

Erica Rood, M.A. Ed.

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<http://inspirebalance.com>

Life coaching and yoga designed to inspire and empower adolescent girls.



About:

Erica is a Certified Life Coach, Teacher, Author, Speaker, and Tween and Teen Enthusiast! She founded Inspire Balance to share her mission for educating and empowering girls to live happy, healthy lives. Erica's approach is unique because she combines yoga, teaching, and life coaching to promote positive change in the lives of preteen and teen girls.

Credentials and Qualifications:

- Certified Teen Wisdom Inc. Life Coach
- Master's in Education
- Bachelor's in Liberal Studies, minor in Child Development
- Credentialed Teacher, with over ten years of experience

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

Featured in:

