

Julie SMITH

JULIE SMITH, SOCIAL SCIENTIST AND AWARD-WINNING AUTHOR, is an expert in adolescent action, interaction and influence. As a social scientist, Julie has the insightful ability to uncover the hidden forces that drive human nature - especially adolescent behavior. Adults have called her “the voice of reason and truth” and kids say “she just gets it.” With a blend of wit and wisdom, Julie regularly engages audiences of parents and professionals to communicate and connect. Her ability to relate with others will have each person feel like she is speaking directly to them — and that connection keeps her message alive long after the conversation is over. Julie has been quoted and featured in many outlets. With genuine care, concern and compassion for others, Julie has made an impact in the lives of thousands of adolescents and their families around the globe. And, she will make a profound impact in your life too.



JULIE DELIVERS

- A deeper understanding on adolescent influence (it’s everywhere!)
- A framework to help you discern adolescent needs, culture and language
- Support on how to collaborate and communication with teens
- Communication hacks to decode what teens are really saying so they feel heard and valued.
- Impactful strategies on how to step in and show up in the lives of teens



APRIL HUGHES
TEDx Cheyenne CoFounder

“Your topic, your talk was so relevant, so good that it gave me genuine chills. I love how you are able to create audience empathy and connection.”

“Julie Smith solidified what is the true foundation of my classes - the art of interpersonal skills and human interaction. These are key life skills. I loved her reinforcing tactics and teaching styles that added richness to my curriculum.”

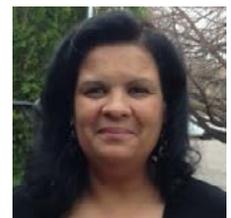
— JULIE OLSEN, High School Teacher

JOHNNA WYNN
School Administrator

“Julie Smith’s workshops empower students and teachers alike. She presented us with the words and tools to understand our students while also giving us the necessary tools to connect with our students with empathy and compassion. I would highly recommend this presentation to educators.”

“Julie has the courage to tackle issues in a way we can all relate with and appreciate. She doesn’t avoid the tough topics, sugar-coat or placate parents. She’s the real deal.”

— ALLYSON T, Mom of 3, ages 9, 12 and 14



WHAT TO DO WHEN: RAISING RESILIENT TEENS IN ROCKY TIMES

IN THIS TALK, JULIE WILL TEACH YOUR GROUP:

- Identify communication hot buttons that cause teens to shut down.
- *Realize the value of teen risk-taking and the importance of making mistakes.*
- *Learn how to nurture resilience in teens.*
- Develop strategies to confidently know what to do when teens are in crisis.
- The one thing you can do today to help your child and ease your own pain



THE MYTH OF MISBEHAVIOR: ADDRESSING THE RISE OF ANXIETY, DEPRESSION AND SELF-HARM IN TEENS

IN THIS TALK, JULIE WILL TEACH YOUR GROUP:

- Discover the top fears teens face every day
- Understand the how and why mental health is often misdiagnosed as “bad behavior”
- Learn to spot a child in need by learning to identify the signs of anxiety, depression, and self-harming.
- Build a personal framework to help teens feel seen, heard and supported.

SPEAKTEEN: AMPLIFY YOUR INFLUENCE BY LEARNING THE LANGUAGE OF TEENS

IN THIS TALK, JULIE WILL TEACH YOUR GROUP:

- Gain a deeper understanding around the 3 W's - what, why, when - of teen behavior.
- Learn to identify and respond to communication hot buttons with your teen
- Decode the hidden messages in your teen's body language
- Get simple and fun conversation hacks to use with your teen.

PAST SPEAKING PRESENTATIONS

Featured TEDx speaker
Colorado Parks and Recreation Association
Partners Mentoring Youth
Parent Engagement Network (PEN)
Mothers of Preschoolers (MOPS)
Girl Scouts of America various chapters
Monarch High School
Eldorado K-8 High School
Peak to Peak Charter School
City of Louisville Youth Advisory
Louisville VoloCity
Superior Chamber of Commerce
Jewish Family Services San Diego

SINCERE AND CANDID,
JULIE HAS BEEN FEATURED AND
QUOTED IN SEVERAL PRINT AND
ELECTRONIC MEDIUMS INCLUDING:

