

# inspire

INSPIRATION  
FOR  
TRANSFORMATION



"Your presentation changed the way I see myself. I know there is nothing that I cannot do and that it's OK to be ME. Thank you!"

## 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](http://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:



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## 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