

**Soul**  
Works  
presents



FOR THE LOVE OF OUR CHILDREN  
HOW TO LOVE + PROTECT + BE IN COMMUNITY



**Visionary Dominique Mack**

**with panelist**

**Kendall Shaw | Valerie Williams | Travis Stegall  
Rick Evans | Angela Smith | Michael Patterson**

# HOW'S YOUR HEART?

Use these sentence starters to do a heart check.  
Complete one, two, or all of these lines below:

Today was ...

I was excited to...

I got the opportunity to...

I am grateful for...



## *dear soul family*

Thank you for taking this epic ride with me as we journey to do our Soul Work together. It is our belief that you were chosen, planted and aligned to take this leap of faith with us.

We want you foremost to know that this work begins and ends with you. We are only conduits to you in this process. It is our goal to intentionally create sacred space for you to unlearn, re-learn, loose and unearth.

I wrote this playbook with you in mind as a guide while forging through the tough sh\*t. It is my hope that this will be a treasure in your toolbox as you learn to build your mental, emotional and spiritual muscle.

Let's get this work!

*Dominique*

VISIONARY, SOUL WORK RX, LLC



# Affirmations

*Alchemy and intentions to set your soul on fire, spark joy and smoulder peace.*

"Black love is Black Wealth"

**Nikki Giovanni**

"Love takes off the masks we fear we cannot live without and know we cannot live within."

**James Baldwin**

"If we don't stand up for children, then we don't stand for much."

**Marian Wright Edelman**

"It's not the load that breaks you down, it's the way you carry it."

**Lena Horne**

"You can't be afraid to fail. It's the only way you succeed – you're not gonna succeed all the time, and I know that."

**LeBron James**



# Conversations

- 1 Radical Self-Love w/ Derrika
- 2 Sisterhood w/Jamelle
- 3 Woman-ish w/ Chrissy
- 4 Love on Lockdown w/ Devon
- 5 Choosing Yourself w/ Altreneasha
- 6 Black Love: How to Love + Be in Community Panel Discussion
- 7 **For the Love of Our Children: How to Love + Protect**
- 8 Transformation + Pivot w/ Janel



# Guiding Principles

1

## Grounding

grounding is a practice that connects your body to the earth and brings physical and emotional balance and strength. When you learn how to ground yourself, you become present.

2

## The Work

the work is a combination of healing modalities that centers the experiences of women unlearning and uprooting thought and behavior patterns that cause trauma

3

## In Practice

in practice is a definitive guide of practical tools one can use in a fluid manner to enhance their own soul work with grace and non-judgement

# Guiding Principles

## Grounding Exercises

- Love letter to self
- Higher self and inner child meditation
- Acknowledge divine feminine and native land
- Invite ancestor guide
- Sing or hum a song
- Move your body
- Inhale and breath using a peppermint or essential oil
- Affirm self
- Acknowledge and listen to breathe
- Read scripture from your holy textbook
- Light a candle
- Run hands through water-swim
- Go outside and engulf in sunlight

## Loving and Protecting Children+ Community Vision

Draw, paste pictures, write what you believe loving + protecting children + community sounds, tastes, smells, feels, and looks like.

# Guiding Principles

## The Work

- What does grooming look like?
- What is red flag behavior and how do you spot the signs of abuse?
- What are some key questions parents should ask when leaving a child with someone else?
- How did you learn you were in charge of your own body?
- How do you teach ownership of you and/or body?
- Describe how you create boundaries?
- In what ways do you support a child when they disclose something to you?
- How do you create safe space with children?
- How do you show a child they are loved, supported and protected?

## Notes + aha moments



# Guiding Principles

## In Practice

- JOURNAL RESPONSES TO "THE WORK"
- ENGAGING 5 SENSES FOR CLARITY
- GET A SOUNDING BOARD AND SUPPORT SYSTEM
- PRACTICE RADICAL HONESTY WITH CHILDREN
- SET CLEAR BOUNDARIES WITH CHILDREN AND SELF
- TEACH CHILD ABOUT SAFE TOUCH
- HELP CHILD CREATE A LIST OF PEOPLE THEY FEEL SAFE TALKING TO
- ENGAGE WITH OTHER PARENTS ABOUT BEST PRACTICES

## SMART goals + strategies

|   |                   |  |  |
|---|-------------------|--|--|
| S | <b>Specific</b>   | <ul style="list-style-type: none"><li>• What do I want to accomplish?</li><li>• Why do I want to accomplish this?</li><li>• What are the requirements?</li><li>• What are the constraints?</li></ul>   |  |
| M | <b>Measurable</b> | <ul style="list-style-type: none"><li>• How will I measure my progress?</li><li>• How will I know when the goal is accomplished?</li></ul>   |  |
| A | <b>Achievable</b> | <ul style="list-style-type: none"><li>• How can the goal be accomplished?</li><li>• What are the logical steps I should take?</li></ul>  |  |
| R | <b>Relevant</b>   | <ul style="list-style-type: none"><li>• Is this a worthwhile goal?</li><li>• Is this the right time?</li><li>• Do I have the necessary resources to accomplish this goal?</li><li>• Is this goal in line with my long term objectives?</li></ul> |  |
| T | <b>Time-Bound</b> | <ul style="list-style-type: none"><li>• How long will it take to accomplish this goal?</li><li>• When is the completion of this goal due?</li><li>• When am I going to work on this goal?</li></ul>  |  |



# Healthy v. Unhealthy

Use this section to write out belief, thought and behavior pattern and gain clarity.

ENGAGING IN YOUR DEFINITIONS OF HEALTHY  
RELATIONSHIPS BY MAKING A BINARY LIST

EXAMPLES:  
HEALTHY-VULNERABLE, COMMUNICATION, FEARLESS, SAFETY,  
INTIMACY  
UNHEALTHY-NO PASSION OR ROMANCE, CENSORING SELF, FEEL  
UNCOMFORTABLE, NO SECURITY

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# NON-NEGOTIABLES

Use this section to write non-negotiable boundaries. I listed a few examples below.

**MY NON NEGOTIABLE BOUNDARIES**

**EXAMPLES:  
BEING ABLE AND WILLING TO COMMUNICATE EVEN WHEN IT'S HARD.  
AN HOUR OF COMPLETE SOLITUDE EVERYDAY.**

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# Prescriptions

## RITUALS, ACTIVITIES, PLANS AND TREATMENTS FOR SELF

- Learn children love and pain language
- Practice paying attention to details of your child, without distraction
- Set aside reserved time with your child
- Plan new adventures you and your child can experience together
- Watch a film or tv about healthy loving family relationships
- Ask your child what interests them and engage with their activity of choice
- Find ways to enjoy a pleasurable experience with yourself and give yourself joy
- Create safe space for love and communion between families

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# Resources

## SACRED MEDIUMS FOR STUDY AND EXPLORATION



[Marshes of Glynn Public Library](#)



[Book Connecting Hearts GA Session](#)



[Register for Soul Work Rx's Private Group Self-Mastery Sessions-For Mothers](#)



[Book Free Therapy Sessions through Safe Harbor Children's Center](#)



[MorningStar Children and Family Services](#)



[Coastal Outreach Soccer-Afterschool activities and Education](#)



[STAR Foundation-Parent Skills](#)



[Glynn County School System](#)



[File a City PD Report /File a Glynn PD Report](#)



[Goodnight Black Child Podcast](#)



# MEET THE PANEL SPEAKERS



**Travis Stegall is the Economic Development Director for the City of Brunswick. Travis' love and passion for both entrepreneurship and community leaders led him to create In 2013, his non-profit organization T.R. Stegall Education Foundation (TRSEF).**



**Rick Evans is a native of Glynn County. Rick has been in law enforcement since 1994 and now currently serves as the Administrative Division Captain of the Glynn County Police Department.**



**Angela Smith is a community servant at heart. A native of Brunswick, Georgia, she is passionate about God, family, community service, and fashion. She is a graduate of Troy University, with 15 years of law enforcement experience. A business owner and woman of many titles but considers her greatest title to be "Ma" to four extraordinary young adults.**



**Native of Brunswick! CEO and Founder of LOVESMART INC. Author/ Motivational Speaker who has a heart for helping those who are in unhealthy and toxic relationships.**

# MEET THE BLACK LOVE PANEL SPEAKERS



**Kendall L. Shaw is a native of Brunswick, Georgia, a retired Department of Justice Administrator, Pastor, Author, Entrepreneur and Community Leader.**



**Michael Patterson is a native of Brunswick, GA and passionate about business, finance and personal development**





# MEET VISIONARY: DOMINIQUE

Dominique is a brilliant writer, counselor, and advocate for women and girls empowerment. Known for her unorthodox approach of marrying spirituality with her rebel tongue, Dominique breaks down the complexity of healing in a relatable, inclusive and accessible way.

Dominique's events and trainings are informative, interactive, and calls to action for change. Her work has been featured everywhere from The Huffington Post, XONecole, Elite Daily, Blavity, For Harriet and many others.

Advocating healing through one's own stories, she shares her personal experiences of shame, generational trauma, and body image struggles merged with her therapeutic skill set.

Dominique is the creator of The Soul Work Rx a wellness community for women of color seeking wholeness in every area of their life with intention.

The Soul Work Rx Women's Retreat is a carefully curated one of a kind luxury yet affordable wellness experience centering Black womanhood and women of color vulnerability.



**Helping people  
heal through  
their own  
stories.**

**#BLACKWOMANCONSERVATIONIST**