



Professional Development & Public Speaking Catalogue

Email: info@LEADnow.org

Visit: www.LEADnow.org

Call: (508) 717-1243

"Redefining Health Education"

In the wake of the Newtown, CT tragedy in 2012, eight high school students transformed their vision into a 501(c)(3) nonprofit corporation, determined to redefine health education nationwide.

Let's Empower, Advocate, and Do, Inc. (LEAD), founded in 2012, provides students, educators, and organizations with curriculum and training to promote mental health education and adolescent well being.



Original Co-Founders of
LEAD, Inc. (2012)

Professional Development

- [PD for Schools](#)
 - Audience Options: Educators, Students, & Administrators
- [PD for Youth-Serving Organizations](#)
 - For Youth, Directors, Staff, Board Members, & Volunteers
- [PD for Camps](#)
 - For Directors, Staff, Camp Counselors & Campers

Public Speaking for Youth

- Keynote Speaking (Tailored to your audience!)
- LEADership Presentation: Inspiring Youth to Become Changemakers and Mental Health Advocates in their Community

Reservations for professional development and public speaking engagements are encouraged to be made three months in advance. Travel expenses are not included in cost.

Book a free consult by emailing info@LEADnow.org!

Awaken Your Potential to Serve Youth!

Become Empowered!

"This year, I had a student come to me realizing he was depressed and he asked for help. We, as teachers, are more than just educators, for some, we are a lifeline. We listen, we cry, and we hurt with them. For some we are their only source for nurturing and consistency."



Become Knowledgeable!



"My certification in Youth Mental Health First Aid was incredibly worthwhile and should be taken by as many camp counselors as possible."

"I want YMHFA to be mandatory for all educators. It was very powerful, helpful, and interactive...essential for communities."

Become Proactive!

"After watching LEAD's 'Decoding Teen Mental Illness' Presentation, I was more confident in my ability to identify high-risk behavior in students and signs and symptoms of mental illness in youth."

"LEAD gave me the life-saving and necessary skills to start difficult conversations with youth who are served by my nonprofit."



Become a Resource!

"I had no idea how many ways I could improve the mental health of my students by changing very small habits and ways of teaching inside the classroom."

"I left this presentation with a greater understanding of community, professional, and self-help mental health resources to refer my kids to."



Don't see what you're looking for?
**Customize your own 1-2 hour
presentation!**

Contact Kyrrah Altman at
Kyrrah@LEADnow.org to schedule a free
consultation!

Tangible Benefits for Youth

- Increased care-seeking behaviors and linkage to treatment
- Increased utilization of self-care and stress management techniques
- Increased healthy practices including regular exercise, nutrition, and sleep
- Decreased suicidal ideation and nonsuicidal self-injury
- Decreased substance use and self-medication
- Decreased in-school and out-of-school detentions and suspensions



**To bring LEAD's PD or public speaking to your organization/school,
contact Kyrrah Altman at 508-717-1243 or kyrah@LEADnow.org.**