

Dr. Sarah Allen

Empowering people to raise successful, happy, connected little brains

SOCIAL MEDIA   



America's Brain Gal, Pediatric Neuropsychologist, Author, Parent & Teacher Coach

MEDIA BIO

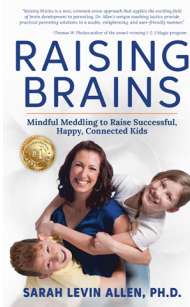
America's Brain Gal, Pediatric Neuropsychologist, **Dr. Sarah Levin Allen** helps busy parents overcome their fear and anxiety of failing their kids by refocusing their view of parenting with applied brain science.

Dr. Sarah is a mom, parent coach, doctoral professor, and school program consultant. She has spent over 15 years studying neuroscience and is the international best-selling author of the book **Raising Brains**. After experiencing the loss of three children that only lived an hour, her mother's battles with cancer, the loss of her 29-year-old sister to breast cancer, and a divorce, Dr. Allen has both the personal and professional experience to recognize the importance of using the time you have with your children to create meaningful connections that focus on the development of social, emotional, and cognitive brain skills. She helps busy parents and teachers efficiently and effectively learn to look at their kids as little brains so they raise happy, connected, successful humans!

TOPICS I'LL GUEST FOR

- ▶ Celebrity parenting contributor
- ▶ Work-life balancing like a boss
- ▶ Supporting employees in parenting to increase productivity
- ▶ Post-divorce parenting – How to make the shift
- ▶ Modeling goal setting for kids – Insight for change
- ▶ Boosting kids' learning in all aspects of life
- ▶ Growing social-emotional skills
- ▶ Using daily teachable moments to help kids learn
- ▶ Promoting healthy brain habits
- ▶ Modeling self-care and "glow and grow" practices ourselves!
- ▶ Developing a parenting plan, like a business plan

BOOK



Raising Brains teaches ALL the skills your child needs to flourish.

When it comes to understanding your child, expert advice on creating a plan is almost like finding a needle in a haystack. This book is that needle you've been searching for.

In this practical, holistic, and fun book, Dr. Sarah Levin Allen – working mom, pediatric neuropsychologist, and parent/teacher coach – walks you through the magic questions, conversation starters, and "Mom tricks" you need to create your own parenting plan for raising your little brains.

Under Sarah's guidance, you'll learn:

- ✦ The 2 magic questions to help you think differently about parenting
- ✦ How to encourage your little brain to Glow and Grow
- ✦ How to take advantage of everyday teachable moments
- ✦ The brain basics checklist will put everything back on track during "off" times
- ✦ How to approach parenting different brains
- ✦ How to create your own mindful meddling plan

MEDIA/SPEAKING



TESTIMONIALS

Before working with Dr. Allen I was consumed with mom guilt, frustration, and fear for the path my daughter was on in life. ... She gave me tools to better understand and interact with my daughter and progressed to then helping me address ME.

Dr. Allen's coaching methods are multi-faceted, fresh, and bite-sized which was the key to enabling change with me. Just five months later my daughter's Dianne (mom, VP & Management Consultant)

Prior to working with Dr. Allen I was feeling overwhelmed with life. I am a parent of a young child, a spouse, and am currently job hunting all in the middle of a global pandemic!

Dr. Allen has a down to earth, but practical approach to coaching that doesn't ignore the complexities of parenting a young child. I now have some great strategies for dealing with my feelings of anxiety and worry. **-Amanda (mom, wife, teacher)**



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