



# JACQUI LETRAN, MSN

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**Award-Winning Author | Speaker |  
Mindset Mentor | Nurse Practitioner**



## Helping Parents Raise Capable, Confident & Courageous Daughters

### Jacqui's Media and Workshops Topics

#### **Four Hidden Beliefs that Destroy Your Daughter's Confidence:**

Discover the four hidden beliefs that have been holding your daughter back, and learn what you can do to help her overcome them.

**5 Simple Steps to Manage Your Mood:** Discover 5 simple questions that will help your daughter understand and release her negative emotions and be in control of her thoughts, feelings, and actions.

#### **Courageous and Compassionate Communication:**

Discover how to communicate with your daughter in a way that inspires trust and deepen connection.

**The Path to Peaceful Confidence™:** Learn practical skills to help your daughter discover her inner strengths, embrace her self-worth, and be confident and powerful in her authentic self-expression.

**\*All topics can be geared toward parents, educators or teens**

*From unwed, teenage mother on public assistance to Multi-Award-Winning Author, Speaker, Nurse Practitioner and Teen Confidence Expert...*

*Jacqui Letran blends over twenty years of experience working with teens as a Nurse Practitioner and Mindset Mentor to provide time-tested and practical guidance to help teens embody Peaceful Confidence™.*

*Book Jacqui for your next workshop, keynote event, or interview and allow her passion and energy to inspire, motivate, and transform your audience.*

"Jacqui Letran was a terrific interview because of her sunny and confident manner. Her story is compelling and having read her award-winning books, I highly recommend her as an excellent interviewee."

~ Bruce Langford, Mindfulness Mode Podcast

"Jacqui is a high achiever and high impact individual. I recently had her on my podcast, and her content on teen confidence and teen anxiety helped hundreds of my listeners. I look forward to more books, videos courses, and training from Jacqui for years to come."

David Trigueros, Life of Gozo Podcast

## WORDS OF WISDOM FOR TEENS SERIES



*"Jacqui Letran's multi-award-winning books are recommended for home, school, and public libraries and for use in clinical settings."*

~ Children Literary Classics





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*From unwed, teenage mother on public assistance to champion for teen girls...*

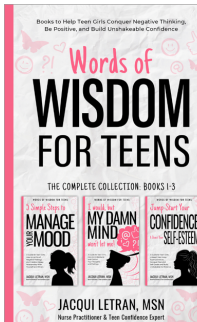
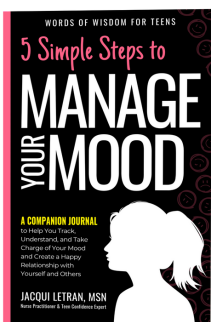
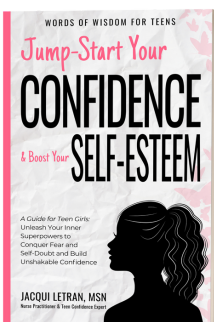
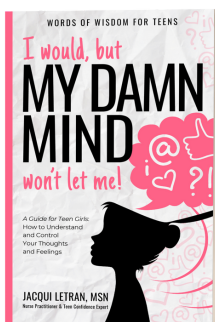
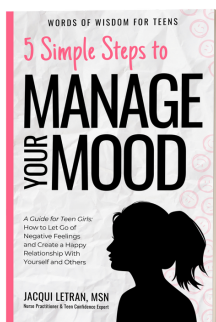
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## Self-Confidence, Self-Esteem, Self-Mastery

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**The Path to Peaceful Confidence™:** Learn practical skills to discover inner strengths, embrace self-worth, and be confident and powerful in authentic self-expression.

**Four Hidden Beliefs that Destroy Confidence:** Discover the four hidden beliefs that have been holding you back, and learn what you can do to overcome them.

**Manage Your Mood:** Discover effective ways to release negative emotions and be in control of your thoughts, feelings, and actions.

**How to Stay Calm in the Midst of Chaos:** Discover easy, yet highly effective techniques to stay calm even when emotions are high so you can take charge of the situation.

**Courageous and Compassionate Communication:** Discover how to communicate assertively while inviting connection, understanding, and support.

**Success Pathway:** Discover a powerful secret to creating goals that virtually guarantees your success.

**Stop the Bully Within™:** Boost your self-esteem, self-trust, and self-reliance by transforming your inner critic into your Best Friend and #1 Ally.

### Author Visits

Author led book clubs, writing workshops, and publishing workshops available.

Jacqui Letran is a Multi-Award-Winning Author, Speaker, Workshop Leader, and Teen Confidence Expert.

She blends over twenty years of experience working with teens as a Nurse Practitioner and Mindset Mentor to provide time-tested and practical guidance to help teens embody Peaceful Confidence™.

Her passion for empowering teens is evident in her work and allows her to connect easily with her audience to create powerful and lasting transformations.

Book Jacqui for your next workshop, keynote event, or interview and allow her passion and energy to inspire, motivate, and transform your audience.

*"I enthusiastically recommend Jacqui Letran as an event speaker. She is very personable and has the ability to meet people where they are." ~Julia Hockenberry, Executive Director of the Boys and Girls Club*

*"Jacqui is a powerful and relatable icon to teens and audiences of all ages." ~Olivia Wong, Programs Officer Tarsadia Foundation*

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