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Local Ohio Mother-Daughter Team on a Mission to Build Self-Confidence

This interactive journal prompts girls to reflect on their experiences, consider their uniqueness, and express gratitude

CANTON, Ohio — Cathy Hanlin and Kayleigh Hanlin are a mother/daughter team that aims to address the issues that face children today. They believe there are many people living for the approval of others and not fully embracing what is unique and wonderful about them. Often the concept of self-love and self-acceptance are not promoted so Cathy and Kayleigh are on a mission to change this.

Drawing inspiration from their own experiences in building self-confidence and courage in their lives, the authors release “J.O.Y. Journal” (published by Balboa Press), a book designed for young girls to discover their unique selves, provide a new way to explore their emotions, and build foundations of self-love through engaging and guided activities. The goal is to help them to discover who they are, build confidence and know they are worthy of becoming their best selves.

“We believe this journal will appeal to both parents and young girls alike,” Cathy point out. “J.O.Y. Journal’ is a great resource for parents to give their child the ability to discover their unique gifts at their own pace. The journal can open the door for parent-child communication, building a higher sense of self-love and confidence and strength in children. Parents will also appreciate this journal as a legacy piece for their child to look back on fondly as they live life to the fullest.” To purchase and to know more about the book, interested parties may visit <https://www.mindsempowered.com>.

“J.O.Y. Journal”

By Cathy Hanlin and Kayleigh Hanlin

Softcover | 7.5x9.25 in | 194 pages | ISBN 9781982210939

E-Book | 194 pages | ISBN 9781982210946

Available at Amazon

About the Author

Cathy Hanlin is a life success strategist and coach. She has a passion for helping people discover their greatness. In her 30-year corporate career, she devoted her gifts to developing winning cultures and high performing teams with individuals who strive to reach their full potential. She held many senior executive roles including senior vice president of operations, vice president of human resources and organization development to senior vice president of international and business development. Cathy has a Bachelor of Science in biology and Bachelor of Science in medical technology from the University of Akron and a Master of Science in organizational development from Case Western Reserve University. She is a proud board member of Children’s Hunger Alliance. She considers her greatest privilege — being the mother of three thriving humans.

Kayleigh Hanlin is a purchasing coordinator and project management specialist with a background in marketing. She has a Bachelor’s of Arts in Public Relations from Otterbein University. Kayleigh has been working in the publishing and education space for five years. She is a current volunteer for the Make-A-Wish Foundation of Ohio, Kentucky, and Indiana and a homework help center volunteer for the Columbus Public Libraries. When she is not exploring the Columbus food scene, she spends her time curled up (with her cat on her lap) reading a good book.

Empowered Minds, is a mother and daughter team with a mission to assist people in building and creating a foundation of self-acceptance, self-love and confidence. They are passionate about assisting others to become the best version of themselves so they can to live in a beautiful state and inspire others. They love helping children and parents develop communication skills, create more positive family relationships and embrace each person’s unique gifts. For the latest, follow @justownyou on Instagram and Empowered Minds on Facebook.

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