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Leadership Stars
Monday at 10 AM Pacific
August 13th 2018: How to RAISE Our Teen Girls to Become Empowered Women

Low self-esteem, poor body image, lack of self-respect, being bullied and bullying - all disempowering conditions for girls to battle in their adolescence. "Dr. Carol" shares her expertise in and passion for helping women and girls overcome some of the issues that hold them back from excelling confidently. We women all have a stake in learning from Dr. Carol how to support these girls become our future empowered women leaders! Join Linda Patten and her guest, Dr. Carol Langlois, as they explore the teen self-esteem space, her RAISE system, and how her book has been adapted to the stage by 3

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Featured Guest



Carol Langlois

Dr. Carol Langlois is a former University Associate Provost and Dean, trained therapist, researcher and newly published author and playwright. Her book, Girl Talk: Boys, Bullies and Body Image is a compilation of interviews with teen girls on the topic of self-esteem which also offers an effective and practical system designed to RAISE (Resilience, Attitude, Independence, Self-Respect and Empowerment) teen self-esteem. An adaptation of her book has been co-produced for the stage by 3Girls Theatre Company of San Francisco Her play, Girl Talk: Teen Monologue Series is a collection of true stories about real teens struggling with tough issues surrounding self-esteem. Carol has serv

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