

# HOW G.R.E.A.T. IS BILLINGS?



# G.R.E.A.T.

SELF-DEFENSE

Girls Ready Empowered And Trained

By Scott Sery

In January 2016 *Rimrock Neighbors* featured the Verbsky Family. This great family that lives in Ironwood has a passion for life. And if you have met them, you will know that Carla inspires all of them to live life to the fullest and love life to the utmost!

Carla's passion started years ago in Brazil. Growing up she was teased, taunted, and bullied. When she would come home crying her father would comfort her by telling her, "Don't let them get you down Carla, someday you will do something great." Little did either of them know that the great thing Carla would do was actually going to be G.R.E.A.T.!

G.R.E.A.T., which stands for Girls Ready Empowered And Trained, isn't just for girls. While the young girls in Billings do hold a special place in Carla's heart, the message is for every young person, old person, leader, follower, influencer, developer, and person



in Billings. G.R.E.A.T. is all about one thing: self defense.

Carla is a black belt and can hold her own in a fight. But she has yet to ever be in a fight. That's because self defense doesn't start when you're attacked. It starts with the choices you make every single day of your life. We get to choose to be a bully, or to believe what the bully says about us. G.R.E.A.T. is all about teaching us that we aren't defined by the labels we are given. We are defined by our passion, our zeal, and our

love for others.

In a matter of just a few months G.R.E.A.T. has gone from an idea and a dream, to a reality. Before school was out Carla was able to present to all of the high schools in Billings, and some of the grade schools. As the message spreads, more and more schools and organizations are getting on board. It turns out that Billings was seeking something G.R.E.A.T. but didn't know where to look!

When you see a G.R.E.A.T. presentation, it's not your typical "be nice to each other" talk. Carla engages the young people. She makes sure they are having fun. She explains why each one of them should make the commitment to be G.R.E.A.T. and allows each student, teacher, and faculty to make the decision for themselves.

G.R.E.A.T. encompasses so much more than can be put into words. It's about inspiring confidence, encouraging positive choices, learning self discipline, and making the commitment to do G.R.E.A.T. Go and learn more on [Facebook.com/greatselfdefense](https://www.facebook.com/greatselfdefense), and see how you can be involved.

Are you ready to do G.R.E.A.T.?

