



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

