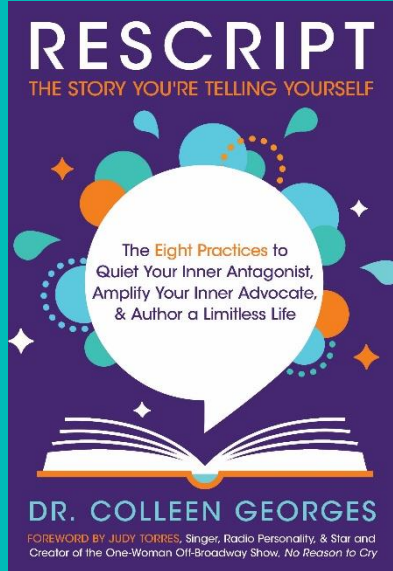




# Dr. Colleen GEORGES



## Meet Dr. Colleen

Best-selling author, TEDx speaker, university lecturer, and Positive Psychology coach, Dr. Colleen Georges, is founder of RESCRIPT Your Story LLC where she helps transform negatives into positives. Through individual and group coaching, motivational speaking, organizational training, and writing, Dr. Colleen leads her clients in RESCRIPTing dis-empowering self-talk, maximizing their strengths, getting unstuck, and taking empowered action to achieve their goals and dreams. Her own experience dealing with and overcoming anxiety, panic attacks, and low self-esteem have shaped her work, and helped inspire her TEDx Talk, "Re-Scripting the Stories We Tell Ourselves."

Dr. Colleen received her Bachelors, Masters, and Doctoral degrees in Psychology from Rutgers University, is a Licensed Professional Counselor, Certified Life & Career Coach, and holds over a dozen coaching certifications. She is author of the international best-selling book, *RESCRIPT the Story You're Telling Yourself*, which received a Reader's Favorite 5-star review, was featured on New 12 Long Island's Elizabeth & Elisa Morning Show, and recognized in Aspire Magazine's Top 10 Inspiring Books List. Her expertise has been featured in various media including Live Happy, Inspire Me Today, and Mashable. Dr. Colleen lives in New Jersey with her husband, José, son, Joshua, and two cat daughters, Kitty and Sweetie.

## Signature Speaking Topics

- ★ RESCRIPT The Story You're Telling Yourself: The Eight Practices to Quiet Your Inner Antagonist, Amplify Your Inner Advocate, & Author a Limitless Life
- ★ Value Your Voice: Owning Your Words, Wants, Wisdom, & Will (Women's Empowerment)
- ★ Are YOU on Your List? Achieving Your "Want Tos" Amidst Your "Have Tos"
- ★ What's Right with You? Discovering & Maximizing Your Strengths for Work & Life Satisfaction
- ★ Positive Leadership: Designing & Continuously Re-Inspiring Career Engagement
- ★ Triumphant through Transitions: Showcasing Your Strengths & Confidently Navigating Uncertainty (for Organizations Experiencing Acquisitions or Downsizing)
- ★ Guiding Students/Clients on the Self-Authorship Journey: RESCRIPTing Limiting Narratives, Inside & Out (for Helping Professionals & Educators)
- ★ RESCRIPTing the Helper/Educator Story: Living & Counseling with Self-Compassion, Empowerment, & Resilience (for Helping Professionals & Educators)

In *RESCRIPT the Story You're Telling Yourself*, Dr. Colleen guides you on a self-authorship journey using the eight practices of her RESCRIPT framework. You'll discover how to:

- ★ identify limiting stories you're telling yourself that are keeping you stuck.
- ★ quiet your Inner Antagonist quickly so it doesn't hinder you.
- ★ amplify your Inner Advocate to cultivate positive thoughts and actions.
- ★ stop criticizing yourself, dwelling on the past, and fearing the future.
- ★ recognize your self-worth so you can set and achieve your goals.

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# Book Dr. Colleen

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 i @DRCOLLEENG  
 in @DRCOLLEENGEORGES

# What Presentation Attendees Are Saying...

"Colleen's level of enthusiasm was contagious...it was inspiring and honestly it was very refreshing!"

"She is positive, fun, and very knowledgeable!"

"You were spot on with your presentation! You spoke to our academics, our entrepreneurs, our counselors and our coaches! You offered both theory and application. You were dimensional in your presentation offering both expertise and vulnerability."

"Thank you for delivering such a great presentation to our group. Terrific feedback from everyone I spoke with."

"Thank you! You were awesome and I know our members got a lot out of your talk. I thoroughly enjoyed it!"

"We are receiving great feedback from the audience since the presentation ended. I am certain your presentation is going to have a positive impact on inspiring and motivating many members in our group (myself included!)."

"Dr. Georges has encouraged me to go above and beyond and all that I do. Her love, compassion and dedication has given me great courage to do what I fear most in life and live life to the fullest."

"Dr. Georges is funny, positive, loving, warm, and just overall an amazing human being."

"I felt like your keynote address was speaking directly to me, and I so appreciate your honesty and passion. I am still smiling on the inside!!"

"The webinar was amazing! I really think everyone who listened in needed that. I'm not sure if you saw but the chat was full of grateful feedback."