: Frida Kahlo

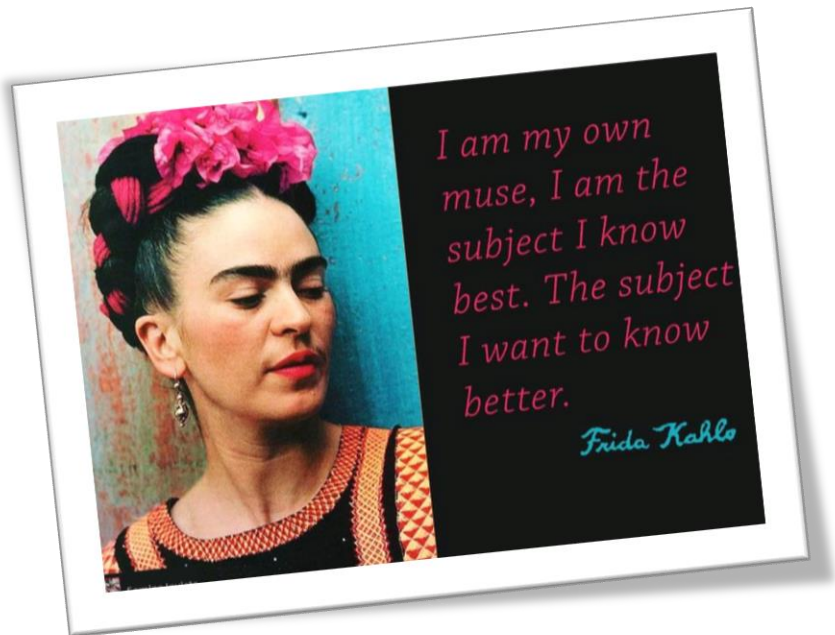


Your Fierce Femme Portrait:



Be Like Frida:

What qualities from Frida would you like to take on for yourself?



Frida Facts:

Frida Kahlo is a worldwide Feminist icon. Her revolutionary self-portraits established her as one of the greatest Latin American painters. This is why she's fierce:

- **She's a Cancer** (born July 6, 1907 in Mexico City)
- **She became a painter AFTER a near fatal accident** **She painted her famous self-portraits while immobile for 3 months, using a mirror across her bed**
- **She's Queer** **She had affairs with men & women during her marriage to famous Mexican painter Diego Rivera**
- **She could out drink many men**

*"i was born a bitch.
i was born a painter."*

Famous Paintings:

She used a lot of **symbolism** in her self-portraits, like this rose-thorn necklace, & the animals. What do these symbols mean to you?



Symbolism: using images to represent an idea or to express emotions

"They thought I was a Surrealist, but I wasn't. I never painted dreams. I painted my own reality."



What is surrealism?

Surrealism: artistic ideas based on the world of dreams and fantasy

"Create Your Own 'I AM' Poem"

Creative Writing Workshop Prompt & Visual Aid

Format: Digital Visual Aid / Workshop Template

Role: Workshop Facilitator & Curriculum Designer / Creative Visual Aid Developer

Context & Purpose

This visual aid was developed as a core component of a creative writing workshop I designed and facilitated. The workshop aimed to empower individuals, including those new to poetry or self-identifying as non-creative, to express themselves through the accessible 'I AM' poem template. The purpose of this visual was to provide a clear, step-by-step guide and prompt to help attendees articulate their personal characteristics, talents, values, and overcome negative self-talk, fostering self-expression and confidence.

My Contributions

- Conceptualized and designed the entire 'I AM' poem template, including the guiding questions and fill-in-the-blank structure, to simplify the poetry writing process.
- Selected the color scheme and layout to be inviting and encouraging, ensuring readability for all participants.
- Created this visual aid in Canva, optimizing it for projection during the workshop and as a printable handout for individual use. The design directly supported the workshop's goal of making poetry accessible and self-affirming.

Why It Matters

This visual aid was instrumental in the success of the creative writing workshop. It effectively demystified poetry for participants, enabling individuals who previously felt uncreative to successfully express themselves. The clear and intuitive design facilitated engagement, allowing attendees to focus on their self-expression rather than struggling with structure. The positive reception from attendees highlighted its effectiveness as a tool for fostering creativity and self-discovery, demonstrating my ability to translate complex ideas into user-friendly visual formats.

Create Your Own "I AM" Poem



I AM _____ and _____

(add 2 positive characteristics)

NOT _____! (add negative self-talk)

I love my _____, _____ and my _____ (add 3 positive characteristics)

I am great at _____ and _____ (add 2 talents)

I believe _____ and value _____ (add 2 values)

I am _____ (add another positive character trait)

I am _____ (repeat the first line)

