

# Young Women's College Programs



Empowering Young Women Leaders ❖ Strengthening Sisterhood ❖ Building Solid Self Esteem & Healthy Body Image

## Topics Covered Include:

- ❖ Body image
- ❖ Redefining beauty
- ❖ The role of young women today
- ❖ High pressure & expectations
- ❖ The struggles young women face
- ❖ Creating your life your way
- ❖ Leading your own life
- ❖ Personal choices

Perfect for orientations, Greek events and more!

## NEW! Real World Real YOU

Today's college age young woman has a lot on her mind: friends, relationships, school, stress, finances, pressure, the future, and trying to live up to society's expectations to be thin enough, smart, successful, and to "have it all". But, what does all that mean, and is it even possible?

Kate's program (workshop or keynote) turns these questions into an opportunity for young women to figure out what they really want, discover who they really are, and create an action plan to get where they want to be – on their own terms.

Kate shares the story of how she followed her own path & created the life of her dreams, and how others can too, as well as having an open and honest conversation about body image, beauty myths, self respect, boundaries, healthy choices responsibility and becoming a leader in your own life.

**Book Now!**

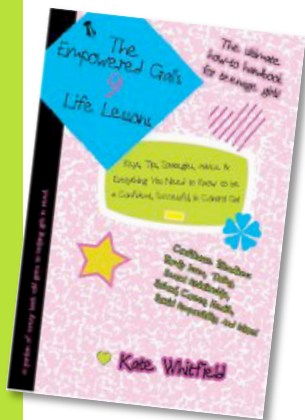
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## About Kate

At age 23, Kate is a dynamic, motivational & highly requested youth and college speaker, entrepreneur, a positive role model, author, columnist, media expert and monthly contributor to Breakfast Television on issues affecting teens & young women. Some clients have included The Boys & Girls Club, Soroptimist International, and The Future Business Leaders of America (National & Regional). Kate is happy speaking to audiences of 10 or 10,000, all girls, coed, teens, pre teens, young women or parents.

Kate is the author of the award winning *Empowered Gal's 9 Life Lessons* for teen girls and young women.



## Other Topics

- ❖ You Inc: Building The Brand of YOU
- ❖ Girls in Biz: Starting, Running & Building Your Business
- ❖ Sisterhood @ School – Strengthening the bonds of young women on campus.

## What People Are Saying

“Thanks for a great conference. Everyone just loved meeting you, sharing your story & [hearing about] living your dreams. Thanks again, you really made the event inspiring!” - Darlene Jamieson, Event Organizer

“It was great to meet you and hear you speak, so warm, comfortable, friendly - no wonder teens and adults feel instantly comfortable around you! Thanks again, Kate!” - Gaye Richards, President, Soroptimist International Surrey/Delta

“It was great having you on campus. My friends and I really connected to you as a person, to your stories, and were really inspired by what you’ve achieved. I feel really motivated and am thankful for having gotten the opportunity to see you speak.” - Jess, 19

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