***Contact number for guest on show day**:
Tara Gates Anderson 240-491-2929 (Brand Manager) Paul Bashea Williams 301-442-5653

SEGMENT DESCRIPTION:
Topic: MOVE FORWARD MONDAYS-Weekly Motivational Segment
Move Forward Monday was created by **Paul Bashea Williams, LCSW-C LICSW Therapist and Author of Dear Future Wife: A Man's Guide And A Women's Reference To Healthy Relationships** in 2013 and has motivated 1000's on social media to have a positive and opportunistic outlook on the week where goals could be measured and encouragement and supportive words are given.

The purpose of Move Forward Monday is to encourage and promote a new way of thinking to tackle the week ahead. A lot of people dread Monday because it's the start of the week and end of the weekend but if we all look at it as an opportunity to challenge that thinking and make new goals, we would have a different outlook. Monday is the day that we stop letting our past throw us back to pain, failure, disappointment, let down, fear and anything else that promotes negative/defeated thinking.

Link to his recent segment on Sister Circle on TV ONE:
https://m.youtube.com/watch?v=GbhHlyRwE_A&feature=youtu.be

TALKING POINTS: to help guide the weekly segments

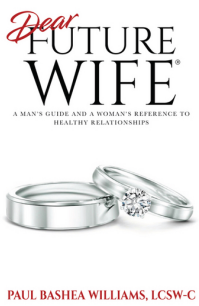
A weekly theme would be identified. Direction and motivation would be provided by Therapist and Author Paul Bashea Williams during the segment through steps/tips etc.

Sample Theme
-Three steps to letting go of the past to gain peace.
-Create the relationships you want through transparency.

SEGMENT SPEAKER

Paul Bashea (Bah-Shay) Williams, LCSW-C LICSW is described as an Intellectual Emotionalist. Someone who understands what a man thinks and what a woman feels.

Helping the two meet and have common ground by encouraging emotion and logic to agree. He is a dedicated father, Mental Health Therapist, Relationship Advisor and Writer. He runs his own mental health private practice, Hearts In Mind Counseling. With over 15 years of counseling and social work experience, he works with youth, men, adults, families, couples, and groups. He writes about life, love, and fatherhood. His writing, acting, and public speaking have been featured on several popular networks, and websites, TV ONE, BET, ABC Affiliate WJLA Let's Talk Live, Huffington Post, WHUR, RADIO ONE, News Talk 1450, Fatherly, national syndicated radio shows, television, movies, and conferences all over the nation. He is highly recommended and sought out as a person who is an advocate for healthy individuals and relationships.



Published Book: Dear Future Wife A Man's Guide and a Woman's Reference to Healthy Relationships (Synopsis below)
Published by: ELOHAI International Publishing & Media
ISBN#: 9 781732 497191
Library of Congress Control Number: 2018963018

Book Synopsis

DEAR FUTURE WIFE®, A MAN'S GUIDE AND A WOMAN'S REFERENCE TO HEALTHY RELATIONSHIPS PROVIDES COUPLES AND SINGLES A PEEK INTO THE MINDS OF THE OPPOSITE SEX. IN THIS EMOTIONALLY-CHARGED AND INSIGHTFUL COLLECTION, AUTHOR AND THERAPIST BASHEA WILLIAMS PITS READERS FACE-TO-FACE WITH OFTEN COMPLICATED SCENARIOS THAT CAN CREATE COMMUNICATION BREAKDOWNS OR BRIDGES AND HOW TO NAVIGATE THEM. WRITTEN FROM THE PERSPECTIVE OF A MAN, YET CONSIDERING THE FEMALE POINT-OF-VIEW, WILLIAMS CREATES A HEALTHY DIALOGUE THAT HELPS BOTH MEN AND WOMEN CREATE POSITIVE PERSONAL PRACTICES AND THOUGHT PATTERNS TO BUILD BETTER RELATIONSHIPS. WHETHER YOU'RE SINGLE, COURTING, ENGAGED, OR MARRIED, DEAR FUTURE WIFE WILL PREPARE YOU FOR A HEALTHY AND EXHILARATING ROMANCE.

Websites:
www.BasheaWilliams.com
www.HeartsInMindCounseling.com

Social Media:
IG: @basheawilliams https://www.instagram.com/basheawilliams/
FB: Paul Bashea Williams https://www.facebook.com/WilliamsBashea
Total following: over 20K+

Some On-Air, podcasts and article features

Sister Circle-TV ONE
https://m.youtube.com/watch?v=GbhHlyRwE_A&feature=youtu.be

WJLA ABC Affiliate Lets Talk Live
https://wjla.com/news/lets-talk/tips-to-build-happy-and-healthy-relationships

https://wjla.com/features/good-morning-washington/competitive-parenting-and-its-impact-on-adolescent-mental-health

http://firefliesunite.buzzsprout.com/132572/910726-people-pleasing-its-impact-on-your-mental-health-dear-future-wife-featuring-paul-bashea-williams

https://relationshipschool.com/podcast/race-psychotherapy-and-manhood-with-paul-williams/

https://www.davidbrowervo.com/307-bashea-williams-an-intellectual-emotionalist-who-understands-what-a-man-thinks-and-how-a-woman-feels/

https://www.bustle.com/p/if-you-get-bored-easily-in-relationships-experts-say-these-7-reasons-may-be-why-18704361

https://www.bustle.com/p/why-you-cant-stop-thinking-about-someone-you-barely-dated-according-to-experts-18683980

https://therapyforblackmen.org/fear-of-failure/