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**Course: ELE-P-103-Life Lessons with a Specialization in Self-Actualization and Resiliency**

**Instructor: Yasheka Foster**

**HillmanTok University**

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A School Built For Us By Us to Educate Us.



**Hello & Welcome!**

**I will be your instructor for the next 8-weeks.**

I am Yasheka, a 25-year retired Army veteran whose life mission is rooted in truth, transformation, and tenacity.

I hold a **Master's in Marriage and Family Counseling**, a Bachelor's in Psychology of Organizational Development, and certifications in Life Coaching, Military Resiliency, and Sexual Assault Response. Im also a licensed Cosmetologist and Make-Up Artist. I was born and raised in Detroit, Michigan however both sides of my family are rooted in Louisiana.

I bring a deep layered, culturally grounded, and strategic approach to personal growth and healing. **Im not just educated—she's experienced.**

Im a proud mother of two adult sons and an adopted daughter.

I understand what it means to lead, nurture, and overcome. My coaching & teaching style is **raw, real, and rooted in wisdom**—blended up nicely with street smarts, spiritual depth, and psychological training into a powerful blueprint for Self-Actualization.

Ive authored one book and co-authored two, “Amazon Best Sellers.”

I personally believe I teach with heart, humor, and tough-honesty.

**My personal mission is clear:**

“To help others become exactly who they were meant to be—without apology, without limits, and without delay.”

*Ms. Yasheka Foster*



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# Mission Statement:

To empower individuals—especially those from underrepresented, overlooked, and overburdened communities—to unlearn survival mode, embrace self-actualization, and build lives rooted in truth, healing, and legacy.

# Course Objective:

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This course exists to reawaken purpose, realign identity, and create a sacred space where growth is gritty, grace-filled, and grounded in cultural truth. Through raw life lessons, emotional resilience, and mindset strategy, we aim to restore the power of becoming—to help students not just bounce back, but break through.





# Vision Statement:

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To see every student walk away equipped, evolved, and elevated—ready to live INTENTIONALLY and leave a **LEGACY** that begins with becoming themselves.

05







**Just be**

**your**

**beautiful**

**self**

# Course Overview

This course is designed to guide students through the art and discipline of self-actualization with a strong foundation in personal resilience. We'll dive into raw life lessons, inner healing, and how to shift from survival mode to intentional living. The course blends hood wisdom, psychology, and real-life strategy.

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## Grades

This This course will be graded on a Pass or Fail basis, with a total of 40 points possible. Each week, students can earn up to 5 points, distributed as follows:

- Attendance – 25% (1 point/week):
  - Must attend at least 4 sessions minimum to pass.
- Participation – 50% (2 points/week):
  - Earned by actively engaging in class discussions—asking thoughtful questions and contributing to the conversation at least once per session.
- Homework – 25% (1 point/week):
  - A minimum of (5) completed assignments is required to pass. (Emailed before next class meet)

## Schedule

Class Meet: YT LIVE Wednesday 2pm-EST, Linked YT video on TT (email if applicable).

## Office Hours

Wednesday-2pm-4pmEST

Thursday-2pm-4pmEST



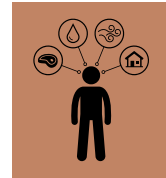
## 1. THE MIRROR MOMENT-WHO ARE YOU?

Defining self-actualization in your own terms by examining your identity.



## 3. EMBRACING EMOTIONAL INTELLIGENCE

Learn to recognize, name, and navigate emotions in real-time.



## 2. SURVIVAL ISN'T THE GOAL- BREAKING FREE FROM AUTO-LIVING

Understand the difference between surviving and living with intentions.

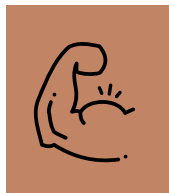


## 4. BOUNDARIES & BACKBONE- PROTECT YOUR PEACE

Master setting & upholding personal boundaries with confidence & clarity

# Class Overview





## 5. YOUR INNER STRENGTH- RESILIENCE AS A LIFESTYLE

Redefine resilience as a daily choice rather than a reaction to adversity.



## 7. VISION W/VIBES- CRAFTING YOUR LEGACY BLUEPRINT

Create a future-focused, values-aligned blueprint for a purpose-driven life.



## 6. UNLEARNING FOR THE WIN-REWIRING YOUR MINDSET

Identify limiting beliefs that stem from old narratives & replace with empowering truths.



## 8. CELEBRATION & COMMITTMENT

Reflect on the transformation journey, solidify growth, and declare long-term commitment to Self-Actualization.

# Class Overview, Cont'



# Class Expectations –

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## 1.SHOW UP FULLY

Come ready to engage, listen, and be real with yourself and others.

## 2.RESPECT THE SPACE

We're building a community rooted in truth, trust, and growth. No judgment. No shame. Just love and accountability.

## 3.SPEAK YOUR TRUTH

Your story matters. Your voice is valid. Share honestly, and allow space for others to do the same.

## 4.STAY OPEN, NOT OFFENDED

Growth requires discomfort. You may get triggered—that's okay. Stay open to learning through it.

## 5. PRACTICE RADICAL INCLUSIVITY

All identities, backgrounds, and lived experiences are welcome here. We honor everybody's humanity. Speak with respect. Learn with humility.

## 6. PARTICIPATE ACTIVELY

Ask questions. Drop gems. Give feedback. This course only works if you work it.

## 7.DO THE WORK

Weekly reflections, assignments, and self-checks are required. Self-actualization ain't passive.

## 8.NO PREACHING; NO POLICING

This is a learning space, not a lecture hall. Share your experience, not your judgment.

## 9.CELEBRATE PROGRESS NOT PREFECTION

Every step forward counts. Growth is messy—but we're here for the breakthrough, not the performance.



# Contact Info

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EMAIL: [Hoodparenting73@gmail.com](mailto:Hoodparenting73@gmail.com)

Youtube: [Hood-Parenting](#)

**<https://www.youtube.com/@Hood-Parenting>**

"The privilege of a lifetime is to become who you truly are".

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Abraham Maslow





# Questions?



ASK A QUESTION OR SHARE A STORY