

## Bio:

Keisha Howard, also known as "Coach Keisha", is a nationally recognized Speaker, Author, Mentor, and Certified Life Coach who brings a whole lot of girl-power wherever she goes. She specializes in healthy teen girl development and her programs inspire tween/teen girls and young women to build confidence, make positive decisions, and genuinely love themselves; while empowering their parents to maintain connected and have healthy communication throughout adolescence.

Lovingly called "**The Queen of Empowering Teens**", Keisha has a special way of connecting with girls that empowers them to want to excel in school and life – with confidence; many also call her "**The Girl Whisperer**." With her Master's Degree in Counseling and her 10+ years of experience as a former School Teacher and School Guidance Counselor, she developed a knack for motivating girls at a soul level and made it her life's mission to both **empower girls** and **educate parents** on the latest hot topics and trends that relate to developing healthy girls in today's generation.

Coach Keisha is the ideal empowerment speaker for audiences at elementary, middle, and high school assemblies, as well as colleges, conferences, luncheons, churches, summer camp programs, parent meetings, young adult summits and more.

*"The decisions teen girls make today affect their futures tomorrow"*

-Keisha Howard



## COACH KEISHA

SPEAKER. AUTHOR. MENTOR. THE CONFIDENCE COACH



## What people are saying:

"Coach Keisha visited our school and was a true inspiration to our girls. Keisha was able to make an immediate impact, and her best asset was making a real connection with all the girls; she had so much energy and was real! If you know a girl in need, or simply want to make a difference in the lives of other young women, Coach Keisha will deliver! Because of Coach Keisha's talk with our girls, our junior high actually changed its school motto! Our new motto: "At SJH our students were born to shine", came directly from Coach Keisha's presentation! Coach Keisha touched so many in just a short time. Here in Sunray America, we think she rocks!" - Brandy H, Sunray ISD

"Coach Keisha is a dynamic speaker who has a way of captivating and motivating her young audience. Her approach on sharing the importance of SELF-preservation, HIGH-standards and morality is needed in our communities. Most importantly, students walk away with the tools needed to help them confront high stakes social situations, such as bullying, smoking, drinking, drugs, eating disorders etc., as well as other personal obstacles. Her audience is not limited to only young ladies as students of all ages and backgrounds can benefit from hearing her powerful message."- Adriana Fletes, Prosper ISD

"Coach Keisha was exactly what we were looking for in a guest speaker for our annual girls conference! Her ability to connect to a room was effortless. Her message was relatable, relevant and easy for the girls to identify with! We look forward to having her back!" Regina R. Williams, Ft. Worth ISD

## Popular Speaking Topics:

### Confidence Rocks!

Who rocks the house? CONFIDENCE does! In this high-energy workshop, girls learn the value of self-esteem, self-worth, goal-setting, and attainment. Academic achievement is addressed, as well as issues that affect girls in the school setting such as bullying and relational aggression, peer pressure, and haters vs. motivators. Social media and handling online drama is discussed as girls learn how to improve their communication skills.

### Confidence, Class & Character

An Etiquette workshop designed to teach girls & young women important life-skills. Through participatory games and hands on exercises, topics such as table etiquette, proper introductions, appropriate dress, respect, poise, posture, sitting and walking with grace, conversation techniques, job interview skills, and social media etiquette are discussed.

### Survive & Thrive with your Teen Daughter

Being a girl is tough, but being a parent of a teenage girl is even tougher! In this workshop parents are given an insider's peek into what it's like to be a girl in today's world. Topics such as the latest social media platforms and how they affect girls are discussed as well as the media/celebrities and how those play into body image and self-esteem. School relations such as bullying and peer pressures are also addressed, as well as how to communicate and effectively connect with your thriving teen.

Coach Keisha can also customize a presentation to suit your needs. Contact her today to schedule your event!



## Media:

Coach Keisha's fun yet educational book, "The Inner-Beauty Secret", combined with the interactive DVD, are great resources for both parents and adults who work with youth.

## Partial Client List:

Dallas ISD, Prosper ISD, PTA, Dallas County Community Colleges, Girl Scouts, Girls Inc., K104.5 fm, Boys and Girls Club Mental Health America-Adolescent Symposium



*Book Coach Keisha for your next event!*

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