



Bio

Erica is a certified Teen Life Coach and yoga instructor, with over ten years of teaching experience. She is committed to supporting adolescent girls and their families. Her coaching and yoga programs enable girls to recognize and harness their strengths and individuality, while setting a purposeful direction for their lives.

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Erica Rood, M.A. Ed.

Life Coaching and Yoga Designed to Inspire and Empower Adolescent Girls

Interview Topics

- **Growing Resilient Girls:**

How to bounce back and thrive in the face of challenges

- **Getting Through to Your Teen:**

How to open communication and keep it honest

- **Drawing the Line:**

Setting appropriate limits on sex, dating, technology

- **Technology Overload:**

What every parent needs to know about teens and technology

- **Finding her SPARK:**

How to ignite your daughter's passion and interest

- **Brighten the Back to School Blues**

How to have a happy, stress-free school year

Book Erica Today!

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