



Gretchen Christopher

Speaker, Advocate, and Coach

As an educator, coach, mentor, and parent of teens, I understand the challenges young people face. With over 20 years of experience, I help teens build confidence, develop a growth mindset, and gain the skills they need to thrive—academically, socially, and emotionally.

SPEAKING & COACHING TOPICS FOR TEENS

- *Building Growth Mindset*
- *Resilience to Failure*
- *Overcoming Peer Pressure*
- *Well-being and Self-Confidence*
- *Goal Setting and Time Management*
- *Healthy Social Skills*

G.R.O.W.T.H

with Gretchen Christopher
DARE TO GROW

LET'S WORK TOGETHER!

- **Workshops & Assemblies:** Engaging, interactive sessions for schools, parent groups, and community organizations.
- **Small Group & One-on-One Coaching:** Personalized guidance for teens who need extra support in developing confidence, motivation, and social skills.
- **Parent Talks & Resources:** Insights and strategies to help you support your teen through challenges.

"Gretchen's ability to connect with her audience is remarkable. Her sessions are engaging, insightful, and transformative."

— **Cheldin Barlatt Rumer,**
THIS IS IT NETWORK™