

inspire

INSPIRATION
FOR
TRANSFORMATION



Kathleen Hassan is The Teen Confidence Coach

The Problem: Our girls are bombarded on a daily basis with unrealistic images of perfection and negative media messages that tell our girls that they are not good enough. The result? Depression, anxiety, bullying, addiction, eating disorders, pregnancy, promiscuity and suicidal thoughts.

The Solution: You can't be it if you can't see it. Give your girls a vision of what is possible and teach them the critical life skills that help them discern the truth. Kathleen Hassan has a true gift for making a deep and lasting connection and impact on young women. We can't expect our girls to become leaders unless we teach them how to first be confident in their own skin.



Topics Include...

- Self-Esteem & Confidence
- Body Image
- Media Literacy
- Drop the Drama & Deal
- Girls Voices Good Choices
- Leadership
- Authentic Power
- Mothers & Daughters
- Dream Believe Achieve

A nationally recognized speaker, author & confidence coach, Kathleen speaks at schools, youth conferences and mother+daughter programs. She passionately inspires teen girls and women of all ages to find their voice and authentic power within. Creator of the **Girls Voices Self-Esteem Curriculum** and author of **Square Peg Round Hole**, a body image book for pre-teen girls about fitting in and standing out.

www.KathleenHassan.com

Raving Fans!

"It's taken me a couple of days to fully process the wonderful transformational evening we experienced with you the other night...it really was MAGNIFICENT!!!"

Jennifer Hall, President
Kingston PTO & Chair of
Mother/Daughter Conference

"I cannot begin to express my appreciation and admiration for your presentation at our Diamond Girls Young Women's Leadership Conference. I've been in the business world for over 20 years and it takes a lot to impress me and you really impressed me!"

Kevin Schell, Director Sports
& Marketing Academy, Gulf
Coast High School, Naples FL

"You are my new
inspirational hero and you
have seriously changed my
life! Thank you!"

Nicole Wagner
Young Women's Leadership
Conference Attendee

GIRL POWER: There is no force on Earth that can hold back a confident woman. These girls can change the world!



Happy Clients Include:

Wellspring Women's Health Center, York Hospital

Kelly Ripa Center for Women's Health, Cooper Hospital
Northeastern University

Boys and Girls Clubs Keystone Conference

Future Farmers of America

Duke University - Campus Sorority

Bowling Green University: Women in Science Conference

Shaw Center for Women's Health

University of Wisconsin at Madison: Kappa Alpha Theta

American Heart Association

American Camp Association Tri-State Conference

MA School Nurses Association

FCCLA

Contact Kathleen:



617.620.9760



info@

kathleenhassan.com

Most Requested Programs Include:

Girl Power: All That I Can Be... Begins Inside of Me

Mothers & Daughters: Coming of Age Together

Drop the Drama: Dealing With Feelings and Emotions

Dream Believe Achieve: Courage & Confidence to Soar

Stress U to Success YOU: College Campus Confidence

References: Call me maybe!

Dulce DePina, Mentor Coordinator
Mother Caroline Academy
GIRL POWER CONFERENCE
(617) 427-1177 x205
ddepina@mcaec.org

"I've had students, parents and board members saying how amazing the conference was and that you did an awesome job. Thanks so much for making the event a success."

Dianne Moore, Women's Health Services Coordinator
Wellspan Hospital
Young Women's Leadership Conference
(717) 851-3629
dmoore2@wellspan.org

"Just wanted to pass along what an impression the conference today made on Emma. As soon as she got in the car this afternoon she started telling me all about it! She said it was a lot of fun, and they had a great time. Then tonight she went into even greater detail and it sounds like the speaker was very dynamic and really related well to the girls, leaving them with very powerful and positive messages."

Elizabeth Nicholson, LCSW
Shaw Center for Women's Health
Girls Empowerment Day
(229) 226-8800 ext. 113
elizabethn@shawcenter.com

"Your presentation was powerful and your message was exactly what we were looking for. This community and our girls are so fortunate to have someone so insightful touch their lives."

Ann Light, Associate Director of Continuing Education
Bowling Green State University
Women in Science Conference
(419) 372-7895
abetts@bgsu.edu

"My inbox has been flooded with emails and we even got letters from girls who attended the conference! Your message, passion and presentation were all amazing! Thank you so much!"

Kathleen Hassan Connects With Today's Teens!

"Your presentation was amazing and has totally changed the way I see myself."

"I thought this was going to be boring, but it was so much fun! You made me want to become a leader and make a difference in the world."

"You helped me feel more confident in myself. I never looked in the mirror before and liked what I saw. Now I do. I know now that I am good enough - just the way I am."

"After the conference I went home and told my parents about you. They think you are an awesome role model!"

"None of my friends wanted to go and thought it was going to be lame. Afterwards we were all inspired! We all want to be that "someone" that you talked about. Thank you so much!"

"All my life I have felt powerless and never really understood how my own thoughts create my future. From now on I am going to Dream, Believe & Achieve!"

Teen Voices' Girl Talk

Run The World: Kathleen Hassan On Women's Power Source

April 19, 1012 by [Teen Voices Magazine](#)

By Jillian Martin, Editorial Intern

Last month, Teen Voices participated in NEDAwareness week, held by the [National Eating Disorder Association](#). At the same time, the [Mother Caroline Academy and Education Center](#) mentor program held a self-esteem-building event featuring “Confidence Coach” [Kathleen Hassan](#). The school’s gymnasium was packed with middle-school students, their parents, and their mentors and Beyonce’s girl power single “Run The World (Girls),” which kicked off the event.

Hassan teaches girls where their power comes from: positive thoughts.

“There are girls in this room who feel like they’re not good enough,” Hassan began. “Some are starving themselves. Some would do anything to fit in.”

At this event, Hassan inspired the audience, teaching them where their power comes from—not from putting others down to build yourself up, and not from the media, which sexualizes women and portrays an unattainable image of perfection.

According to Hassan, 85 percent of women and girls have felt worse about themselves after looking at a fashion magazine and 86 percent of self-talk (thoughts) is negative. This happens because, to their detriment, many women and girls today tend to seek their worthiness and confidence from outside forces.

As a healthier model, Hassan teaches girls to get their power from within, instead of from the media, by choosing love over fear. She said, “Thoughts become things... wanted or not.” We emit energy with our thoughts; if they are negative, we will attract negative people and situations, and the energies will feed off each other, becoming more and more negative. On the flip side, if we emit positive and powerful energies, we attract powerful and positive people.

Negative images and energies infiltrate the thoughts of all young girls, but Hassan said we all have an emotional guide system that gives us the tools to “recalculate” those thoughts to something positive.

Hassan taught the audience two strategies to recalculate and achieve. Give them a try so that you, too, can feel confident and worthy and choose love over fear.

The first, Hassan calls a “body prayer.” She called four girls with big dreams to the stage to help out. The first girl was “dream,” and she laid her head in her hands. The next was “believe,” and she held her hands over her heart. The third was “receive,” and she held her hands out open to take in the positive energies. The final girl was “achieve,” and she flexed her arms, showing strength. Within minutes, Hassan had the entire auditorium dreaming, believing, receiving, and achieving.

The second strategy is the use of affirmations. Hassan suggested that everyone pick one affirmation from the list that she showed and repeat it every day for a month, as it takes a month to create a new habit. Here are just a few of the affirmations:

- I choose LOVE over FEAR
- I am fit, strong, and healthy
- Peace begins with me
- Happiness is a choice

Positive outlook

Milton woman draws on own experience in helping teens build a better life

By VALERIE A. RUSSO

For The Patriot Ledger

Kathleen Hassan understands adolescent angst. Her father died when she was 10 and her mother died just six years later. She had no adult role models to help her heal and grow.

Today, the 46-year-old Milton resident is a mentor and motivational speaker who helps teens rise above their circumstances and lay the foundation for a fulfilling life.

"My teen years were horrible, it was hurry up and grow up," said Hassan. "No one ever taught me the power of a positive attitude. I learned everything the hard way. I really want to make it a little easier for teens."

Next month, Hassan will be the keynote speaker at the 8th Annual Girls Conference at Simmons College, a day-long program with sessions on leadership, self-esteem, body image and other topics for 200 teen-age girls from all over New England. She will also run a stress management program for the girls who work at *Teen Voices Magazine* in Boston.

Hassan's journey from troubled teen to teen mentor was a long and difficult one. It wasn't until she was in her 30s, a wife and mother of two boys that she got past the trauma of her youth.

"I couldn't relax; I was the 'Type A' personality, always stressed, always driven," she said. "I was teaching 15 aerobics classes a week, so I had a tight fit body, but I was not healthy mentally. I had never dealt with the tragedy that had happened in my life."

Diagnosed with chronic stress, she decided to heal herself by attending workshops and motivational talks, meditating and setting goals.

"Up to that point, I really didn't have a plan of how I wanted my life to turn out. I started to focus on the good instead of the bad - and it was a real turning point," she said.

Healed and wanting to help others transform their lives, she spoke on stress management and fitness in various corporate settings. Recently, she turned her attention to teens.

For the past two years, she has run an after-school program for girls age 11 to 14 at First Parish Church in Milton. In each weekly session, the girls discussed the challenges that they were facing and participated in an activity directed by Hassan.

"We did a lot of journaling and we made collages of our ideal life, cutting out pictures from



Richard W. Green/Photo

Kathleen Hassan of Milton uses journaling and visualization exercises to help troubled teens see a better life for themselves. Hassan will be the keynote speaker at a conference at Simmons College next month.

magazines. The girls visualized how they wanted their life to turn out, even if it was just a certain style, image or career, whatever spoke to their heart and soul," she said.

She has also worked with girls individually. "A girl was being bullied, and her mother wanted me to help her develop assertiveness and inner strength. I taught her how to meditate and quiet her mind, visualize the ideal friends and make time for her favorite activities. Her mom says she's a changed girl this year."

Four or five times a month, Hassan speaks at schools and youth conferences, both locally and out of state. She designs her speeches for the particular audience.

"I'll ask the guidance counselor what the greatest challenges are and get some background on the school. Then I let it percolate. A lot of my ideas come to me when I'm meditating or journaling," she said.

She often involves the audience in her speeches. "I brought in a big ball of yarn, and I had one kid

hold the end and throw the yarn across the room, and then another kid, and so forth," she said. "They ended up with this giant web, and everyone's got a piece of it. It demonstrates the energy that's formed by putting all your positive thoughts together."

Hassan's home decor helps maintain her positive attitude. On her office wall are inspirational quotes, an angel doll, photographs of her father and father-in-law giving speeches, her own speaking awards and a smile postcard from a dentist's convention. Upstairs in her meditation room are candles, a yoga mat and a trickling fountain.

Public speaking comes naturally to Hassan. As a child, she performed for neighbors in talent shows that she and her sisters organized in the garage of their Weymouth home. She polished her speaking skills by participating in Toastmasters and the National Speakers Association and she hosted a cable TV show in Milton for a year.

She hopes to bring her message to a wider audience by writing self-help books for teens and appearing on network television.

**HAVE YOUR BEST
YEAR YET**

**HOW TO:
Prepare for College
Music Auditions**

Student Biographies

Outstanding Seniors from Your School

**ARE BOYS AFRAID
OF SMART GIRLS?**

College Prep

First Steps to College Planning

How to Make This Your Best Year Yet

by Kathleen Hassan



Remember that lame assignment they always gave you at the start of every school year? "How I Spent My Summer Vacation" tolled the official end of summer and started every year off heading in the wrong direction. Just like you

can't drive forward while looking in the rear-view mirror, you can't get ready for a brand new year by starting it off looking backwards. Summer is over – it's time to look ahead. Spend some time thinking about how you want this school year to be. Just by shifting your thoughts, you will be creating your future and unleashing the power of intention.

An intention is something that you plan to do or achieve. With focused attention and concentrated energy, anything you can dream you can achieve – as long as you believe. A belief is just a thought you've replayed over and over again and accepted it as fact. Your thoughts create your reality so it's best to keep your thoughts focused on what you want. In other words, you get what you think about most.

Sounds easy right? Think again. The problem is that most people spend all of their time thinking and focusing on what they don't want.

Here's an easy way to figure out what you're thinking. Pay attention to how you are feeling. Your feelings are your built-in emotional guidance system. When you think positive thoughts, you feel good. There are two ways to enter into this school year; with anticipation or apprehension. Anticipation feels good. Apprehension feels awful.

Our intentions play a significant role in what shows up in our lives. If our intentions are fear based they are fueled by strong negative emotions which give them more power.

As a result, here's what happens:

If you think you'll never make any new friends – you probably won't.

If you think you'll be totally stressed with so much work – you probably will be.

If you think that you'll never

fit in – you probably won't.


The good news is that the opposite is also true:

If you think you'll make new friends easily – you probably will.

If you think that you'll handle everything just fine – you probably will.

If you think that being yourself is cool – you're way cool.

When you begin to practice this new way of thinking, you are developing new beliefs. It may feel strange or even silly at first because in essence you're really playing "make believe." Most people say "I'll believe it when I see it." But when you shift your thoughts to what you want you will begin to "see it because you believe it."

Decide right now that this is going to be the best year of your life. Eliminate the words "I can't" from your vocabulary. Begin this school year with a new assignment: "How I Will Spend This School Year." You don't even have to write it; just picture it in your mind. Envision getting good grades. See yourself making the team. Imagine hanging out with great friends who let you be you. Then at the end of the school year, look back, see and believe in your own power to dream, believe and achieve. 

Kathleen Hassan is a professional speaker and teen life coach and travels the country presenting programs on self-esteem, stress management and empowerment. Her hard-earned wisdom and real-life lessons are based on her own journey from troubled teen to teen mentor to successful entrepreneur. She can be reached at 617-698-1976 or visit her online at www.KathleenHassan.com or www.ICoachTeens.com

**The Price of
Self-Esteem**

Homecoming
Calendar Inside

Social Networking 101

**Keep Your Parent - Teen
Relationship Alive**

**Practice Your Way to Become
a Professional Musician**

Deciding Your Future

**FREE
Take One**

Self-Esteem is Priceless

by Kathleen Hassan



The words *back to school* conjure up so many mixed emotions for parents and teens. The office supply superstore commercial portrays parents skipping up and down the aisles filling their baskets with pens and notebooks while "It's the Most Wonderful Time of the Year" blares through store. But for teens, those words can often evoke a sense of fear and insecurity as they scurry to make sure they have *the right stuff* in order to be *all that*.

The world-wide credit card company ad might go something like this...

Abercrombie & Fitch jeans; \$89.50, Nike Air Max sneakers; \$150.00, the new LG Chocolate slide phone; \$149.98, Coach Signature Soho bag; \$218.00...

Feeling as good on the inside as you're trying to look on the outside? Priceless!

Advertisers spend billions of dollars marketing to teens to convince you that you're not enough without their products – and it's working. According to the US Bureau of Statistics, there are approximately 24.3 million teenagers aged 12-17 in the United States and that age demographic spends approximately \$120 billion dollars each year! Add in cradle-to-grave brand loyalty campaigns and kids from infants to teens influence about \$600 billion in household spending annually.

Well-meaning parents only want what's best for their kids. But unfortunately trying to buy self-esteem always backfires and only creates a sense of entitlement rather than empowerment. MTV's "My Super Sweet Sixteen" takes the old adage "keeping up with the Joneses" to a whole new stratosphere and has created a culture of kids "jonesing" for the next best thing to make them feel OK.

Don't get me wrong, I happen to love stuff. There is nothing wrong with having great shoes to go with that perfect outfit, or living in a beautiful home or driving a spiffy new sports car. It's just that when we get our sense of self from stuff, it will never be enough.

When I ask teens what they want, they initially respond with a list of stuff. When I ask them to write down what they want, they open up more and the answers get more specific; getting good grades, having great friends and getting into a good college. But when I dig deeper and ask, "What do you really want?" the underlying desire of every teen in the world is "I want to be confident. I want to feel comfortable in my own skin. I want to be loved for being me – just the way I am." This is the stuff that money can't buy and needs to be cultivated from within.

The solution? Take responsibility for consciously developing your

own self-esteem. This applies to both parents and teens because parents see their kids from their own perspective based on their own sense of self.

Here are three suggestions on how to raise your own self-esteem:

1. Analyze the messages you give to yourself. Are they encouraging? If you find yourself saying something negative, such as "I'm such a loser", consciously tell yourself to stop. Use positive self-talk and replace negative statements with positive affirmations, such as; "I am enough – just the way I am, I matter, I am loved and lovable." We teach people how to treat us by the way we treat ourselves. You want love? Start loving yourself.
2. Avoid the comparison trap. Stop comparing your insides to someone else's outsides. You never know, the girl with the brand new Louis Vuitton bag might be dying inside. If someone has something that you wish you had, instead of being jealous, add it to your wish list and say "That's for me!" When you shift your energy from jealousy to intention, you become a magnet and actually attract more great things into your life.
3. Spend as much time on the inside as you do on the outside. Shift your attention within and connect to your inner power. Check in often during the day and notice how you're feeling. Do some deep breathing exercises, write in a journal and feel what it feels like to just be. When you feel good, you look good – no matter what you're wearing.

Want more? Visit my website and download my free e-book, "52 Ways to Build Your Self-Esteem."

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Move over Coach Bags and Lucky Jeans, the latest must-have for teen girls is a Life Coach.

Why Your Tween and Teenage Daughter Needs a Life Coach

With all the outreach programs geared towards Girl Power, unfortunately pre- and teen girls still don't have a clue as to how to manage their emotions and tap into their own authentic power.



I was recently brought in to teach a day-long program on Emotional Literacy to a group of 200 ninth grade girls in Topsfield, MA. After my 4-hour program, the crowd was a buzz about coaching. One mother, who hired me to be her 15-year-old daughter's coach, said that she'd never seen her daughter so excited and felt that this program was like divine intervention. "She came home from school and raved about her day, which was a welcome change from how she usually comes home and said 'Mom, this woman knows exactly what we are going through.'"

So what exactly is coaching and why should you hire a life coach for your daughter? Coaching is a growing trend that helps people from all walks of life; from executives in the board room to teens in the classroom, figure out how to tap in and tune in to their highest self and make decisions based on their innermost desires and dreams. For some it is a process of figuring out just what those dreams actually are and discovering, often for the first time, what it is that they really want their life to be about. Coaching is also about figuring out what exactly is standing in your way, and for girls – that is most often dealing with their emotions.

The question is: Do teens really need a coach? Not sure? Ask Tiger Woods.

Even the best in their field get coaching and we certainly don't look down on them, as a matter of fact we applaud them. Are our daughter's lives any less important or valuable? Coaching is not therapy, nor is it a case of fixing something that is broken, but rather bringing out the very best and teaching life skills and tools to get and stay on track. Early intervention in the teen and pre-teen



years can stave off depression and promote joy. Learning about your own power and how to unleash your own potential is the greatest high in the world. Even Life Coaches have coaches to help them along, so why would you want your daughter to go it alone?

KATHLEEN HASSAN'S

Top Ten Reasons to hire a Life Coach for your daughter

- 1) Girls need someone to talk to besides their parents and friends. As girls maneuver their way through relationships, their BFF one day can very often become their Frenemy the next. Having a coach who not only listens, but helps girls figure out their own next best move is incredibly empowering and reassuring.
- 2) Every girl wants to be attractive and a good coach will help her understand that like a magnet, she can attract whatever it is that she really wants. But girls often confuse the outside external stuff with the inner force of attraction. It always comes from within.
- 3) Girls are often afraid to speak up and they care way too much about what everyone else thinks. Not only will a good coach help her to correctly identify her feelings and emotions, but will also help her find her voice and speak her truth about what she is feeling in an appropriate and assertive manner.
- 4) Media messages bombard girls with visions of who she should be. Coaching reinforces self-acceptance and helps girls feel comfortable in their own skin.
- 5) All too often, alcohol, drugs and sex become the coping mechanisms at hand to help teens deal with stress. Coaching teaches life skills such as meditation, affirmations and visualization as tools to stay relaxed and focused and the effects ripple out to the classroom, athletic field and throughout every relationship.
- 6) Jealousy is by far one of the most prevalent and debilitating emotions that affects girls today. Coaching helps girls understand that jealousy is a strong indicator of an unrealized desire within herself and helps her shift her focus back to what she wants and away from what others have.
- 7) Coaching unearths dreams and desires and helps girls set clear goals towards their achievement which builds healthy, high self-esteem. A good coach is like your daughter's cheerleader who

will hold her accountable and congratulate her for even the tiniest shift in focus and direction towards her goals.

- 8) A coach is a mirror and reflects back any negative self-image or self-talk which otherwise may go unnoticed and unless caught will always block the flow of well-being.
- 9) Regular coaching sessions are like an oasis amidst the chaotic schedules of today's teens. It teaches girls how to slow down a bit and check in on a regular basis so they stay in touch with their feelings and emotions which can so often be numbed down by constant busyness.
- 10) What you think about and focus on the most becomes your reality. All too often girls place their focus on the drama and chaos of everything that's swirling and going on around them. Coaching will continually help your daughter shift her focus back to her goals. Coaching will help her not only survive but thrive in her teen years and become the amazing woman she was born to be.

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