

# Lindsay Sealey

## SPEAKING ENGAGEMENTS

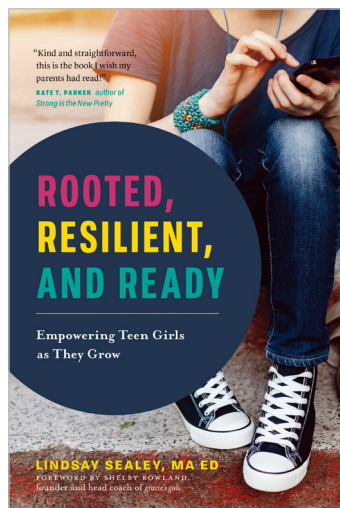
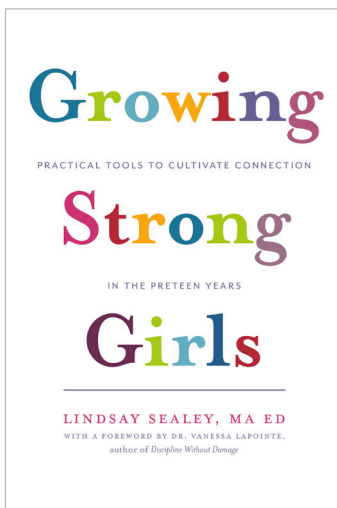
Lindsay Sealey, the author of *Growing Strong Girls: Practical Tools to Cultivate Connection in the Preteen Years* and *Rooted, Resilient, and Ready: Empowering Teen Girls as They Grow*, holds an M.A. in Educational Leadership from San Diego State University. A passionate girl advocate with diverse public speaking experience, she has worked in consulting, curriculum development, and special education for 20 years. Lindsay is the founder and CEO of Bold New Girls: a unique teaching and coaching company for girls and young women and their parents.

Lindsay has appeared on CTV's *The Social*, Global's *The Morning Show* and *Global National*, and Toronto's *The Agenda*. As well, she has spoken on *NewsTalk 1010 Radio* (Toronto), *CJAD 800* (Montreal), and *CBC Radio* (Canada). Lindsay is a contributor to the *Globe and Mail* and *HuffPost Canada*. She has been featured in the *Toronto Star*, *Canadian Family*, *Women of Influence*, and *Today's Parent* and a guest on numerous podcasts.



## SPEAKING TOPICS INCLUDE

- **Growing Strong Girls - Where Do We Begin?** 10 ways to raise a strong daughter by starting early and cultivating relational connection
- **Rooted, Resilient, and Ready - 8 Steps for Empowering Teen Girls:** to know who they are, to navigate friends and social media, and to prepare her for the 21st Century
- **iGeneration:** Understanding her world of Snapchat and Instagram, Tik-Tok, and self-promotion, and the pressures to post and sext; how to explore screen obsession and prevent screen addiction
- **Perfectionism and the Epidemic of Not Good Enough:** Exploring "Super Girl Syndrome" - the biological, social, and cultural pressures to be all things to all people and the 4 new superpowers she really needs
- **Stressed Out:** Preparing her to know her triggers, listen to her body, and develop healthy coping tools for dealing with increasing pressures



## PRAISE FOR LINDSAY'S SPEAKING ENGAGEMENTS

"Lindsay's presentations provide practical, intuitive advice and remind us that the best way to teach our girls that they are worthy, loveable and enough - is to give them our time. Her ability to state things simply, as they are, makes 'Growing Strong Girls' and 'Rooted, Resilient, and Ready' my best resources; I share her books with every parent I meet."

- Shelby Rowland, Founder of Gracie's Gals

"Lindsay is an engaging and friendly educator. She initiates incredible discussions with our young impressionable girls."

- Jennifer Eayrs, Youth and Family Worker, TAP (Tupper Alternative Program)

"Lindsay Sealey has been a gift to our parent community. She has the ability to instill confidence and hope in parents who otherwise may be feeling lost in this new world of raising girls. Her warm and engaging speaking style makes the listener instinctively lean in a listen. Parents walk away feeling inspired and equipped with new skills for raising their daughters to be authentic, confident, and brave."

- Milissa Ewing, Pastor of Family Ministries, Tenth Church

TO MAKE ENQUIRIES ABOUT BOOKING LINDSAY SEALEY

✉ info@boldnewgirls.com | ☎ 604.616.6984 | 🌐 www.LindsaySealey.com | 🌐 www.BoldNewGirls.com

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