

# CASEY O'ROARTY

## SPEAKER\*TRAINER\*COACH

Casey O'Roarty, MEd, is a Positive Discipline Lead Trainer, Parent Coach, author, speaker and podcast host. She is passionate about supporting parents with navigating the dicey terrain of the adolescent years.

With over 20 years of experience working with families, Casey focuses on offering practical tools and strategies that encourage parents to better understand their adolescents and themselves, resulting in stronger relationships, useful boundaries, and a positive home environment.

Casey has worked with hundreds of parents through her interactive workshops and classes, membership programs and coaching offers. She is a favorite at schools, summits and conferences.

### SIGNATURE TOPICS:

- Positive Discipline for Middle School and HS
- Making Agreements and Tools that Encourage
- Tips to tighten up screen limits
- Building Relationship and Connection
- Understanding Adolescent Behavior
- Personal growth on the parenting journey

### PRICING:

Up to 2 hour lecture

- Less than 50 attendees in person = \$750 \*
- 51-100 attendees = \$1000 \*
- 101-300 attendees = \$1500 \*
- 300-500 attendees = \$2500 \*

\* Add cost of flight and accommodations if traveling from out of town



### FEEDBACK

“Planning with Casey was a breeze; she was exactly what we needed. She listened to what our demographic needed to hear and planned accordingly. Casey was an engaging, dynamic speaker who was honest and to the point, but empathetic. Parents have expressed their gratitude for bringing her to our school district and felt it was a much-needed presentation that all parents need to hear!”

—Kate Prasse  
Bryan Middle School PTA Vice President  
Elmhurst, IL

“I found Casey to be relatable, sincere, professional and very practical in the parenting advice she provided. It was time well spent and weeks later I am still thinking about what she said and how I can incorporate her suggestions into my everyday life as a mom of 3 kids. “

—Parent

## BOOK NOW FOR YOUR EVENT!

360-348-6367 \* [casey@joyfulcourage.com](mailto:casey@joyfulcourage.com)

[www.besproutable.com/teens](http://www.besproutable.com/teens)

Search “Joyful Courage for Parents of Teens” wherever you listen to podcasts





# Joyful Courage

The adolescent brand of Sproutable

## PARENT SUPPORT

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### One-on-one coaching

Individualized support for parents struggling with their tween or teen

### In-person Zoom class

6 weeks of learning how to parent our adolescents from the foundation of Positive Discipline

### Power Workshops

Topic specific, interactive, in-person workshops over Zoom

### On-demand courses

Topic specific prerecorded mini-summits

## MORE FEEDBACK

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“Casey shows up every week in the sticky muck of raising teens. I believe in Positive Discipline but struggle to get there. She keeps me striving for a positive relationship with my son.”

“Casey is a breath of fresh air for me when it comes to parenting my teenagers – I find her demeanor to be relatable, confident, kind, and helpful.”

“Casey continues to show up and be real. Every time I listen to her I feel seen. She truly walks this crazy world of parenting alongside all of us.”

## GET YOUR PARENTING QUESTIONS ANSWERED!

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@joyful\_courage

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