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Wilson Health Practitioner, Author Holds 2nd Annual Empowerment Workshop For Women and Young Girls

Our workshops will empower young ladies to overcome difficult circumstances.

" 7 in 10 girls believe they are not good enough or do not measure up in some way including their looks, performance in school and relationships."

— Shapiro, Hannah. "Dove's Campaign for Real Beauty boosts girls' self-esteem for Back to School." Examiner.com. Accessed March 3, 2014.

Wilson, NC — Wilson resident Dr. Tiffany D. Tyson is conducting her second annual empowerment workshop for women and young girls.

"Our workshop has become well-known in the community. I'm excited to announce we have a host of new community partners and sponsors including Zaxby's of Rocky Mount," Tyson said. "We will kickoff the workshop with entertainment, prizes and fun, in a pre-workshop event, at Zaxby's on Thursday February 9th from 5 – 8pm."

The Young Ladies Empowerment Series event will include participants from both Wilson, Edgecombe and Nash counties. Last year's participants called the workshop "Life Changing!"

Dr. Tyson is known for her 2 books that relay fictional accounts of adolescents who face everyday situations, from bullying and relationships to substance abuse, self-esteem, and more.

This one-day workshop addresses the roadblocks preventing teens from reaching their potential by first identifying the issues, educating them on how to cope with those issues, and ultimately empowering them to be in control. The Workshop will be held at Rocky Mount Middle School from 10am – 4pm on February 18, 2017. The event will feature three interactive sessions, entertainment, lunch, book, free parking and photo opportunities with comedian Les Long, Dr. Tiffany Tyson, and panel guest.

To contact Dr. Tyson about opportunities to sponsor or refer young girls in your area, call 252-281-4884.

About Dr. Tiffany D. Tyson

Dr. Tiffany D. Tyson is a native North Carolinian and the author of *Urban Princess*. She received her bachelor's of science degree in nursing from Barton College in Wilson, North Carolina, a master of science degree in nursing from Duke University in Durham, North Carolina, and her clinical doctorate in mental health from Robert Morris University in Moon Township, Pennsylvania. Tyson has taught as an assistant nursing professor and currently works in the behavioral health field as a psychiatric nurse practitioner.

About Tyson Multimedia

Tyson Multimedia was created by Dr. Tiffany D. Tyson to inspire teens and young adults throughout the country. She uses motivational speaking, art, music, and literature to address issues such as self-esteem, respect, peer pressure, substance abuse, teen violence, cultural awareness and community.

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