Book Announcement and ACEs Introduction

Hey, you guys, it's me, Dr. Tori. My book is officially out. And yes, It is time to talk about ACEs. You guys can find the books everywhere. However, I would encourage you, guys to go to my website, bevictorious.com and place your order today.

Yes. It's time. To talk. About ACE's. Let's go, y'all. Hello, hello, you guys. You know who I am, it's Dr. Tori. I'm here for another episode of Be Victorious.

Now, I wanna add a little spin to the Cyclebreaker series because you, guys, know what this is. The thing is, every time we get to have a conversation, we really don't get do this because we're still on a high about this Manifest conference.

Oh my God. So we talked about a lot, but there are so many things that we still have to uncover. And I know you all may have forgotten about Dre, But like I said, I'm not.

Where are you my brother? Let them know what we were doing. And he gon' say all that. I don't say how he gonna take all of that? Everybody know who this is now, y'all.

Like, let's be clear. We're at this heavy. — I love to see it. It's so humbling, man. You don' understand what is going on. you have created something huge in Detroit.

– I am so grateful. it was all God's vision, and I didn't know how it would come together. which was a part of the manifestation, the name of a conference, and connecting line by line, moment by moment.

Over months, it took me to put the first one together, just hearing his voice. So this is where we are two years later. Just for me, I don't know. I guess being a part of year one was humbling.

You know what I mean? The yes behind the vision that I had and you incorporating that into your vision. Of course, that hurt that couldn't be there. but to hear all of the wonderful things that happen.

Like, of course, I communicate with the people. We connected immediately. So these people have not just been following me, but they've been supportive this whole entire time.

They know about Dr. Torrey. I'm like, oh, okay, cool, yay.

Manifest Conference Reflections

But I really did not know they stand seriously. but I just think it's about being in the room. So it's one thing, like I said, I got that experience of just being introduced by being Dr.

Tori, but I don't know, year two. What do you think about year too? Cause year one was one, one year or two, seriously. How do feel about your two? I feel overjoyed.

I felt ecstatic because it is about healing. It's about being able to have a place to let the anchor down. and be able to drop all of that, that we have to bring it to other areas and being able take in and vulnerable and talk and learn and exchange stories.

So that happened. I am very pleased with the turnout and the amount. so I can't ask for more. It's just going to build from here. Yeah. Yeah, you should, because look how powerful it was.

I mean, if I can go into the first presentation, and I have to share while we're on here, this young man came to do

this conference and it with his anniversary.

But when I tell y'all the fact that he poured into the conversation, you could tell he really wanted to share and the questions that had came out of that conversation just period, it sparked the room.

And you all have to understand, we were there at nine o'clock in the morning. People were up, they were alert. They were doing what they we're supposed to do.

To do that and walk out and say, all right, I'm, you know, breaking cycles out here. I-I'm doing what I need to do, but I gotta go. And his stop, pit stop was at my…

People don't understand I was running everywhere. He was like, I got to have your book. So, before I leave, make sure I show this to my wife so she know I here meeting Dr.

Williams. Let me sign it and take a picture. But the awareness… I mean, you got to look at how God operates. He brought that awareness, but you've got suicide prevention coming up in September.

And it's like, wow. So that's a whole different. It's like you cover, I don't know. I guess maybe I just look into things too much, but you covered so many things addressed at the conference that you can like cut these things and use these for every month.

You, man, when I tell you the room was full of healing, God, yes. Y'all had to be there. Yeah. Cannot miss out on these types of opportunities to have and be in these spaces where you could have that conversation.

It was people I'm sure that didn't want to, because it was that deep. Yeah, it was important to me to be able to have the topic on mental illness, ASIS, and suicide in a big session.

I just needed everyone to hear the same message, the and everyone else was able to do the breakouts that was provided. But those were so essential to me that I needed to, and everything else, was just as important, but I had to pick something.

to make sure that everyone got what I wanted them to receive because suicide is on the rise, mental illness is misunderstood, and they don't really know about ACEs at all.

So I needed those. And before, again, for those who follow the podcast, you all know who Professor Charlie is, but for my extreme apologies, I did not introduce you.

Can you introduce yourself? I am Andre Charlie, CEO of Affecting Change and Affective Change Detroit. Aeffective Change is a nonprofit that helps branch the for-profit counseling therapy service and picks up in community where the agency can't necessarily do.

So that's a non-profit that was given to me by God and allowed me to be able to branch off into these areas, one being the Manifest Conference. I am here in Detroit.

I'm also an adjunct professor at Wayne State University. So I have a few things going on. Yes, we are busy. You guys, let's be clear. But when I tell you we're doing, and I keep saying we, because again, this is a community that I've been a part of since inception.

Very humble. Yeah. And you are part the family, you're part When you weren't there, you were represented, as you can tell. You were a part. Very much so last year.

Loved it, loved it. And when I tell you, let me shout out Reggie, who's been doing his thing, Who I'll get to see very, very soon. When he shared, it was one thing.

But to hear it from you and to here from the other people was like, okay, so be victorious. My God, Dr. Tory, be

Victoria's foundation. That's you. I don't think people thought the two and two until they finally saw me.

Oh, you handling your business for real, so you and Dre are handling yourself in these communities and y'all are doing this work. You are. Yes. you are a psycho breaker.

Very much. So many things have happened. I know it. And within the family and everything. But you're doing it though. You're, you've been doing good. It's your motivation.

Is your ambition is your drive. Its your everything. Yeah. And so for those who don't know, give us a little bit of your. Ambition and drive as far as you being a cycle breaker.

Well, I didn't necessarily know what I was doing when I started out. But as I reflected back, thinking about cycle breakers, I'm a first generation college student.

So I got my degree before my older brother got his degree. And my parents didn't go to college. It's important to know that it starts somewhere and this is where I wanted to start.

changing those generational curses, those things that repeat within the family, being actor deeds. So that's me living in a way that changes those behaviors that adversely impacted my family for generations.

And here we are, you guys, living through the grace, not just the Grace of God, just helping other people learn how to heal, bringing this awareness into the community.

When we were at my conference, the awareness community and empowerment, we did it. It was great. But I'll be honest, it's different sitting in another seat.

Cycle Breaking and Andre Charlie's Background

I couldn't see what I saw. Just like how you were saying, oh my God, last year I was doing this, this this is this. Yeah, you had a superhero with you this year.

But when you came to help me at my conference, It was so, so helpful to me to have you there as someone that had the experience of having a conference.

So you were like, no, this is what we're not doing because when I did it, it wasn't okay. And I really appreciate that because that actually helped me.

I learned so much. Learning is is, what it really is. It's not copying, is not, doing anything different. it's taking what, we have and what through our experiences.

Exactly. And I learned just so much from you sharing the manifest conference from last year to help plan for my conference. So just do that and execute this time.

Oh my God. Did you choose Mr. Dyson? So I was an Baltimore, I believe, back in the fall. And I heard Dr. Dyson speak, and he was talking about his story and being in a former NFL player, the ups, downs, triumphs, tragedies, those adversities, and things that he was disappointed in, how he overcame.

And the fact that's he's able to connect with the audience, he is able engage. He was well spoken. I said, I want him at Manifest next year. He was there.

He sat down and was taking notes. So that's what I loved because again, just being someone that everybody, Oh, oh my God, I was sitting there writing notes too.

I would sit there lessons. Yeah, he wants to collaborate with you. I mean, it's humbling to me because, again, we're being placed in rooms where people really don't know that it is okay to really share your story.

I think for him and him having those conversations and talking, but when you're in one of those rooms, when it becomes one, they're going to get to you.

And I thought he started pulling off some layers, and I'll be totally honest with you, I was like, yeah, you got him, because he really started diving in.

And I think that is the whole purpose, you guys, of men's mental health awareness conferences. Of course, there are a few of us here, but you're going to be vulnerable when you are with your brothers.

Absolutely. And I need that. That's another reason why we are here. I have added that virtual session in a couple of weeks because I want us to be able to have that opportunity that we didn't get this year to speak with brothers about the things that plague us in our mind.

in the household, in a community, we have a shared struggle and a lot of us don't know. We think it's just us, but it is a share struggle. And there are some strategies and there's some ways that we can maneuver and handle.

Sometimes we just need a place for somebody to understand and relate. Because men are always looked at and viewed like you gotta be the tough guy. You gotta figure it out.

You gotta be able to make it happen. You shouldn't let the ball drop. We gotta keep all of them in the air. If one drops, pick it right back up. Don't you let nobody know it dropped either.

That's pressure. And we haven't even talked about the adversities in society that a black man faces, at work that black men faces. Even in, the family that, not the immediate family, but the, family your family of origin, how you may have been that one to assist and then the breadwinner or the one that took care of everybody in that household.

And then you went off and got your own family, How dare you? And you still have to take care both now because, Hey, we need you. Right. How do we learn how to separate boundaries and all of that?

So that's important. You're doing your thing. And I appreciate the fact that you're doing it because that was when I tell you guys there were sessions and you can tell and I'll share and put you out there.

Professor Charlie came out bad. Those rooms were talking. And so it was kind of hard to shut the people down because they were really into the conversation.

So Dre being Dre, he missed the conference like, y'all, it's time to go. Whoo, let's do what we gotta do. Let's wrap this up. It was hard. I've never seen it.

Just like I never saw, and I'm always going to bring it up, the amount of teens, especially for people that really want to understand, I keep telling people the people who want learn more about ACEs are these kids.

It's an introduction to them because there are some things that are going on in the society that we normalize, like we normalized bullying. We talking about Detroit.

We talk about community violence. And them boys was in there like not looking around timid, standing up like, so I wanna know why. I'm like this is so powerful.

It melted just to see it because this what I've been saying as an educator. This is what has been happening in classrooms for me. Yes, absolutely. Is definitely needed, necessary and that's why we're here.

So speaking of being here, you talk about ACES all the time and you are changing lives. Yes. So in addition to having a manifest conference, there was a young lady that went to the conference last year.

And she was introduced to ACEs by Professor Charlie. And she completed her capstone, did her thing, and

graduated in May. Did. Not did she put ACES and anxiety together, but she provided a cap stone that had her walk across the stage.

So ACEs is in Wayne State University, thanks to Mr. How do you feel? Feel amazed, I feel grateful. I felt honored because when I found out that she did her capstone on aces and she's an awesome person, just a great spirit.

And even though she didn't do her internship with me, She was going to, but she was able to get a paid internship. So we had to be wise, you know. She still stayed connected and she let me know, hey, I'm doing my capstone on ACES.

And we did that dialogue, I didn't hear about ACEs until I went to Manifest 2024. I was like, what? So I just like so blessed to be able to, be a part of changing the trajectory of others' lives in a positive way.

That's what psycho breakers do. This is what you're doing. She wanted the book so bad. she wanted to book, so she kept saying, I have to get a book. I had to, get the books.

And I'm like, okay, but we were working. We were out doing what we needed. You ran out of books on her. Actually got her a, book her book now. Let me tell you, she purchased her, like she sent me down and She purchased her book last year.

But what I love is I get the credit for the citation. When people use your books and use information, she actually used my ProQuest information. And so it pings you when it happens.

I am in love. Oh my God. People are talking about aces, you guys. And when I mean just in communities, it's in colleges, guys, everywhere.

Men's Mental Health and Brotherhood Support

We just had, and I got this information this morning, I know you remember Dr. Roper, he was on the channels. He got the job at Chicago State as the professor.

Yes. Oh, there's another professor at a university at my alma mater that is going to talk about ACEs, especially where it's needed. And I'm not for sure if you know, but the website on sex trafficking actually put the information up there.

They talk recognizing, I want to wait. It's on their website, so you can go on there right now, because I know you have sex trafficking, too. But when I tell you it's there, it is on.

As soon as they say boom boom, there's a lot of people waiting for the sex traffic king to be included. but that's the reason why we conduct research.

That's why did a case study. So let's talk about the case-study. What made you interested in doing a Case-Study? So being a therapist, I noticed how there are ACS scores that were on the higher end.

We're talking like, averaging probably five, but these individuals didn't really know what it meant. They just know that this, they answer questions and so then you start talking about how it's impacting them.

And they don't know really that it is. You don't really know that having these scores for some, it defined them so they didn't necessarily, It wasn't the score, but it's what happened to them that was the defining factor.

So they stay locked in certain behaviors or has certain ways of showing up. Not knowing that just because this happened you doesn't mean that you have to stay in these behaviors that are adversely impacting you, and your relationships.

So I also had the opportunity to talk to some where they realized how it was impacting them, but didn't necessarily

know how to You know, they were more extreme, you know.

So everything was a risk and they wasn't gonna take it. They were threatened. Maybe high anxiety was driving them. Just learning how to balance it, learning to navigate.

Okay, these things happen to me. I have these types of attachment styles. These types behaviors. Now let me adjust and try to see. Can adapt this, I can change this.

Bringing it down to teaching strategies. on how to actually cope with what you have found in that score and what behaviors show up. And so it was fun and engaging and insightful in all of those areas.

as I worked with clients to help them because those aha moments help you feel like, oh, this is a great breakthrough. I didn't notice, I knew this, but I know that.

So it has been awesome to learn. And I'm only about maybe a good three, four years into knowing about ACES myself. Right. I mean, I'm not going to say it was 2014 for me.

Dr. Nadine Burke Harris did it. But I have to always give credit to my dissertation chair, Dr So. Everything honestly in the book is really what it is.

That statement of purpose for my doctoral degree was, what do you want to do? I really wanted to learn about what was going on and why. When she provided that answer, ever since, I promise you, it's something about the awareness that really changed my life for real, because it let me know that that unresolved, unhealed childhood trauma was never addressed.

And so I had to start looking at some things different. because I also realized the stuff that I was going through personally was aligned with the world and not of the word.

And so that's what made me do an eye awakening of, okay, let me look at some things because I want definitely wanted better for my girls, of course, I already done it.

I think that's our commonality to I'm a first gen, high school graduate to first on both sides of my family to get a doctorate degree. So yes, but nobody asked me, you know, asked my brothers, like, what's happening or what stuff, so I get that point.

So that's why I stick with the emphasis on the ACES score, because it's an educational tool. People talk about ACEs, y'all. I just think that our community is way behind.

Yeah. ACES, adverse childhood experiences, think trauma, and some people go to the, oh, yeah, we all have trauma. We all been, like, all got trauma and we've been through trauma." Yeah, okay.

All right. Now, trauma impacts people differently. So, if you have a good understanding of what happened to you and how it doesn't define you, that's different.

But if you, if everyone is a casualty of war because you're around and you don't really know under the auspices of that's just how I am, that is just me, I'm real.

Nah, you are hurt. You've been abandoned, You have been mistreated, abused, taken advantage of. and you are in protection mode, that's really what it is.

So you're gonna get them before they get you. Unfortunately, you don't have to live like that because it's gonna cost you relationships, jobs, family members, spouses, boyfriend, girlfriends, kids, all, because everybody paying for it because you didn't do any work to heal from that.

And when anybody brings it up, if you unaware, you get attacked too. So we all get an attack when there's not

knowledge of what we went through. Right.

I totally agree. Really, really enjoy working with the healing and empowering clients to understand you have the ability to make change right now today.

You are the one that has the power to make a decision in this moment that will be different than what you made yesterday. And it can actually impact you in a better way for generations.

Your kids will heal because you healed. You're starting the process and you're showing up differently for them, which means you are teaching that behavior.

Exactly. We can do this. It's not that hard. I think that awareness just needs to shine a lot more. And I'm telling you, you have a community that does it.

Because you cannot tell me Desi is not doing it, honey. You cannot help me Mr. Douglas Reed. Not doing it. You know what I mean? So it's like, we are doing, it you guys, We are already doing.

We just need to get other people to understand if we're processing and we doing and it is helping us, It can help you too. Right. Absolutely. Because I just want to educate.

I do. Like I tell, no, I don't want be, you want a therapist.

ACEs Research, Case Study, and Community Impact

Mr. Charlie, here he go. A coach, nah, give you a few. Always shout out. You know, quick to shut out Leah, because I did her five step program, which is all that in a bag of chips, let's be clear.

But it's that. It's those steps that people really need to take in order to heal. Now let me bring this up. people can understand and know. After the conference, I talked to Lisa and Lisa was like, Tori I gotta call.

My pastor wants to know a little bit more about ACEs. So I taught my pastor about ACES. Yes. And I said, okay. She said oh my God, my pastor is going to talk about ACES this weekend.

I was like okay, let's not even look at it like that. Let's look if this is a positive thing. Absolutely. Our pastor has been talking about it since December when the Victoria's Foundation came for the Dallas experience.

Because people travel for that experience. And my pastor, still to this day, mentorship aces. I mean, and shout out to Concord Baptist. He always has been very supportive.

It's a church that grows people, but he talks about mental health and addressing our mental and talks and it's wonderful to see. But when I tell you, I think the highlight for me is when I am old school, you guys.

I'm a PGK. My grandfather shout him out. He is the late Reverend J. C. Slaughter. Let's be clear, the one, only the first, because there's three after that.

Shout out to my uncle and my cousin. Sunday school, bake, sales, Bible studies. I was raised in the church and I did not know, I just knew that I wanted to just go to church in my weekend, my Dallas experience with church.

And shout out to community church, when I tell you it was everything. So I'm sitting there and watching the people that were at the conference and then watching Bible study and listening and taking notes and seeing the And I'm like, yes, she is.

In the Bible, it talks about blah, blah blah. Didn't realize that you were actually in the middle of a lesson and you actually talked about ISIS. So you're not hiding it at all.

You're bringing it to all your platforms. You are bringing to places where people are scared and afraid to have the conversation. So then I'm sitting there and I am like, interesting.

A lady gets up, she testifies and she talks about aces. But then I go upstairs and then other people for the conference. And I'm sitting there and I see my favorites that I met.

Because remember, I meant them at the Conference. Exactly. Hey, hey, you look like you know how these people I told them I was coming to church. I look up and the pastor is addressing Asis in the sermon.

I had to immediately go to the planning committee and let the first person I have to talk to was Lisa. She start clapping like she won a million dollars because in her mind you have understand she's having a conversation in a safe space which is a church and they're using it.

And for some people, that is a safe space. For others, it's not. It's kind of hard to balance the both. But it let her know that she's now alone in her faith-based journey.

So I have to give you your props for that one because you weren't afraid to cross where some people don't want to have that conversation. The church has led, depending on the church, has lead a lot of people away.

But to hear it in such a positive light where it can be used to help people heal is what I needed to here at that time. So kudos and shout outs and all blessings to your church.

Love your Church family. Thank you. And that, that I was so blessed to even be able to have you there. That lesson was supposed to be a one lesson, like a Sunday school lesson that extended three Sundays.

Because the fact that they let you do it, not to say let, you, do, it. But yeah, cause you know, allow that. framework, the thought, you know, what? Bible, yes.

So this is where it connects. And you did it. When I tell you, I said it, y'all. Oh my God. I have a good question. All right. About this Be Victorious journey.

How has the movement shaped your healing journey? Wow, it has provided reassurance. I feel energized. Mm-hmm. And more confident and more drive, more hunger to know more, to do more to learn more and to provide more.

because there is a great need for it. So seeing you reading your book, which I'm about to develop some talks off the book and allow other people to know who you are, I said I have to do more lives and I was thinking of what areas that I want to.

And I say, well, I can always just start with where I am now. Yep. and go with it because we are trying to continue the discussion, education, awareness and research.

So we really want to be able to let people know we understand what ACEs is and this is what it could do and be a part and you can actually learn more and grow, become aware.

You don't have to be a slave to certain behaviors or certain thoughts or a certain family traits. It's so much here. Yep. So much. Wow. We have ACEs y'all we have it.

it's what we're doing. That's helping us heal. Is helping. Us grow. Trying to get you guys to understand. we don' want you to. Get our age because we'r going through.

What you don't know in my, Bob, when I promised you he was my knight in shining armor, I had to call him one time and was like, bring me some pills, menopause is real, that's all I'm gonna say, y'all know I going through a struggle and it going to my thing.

Don't be laughing at me. But when I tell you Dre hooked me up with the best person to help me throughout that weekend, he is also someone that graduated.

So shout out to Alton. He is not on social media, He's on LinkedIn, so I'm gonna make sure I connect him with this episode. But, when i tell, you he was an amazing thing.

When I tell you, I don't think you all know how Dre doesn't realize how much of a mentor that he is. They're asking for be victorious. I'm saying, nah, we actually call it effective change in Detroit.

So you got a mentorship program. You just need to push it. And you've got people that are ready to do it because you guys, if you want to know if community circles are happening, He did it already.

And I'm saying we're going to do it again. Yes, you can say we, it's fine. I don't know if I even mentioned, because I also do it in the breakfast brotherhood meetup is what I have.

Brotherhood breakfast meet up that right now meet once a quarter. So we are addressing the same things. We are talking and we're dealing with ASIS and how that shows up in our lives.

And that's what all men. Mm-hmm. Affecting change in Detroit, you're doing virtual discussions. You are having conversations, not just at work, at home, At church.

At your school. And this is what we call being a cycle breaker. Thank you. Thank you. I wouldn't, you have to understand for me, it's the proof in the pudding because you said yes to me and look at what we have done because we're doing it again.

We're having to doing another case study. You guys, that really isn't hard work to do when people are willing to it. And I think I don't have a difference between year one and year two.

Now I will share and your two, we did change some things. but already the response from year two, I do think it has a lot to do with me being there. I just got this way.

You present and it came to life. And I'm like, yes, because They wanted to make sure that you got acknowledged in my haste of moving, you know how I moved the schedule around for the suicide awareness workshop.

So you were going to open up originally. Well, You got removed off of my evaluation. and five people's like, hey, did you know ASIS isn't on here? Did you ASIs isn' on on hear?

I said, no, I didn't. Thank you. I'll add it back. My people. Glitched and lost everything, but then I redid it all. Yeah, and I saw that once and still have to finish my part.

No, didn' touch it. You on there twice. Okay. Like I'm not even gonna do it, nope. Because I wanted them to be in the order that The workshops were and yeah, listen, just the response just again being in the room just to see you guys.

I think it was john and let me shout out my My brother that came, he didn't sugar-cut it at all. He said, I don't understand why we ain't having this conversation.

I know about ISIS. Like he said it, and I'd know because my sister taught me. So I talk about it. But to see it? To be in the room? to have the conversation?

I'm ready for Lansing. And I was like, listen, because I want to know more. It's enough for me, your person is Mr. Charlie. That's who you need to get in contact with.

If not, Imma tell you who, you can, cause Tasia is ready. ready to have this conversation. So I'm ready. I am encouraged to come back. Because I've already got in contact with some people at Wayne State.

Your planning committee from Wayne state was amazing. I can't, I gave everybody a nickname y'all because I met so many people. But the one that had the amazing energy with the dreads from- That was Jeffrey.

Oh baby, his energy is oh so amazing. Like you all have to understand when you're bringing people together and they're on a mission to heal, you will get it, especially if you ready to receive it.

And that is exactly what happened.

Faith, Therapy, and Future Collaboration

Another MSW might I add. Oh, see? But do you see what I'm saying? Like these are people that are out here ready to educate, ready, to have a conversation, and ready talk about ACES.

And the conversations have been had. He is the undergraduate student advisor for MSW, I mean, for the BSW program. So and then the other one is Lawrence, who was a taller guy.

Uh-huh. Who was the advisor to the graduate student. Yeah. Oh yeah. Oh, cause he's, he seemed doctor Tori real bad. I read him like a book and not to say that in a bad way, you guys, but family man, wife, kids, all of them were there.

It was just the painting, the picture of his family being there and them seeing him in this as a staple and building a bridge to his community and in what he really likes to do.

you guys just really had to see it. It was just, really humbling. I'm going to encourage everybody to really prep and plan seriously for Manifest next year.

i don't know how you're going do it, but you have people like Crystal, and you people, like Gabby, you you, have, people that are ready to help you and support you.

And when I tell you I want to be ready, I wanna be. Now before we are done, Is there anything else you would like to share? I think that it's important to understand that if there is a concern, if you have the need to learn more, If you find yourself at a place where you just want to do some things in life differently, it may not necessarily be anything that you feel is going wrong, but you know you got the urge to Reach out to us, reach out a therapist in your area.

Mental health is important and you do not have to have something going on to actually go into therapy. There is the ability to work through some situations that you didn't really even know.

that was plaguing you or going on, but sitting down just to kind of talk and get an idea, the assessments that are provided will do its work and you will see a different version of you.

If you go in with an open mind, it's for everyone. You have people that think that you have to have a mental illness or you to something major going We all deal with mental health every 24 hours because we are looking at how we show up, or at least we should be looking how to show, how do we navigate situations, How we went through something, resolved something thought about something.

Did we meet our goals? Did not, why or why not? Working through those things. So that's a part of mental. That's like behavioral health, every aspect of us.

Many of you have areas that may need to have support that you haven't been made aware of, but it will make much more sense once you start to go to therapy.

I want to encourage you to be your very best, show up the way you can, and work to greater every day. You are the change you want see in this world. So be that agent.

Manifest it, y'all. Manifest 2026. I can be found at affecting changecharlie on Instagram and YouTube and manifestdetroit on instagram, andrecharley on LinkedIn and Facebook.

i still haven't put up stuff y'all let's be clear i need to do that i'm getting stuff in now I'm trying, I really trying. I want to definitely, since we talked about that, have to talk about, you know what I mean?

Like I have too, because just her work within herself as a researcher, like if you really didn't know, we talking about ACEs for real. Now let me promo.

my beautiful shirt, because I've actually been rep… Another promo your glasses, too. Listen, people are asking, and so where can I find my products?

My products. I guess I, you can find the manifest Detroit, the Instagram, You can request on social media. So I have them ready to be shipped out. We are working on various colors for right now.

Black and black, black and white. This black on black is dope. And I'm going to say from one executive director of a foundation to another, I am going look into investing to the foundation in regards to providing Workbooks because I know that you're going to do it.

I've seen it so I would I will love on behalf of be victorious foundation to donate a few. For those that are interested in buying books and things of that nature to help them because your community is very supportive, so, I don't know if they'll do that that i'm not worried about.

My book sold out when I was there, so that's not even a discussion. So I'll share with you publicly for those who did support me. I appreciate you so much.

When you do get the classes and things together, I will provide the workbooks on behalf of our foundation for sure. That's what we do, you guys, especially when we have community that is really out there doing what they need to do to get awareness.

They need help each other heal. On behalf of our foundation I would love to do that, because you've done so much and have been so instrumental into this be victorious foundation movement basis ambassador, the mentorship just everything I mean.

I ain't speechless that much. But when I tell you, if y'all don't know, Mr. Charlie is doing it. So please do not forget about Dre. I will also say this.

We came up with something really cool, me and Douglas. It was becoming victorious while affecting chain. And so that was the thing. It was like, how can we become victorious while affecting change?

I ain't letting y'all be together no more. No, I'm just saying. That's because- As I grab my eight pins. Uh-huh, and write that down. I already did four times.

But I tell you, baby, the power in the room. Shout out to the women that were there. The women who came in that room to me were the most magnetic to because they were there not just supporting their men, their purpose was there too.

Even though it was a manifest conference, you can tell that they are a ray of sunshine and it had a lot to bring to the rooms as well. Shout out to them, the wives and the support systems that were they're to help support and make the conference as smooth as it would because when I tell you guys, I don't know how you gonna do it next year, but if you brought it this year I know, how are you going to do next?

I'm praying right now because it was so much power. I did sooo much y'all to wear. Again, glad that we're still doing the brotherhood barbershop and the sisterhood virtually because when I tell you it's ready.

Yes, to be ready, let's get it. Let's talk about it We're ready. You're going to be on the panel. So just so you know, this information, you guys again, we're doing this because there were so many things to discuss at the conference and people are doing it.

So I have to shout out the people that have been having this conversation. And you all know that Andre is definitely a cycle breaker, but he is out here in this community.

It's not just me saying it. The proof is in the pudding. If you have any questions or concerns, remember his information. I can tell you what it is. Definitely follow him at Affecting Change Charlie.

and Manifest Detroit. If you are looking for me, you will find him very close nearby, let's be clear. So thank you guys again for another wonderful, fabulous episode.

Of course, this is our Psycho Breaker series, but I had to bring Mr. Professor Future Doctor. I'm working y'all, I working on something. Every time I do it, y'll see how he moved and everything.

And trying to work out some things, which I already know how operating, and I know I move. Let's be clear. You need to stop. Let us be clearer. Thank you again for another episode.

See us soon together. Y'all know where to see me and follow me, but again, you won't see Mr. Charlie nowhere. I want to say if you do see him close by, and you know why we're talking about ACES, I love you guys.

We'll talk to you soon. Bye-bye. Talk to me soon, let's manifest.