

TAES LEAVITT - BIO

Please do not use this as Taes' speaker introduction

([here's her speaker introduction](#))

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- **2X Juno Award Winner (Canadian Grammy)**
 - **15+ Years Creating Children's TV and Stage Programming**
 - **Research-Based & Specifically Designed for Kids**

Taes (pronounced: TESS) has spent the last 15 years creating empowering television and stage content for kids as one half of the musical duo, Splash'N Boots.

Her goal is to empower kids to move confidently through their big feelings. Her research has revealed that the number one thing that holds people back is not knowing how to navigate big feelings— such as *bullying, failure, guilt, sadness, and heartbreak*.

Her knowledge of children's entertainment (*she knows what kids find entertaining!*) combined with developmental psychology and mindfulness practices has led to the creation of this program — which is *approved by pediatricians and psychologists!*

The Big Heart Method will help build students' *resilience*, boost their *confidence*, *reduce anxiety*, and *strengthen their relationships with teachers, parents, and other caring adults*.