



BOLD NEW GIRLS™

BOLD NEW GIRLS™ is one-on-one teaching and coaching that supports mental, physical, social, and emotional growth and development to empower girls - with an emphasis on the following:

- SENSE OF SELF AND IDENTITY • MOTIVATION AND GOAL SETTING
- STRESS AND ANXIETY • SELF-ESTEEM AND SELF-CONFIDENCE
- SELF-IMAGE AND BODY CONFIDENCE • SOCIAL MEDIA AND SCREEN TIME
- BOUNDARIES, BORDERS, AND SPEAKING UP • PERSONAL BEST AND LIFE BALANCE
- PERFECTIONISM AND SUPER GIRL SYNDROME • EMOTIONAL EXPRESSION
- SOCIAL AND RELATIONAL TOOLS • EXECUTIVE FUNCTIONING SKILLS
- SELF-MANAGEMENT AND LIFE SKILLS

Bold New Girls™ is committed to addressing the growing concerns that girls are losing their confidence and voice, fearful, obsessed with social media and screens, too sensitive or dramatic, feeling pressure to be super girls and fit in, and experiencing the “not good enoughness” syndrome.

Bold New Girls™ is devoted to exploring the reasons why girls are not more brave and strong as they are faced with increasing pressures to be pretty, polished, and “perfect” as well as environmental toxins, medication, technology, and peer and school pressures – and to provide the tools and strategies to help girls achieve their full potential!

SESSIONS ARE NOW AVAILABLE AND INCLUDE:

- Consultation
- Customized program
- A package of consecutive sessions

FOR INQUIRIES AND BOOKINGS:

Email: info@BoldNewGirls.com

Follow: [@BoldNewGirls](https://www.instagram.com/BoldNewGirls)



BOLD NEW GIRLS

Lindsay Sealey, M.A. ED.

EDUCATOR SPEAKER CONSULTANT AUTHOR