

Judy Giovangelo

**TOP YOUTH SPEAKER | AWARD-WINNING PRESENTER | AUTHOR
SOCIAL-EMOTIONAL EDUCATOR | SUCCESSFUL BUSINESS OWNER**

Judy Giovangelo reaches the hearts and minds of students, parents, teachers and administrators with her signature Power of Choice Presentation delivered through her non-profit organization Ben Speaks. Ben Speaks provides positive channels of expression for youth, families and communities and Judy is known for receiving standing ovations at every presentation.

She started her non-profit following the loss of her son Benjamin to suicide in 2009 after his life-long battle with mental illness and bullying. Ben was a junior in a public high school.

Youth suicide is the 2nd leading cause of death and rising. Bullying is an ever-growing out-of-control epidemic. Youth addiction, racial and sexual bias, prejudice and homelessness are all on the rise. Today's youth **need** empowerment and **tools** to handle these issues!

The **POWER OF CHOICE PRESENTATION** teaches the social-emotional impact of destructive thoughts and behaviors on the individual and on others.

The **POWER OF CHOICE TOOLS** offer an inside-out approach to wellness, reduce stress, provide strength, grow emotional resiliency, and give each individual the confidence to know they have a voice, are heard and are worthy. Judy rids the negative thoughts standing in the way of hopes and dreams. The presentation is also is a huge support for families struggling through loss.

Judy is a change agent. Both her **POWER OF CHOICE PRESENTATION** and **PROGRAMS** create a culture where young adults:

- know they are valued, supported and encouraged to be their best selves
- learn to see the best in others and be a positive contributor to society
- take 100% responsibility for their choices through a powerful toolset they carry with them forever

Judy's personal message is compelling, impactful and opens the eyes of young and old. Her message has reached thousands of young people through schools, youth and mental health organizations, and in community gatherings.

Judy, through Ben Speaks, is on a mission to reach out to **all** Middle and high school age youth directly or through the adults and parents who associate with them.

We welcome the opportunity to include your school, organization or business to our list!

Biography: Judy Giovangelo, in addition to her non-profit Ben Speaks, is also the owner of the Grow You Healing & Art Center in Holliston, MA. She is a certified yoga and meditation instructor, Reiki master, sound and intuitive healer, hypnotherapist and spiritual counselor. Her greatest success is empowering today's youth and their families with the same healing tools that saw her and her family through the loss of Ben—son and brother.



BEN SPEAKS



**IMPACTED OVER
200,000
AND COUNTING!**

A partial list of schools and organizations who have benefited... **WILL YOU BE NEXT?**

Beaver Country Day School, Newton, MA—all grades
Bellingham Middle School—teachers, parents and all grades
Holyoke Center School
Marlboro Advanced Math & Science Charter School—parents, teachers and all grades
Medfield Middle School—teachers, parents and all grades
Norwood High School
Springboro, Ohio Middle and High Schools—parents, teachers and all grades
Wellesley High School
Keene State University, Keene, NH
Westfield State University, Westfield, MA
Mass. Interscholastic Athletic Association (MIAA)—Teen Summit keynote at annual conference
Parent Advocacy League (PAL) Expo

Testimonials:

"Absolutely riveting and engaging presentation. I hope we can bring her to our school" – MIAA Teen Wellness Workshop

"Thought provoking, directly related to the age group. It was a very powerful message. Humble, in touch, thoughtful."
—Frances Van Pelt - guidance counselor, Wellesley High School

"I really like your way of tackling bullying. It's extremely unique and, for me, empowering. You also showed us how we can immediately think of an action we can take to make a difference."
—Sadie F., high school student, Wellesley High School

"I was very surprised to learn about how energy works. I didn't realize how much negative thoughts could bring me down. I learned that I need to change myself before I can change the world."
—Ashley Easton, Westfield State University



Programs

POWER OF CHOICE

KEYNOTE PRESENTATION: THE POWER OF RESILIENCY

Target Audience: Youth leadership clubs, Organizations and communities; businesses that support youth development and social-emotional learning. PTOs and other parent organizations; mental health agencies; any business or community group concerned with positively changing youth culture.

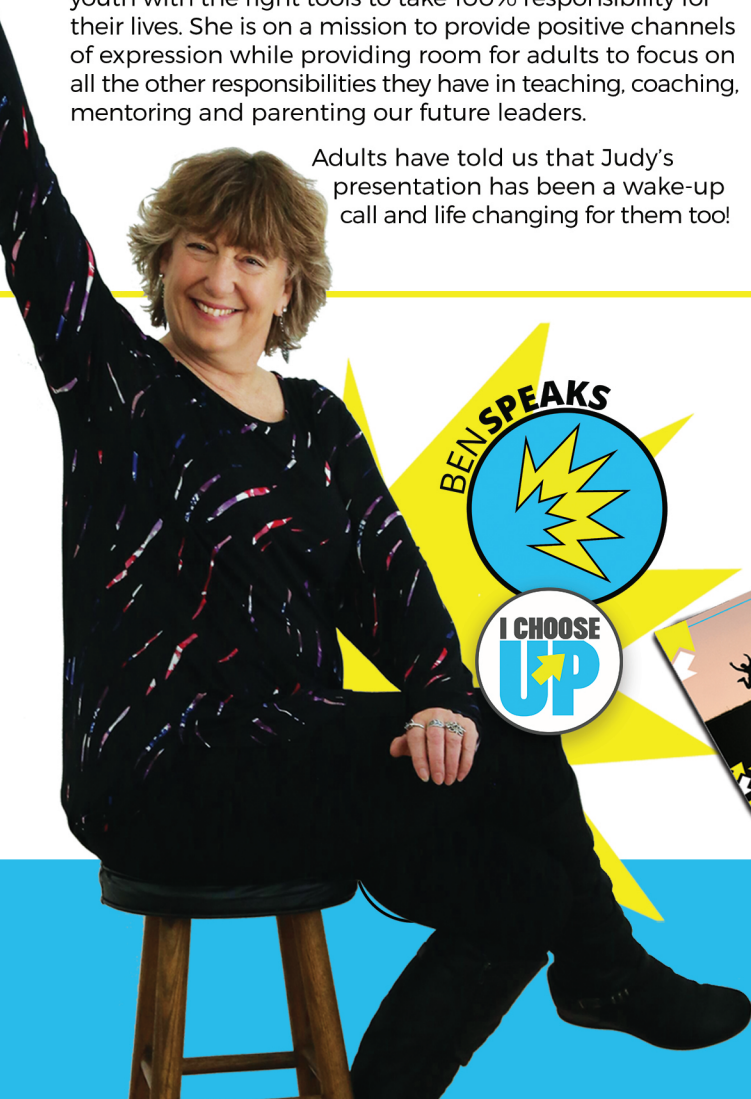
EDUCATION COMBINED WITH AWARENESS CREATES CHANGE.

Everyone who works with teenagers today has their hands full. We have an epidemic of opioid abuse, social bullying, suicide, academic pressure and homelessness. Add to that anxiety, depression, ADHD and other mental challenges and our youth are presented with a recipe for disaster.

WHAT CAN WE DO? HOW CAN YOU HELP?

Judy's keynote presentation demonstrates how **THE POWER OF CHOICE** represents change as she arms youth with the right tools to take 100% responsibility for their lives. She is on a mission to provide positive channels of expression while providing room for adults to focus on all the other responsibilities they have in teaching, coaching, mentoring and parenting our future leaders.

Adults have told us that Judy's presentation has been a wake-up call and life changing for them too!



**CALL TO SET UP YOUR
PROGRAM TODAY!
508-640-5550**



THE POWER OF CHOICE PRESENTATION

The presentation averages 45 minutes with an optional 15-minute Q&A. This package includes:

- Presentation by president and founder Judy Giovangelo
- Exercises that affirm our deepest core values, the power of thoughts, words, feelings and the effect of the actions we take.
- Hands and Feet classroom activity (can be done before or after the presentation),
- The BEN SPEAKS PLEDGE and
- The "I Choose My Path" MINDFUL MEDALLION.



We believe our youth need tools that travel with them, not only to remind them of what they heard that day, but to continue to empower them to be strong and to grow their individual emotional resiliency.

THE POWER OF CHOICE LEADERSHIP PROGRAM

This goal-based certificate curriculum is filled with powerful tools training young leaders to step into their gifts and be role models for change, both with their peers and in their community.

- The class is limited to 20-30 students.
- Each Leader-in-Training receives a program workbook that can be used to continue growth on their leadership path.

PROGRAM DETAILS:

Flexible and Innovative scheduling allows this program to be delivered in a time frame that works for your school or organization - every week, every other week or once a month.

- One full-day, or two half-day trainings
- Six two-hour Leadership Training Accountability Circles— Leaders learn the power of positive language, experience what it means to let go, finding balance, shifting context, living into *The Four Agreements* by Don Miguel Ruiz, and defining and connecting to their support community.
- A Final Celebration Accountability Circle with certificate presentation for parents, teachers and anyone who is a part of their personal support system to share.

**CALL for more information,
pricing and planning the program
to fit your schedule's needs.**

BEN SPEAKS

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Call to book Judy NOW! 508-640-5550