

Dr. Kelly Pryde

PARENT & SELF-DEVELOPMENT EXPERT



Motivational Speaker & Author

Kelly Pryde, Ph.D. is passionate about inspiring and empowering women, in particular Moms, and young adults to live with more energy, wisdom and passion. Her enlightening programs offer an encouraging message: when you restore balance in your life and engage your inner wisdom you can bring a greater sense of joy and fulfillment to your life and your family.

One of Canada's new up and coming speakers, Kelly engages audiences with her own dramatic story, inspiring anecdotes and practical strategies. Kelly teaches women how to reconnect with their inner wisdom and shares her personal secrets for living and parenting on your own terms.

Kelly Teaches What She Had To Learn Herself

Over the last 10 years, Kelly has faced career crisis in her mid-twenties and then "Depleted Mom Syndrome" as a new Mom in her early thirties. These events became her personal wake-up call and two of her biggest "A-ha moments." Her journey of reinvention is an inspiring story and has become the basis for her current programs.



Reinventing MOM™

Following her personal experience and extensive research, Kelly created Reinventing Mom™. Her most requested program and based on a book in progress, Reinventing Mom™ redefines what it means to be a Mom today and offers leading-edge ideas and guidance to audiences on how to become the Moms and women they're meant to be.

What Women Are Saying . . .

*"I'm glad I heard Kelly speak while my son is still young. I'm hoping to reconnect with my true self as a preventative strategy because there are days when I have felt burn-out creeping in! Kelly provided very useful information including asking for help and being the type of role model you **want** to be."*

Mother of one • Prenatal Plus Parenting Centre

"I really needed to hear what Kelly talked about to gain perspective and get a handle on my own life. Everything she said rang true for me and the strategies she offered will be very helpful."

Mother of one • Today's Parent Babytime Show

"Thank you! That was a great presentation. I especially liked the topic on YOU where you talked about not defining yourself based on your role as a Mom. Too often we get consumed with our roles as parents and forget about who we are as individuals. That one topic gives me a lot to think about."

Mother of two • Today's Parent Babytime Show

"Kelly has the magical ability of helping people approach things in a different light."

Mother of four • Coaching client

"Thanks, Kelly. I really enjoyed hearing about how this topic related to you personally and what you've done to re-invent yourself. These personal touches make it easy for people to relate to you and your topic."

Mother of three • Prenatal Plus Parenting Centre

"Thank you so much. I truly enjoyed hearing your stories. It was inspiring! You have definitely found your calling."

Mother of one • Coaching client

For more information contact Kelly Pryde

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Dr. Kelly's Most Requested Programs

1. Reinventing Mom™

Based on a book in progress, this program redefines what it means to be a Mom and inspires participants to become the Moms and women they're meant to be. Dr. Kelly walks participants through the physical, emotional and psychological forces that disconnect Moms from their energy and inner wisdom and offers inspiring and practical ideas for living and parenting on their own terms.

- Kelly's personal story of reinvention
- The secret to regaining your sense of joy, connection and Self
- Common beliefs and practices that disconnect Moms from their energy, wisdom and passion
- Six pathways of reinvention
- The ultimate realization
- Your personal blueprint for reinvention

2. The Passion Factor™: Discovering and Living Your Passion and Purpose

This program is for anyone who has ever said to themselves: *"There must be something more."* Dr. Kelly helps participants reconnect with their unique selves, discover their passion, and use that passion to create a life of greater meaning and connection.

- Kelly's "a-ha moment" and personal journey to discovering her passion
- The key ingredient for discovering and pursuing your passion
- Three pathways to passion and purpose
- The most common blocks to following your passion and how to overcome them
- How to move from passion to purpose (and why that's important)
- Your personal passion plan

3. The Passion Factor™ for Teens: How to Use Your P-Factor for Career and Life Success

Recent research has shown that **70% of graduates are unhappy and disillusioned within five years of leaving college or university.** Having been part of that 70%, Dr. Kelly thinks this should change.

In this unique program, Kelly offers high school and college students a new approach to embarking on their career paths. With inspiring stories and practical strategies, students will discover:

- Kelly's personal story of "career crisis" and how she overcame it
- What passion is and isn't (and why that's important)
- The most common ways to discover their passion
- How to create their personal "it" factor
- The key ingredients to pursuing their passion in the face of life's obstacles

4. Awakening Intuition: Finding Your Inner Wisdom in an Expert World

With the over-emphasis on expert information and the media today, Dr. Kelly helps participants understand and reconnect with their own intuition. This eye-opening program highlights the importance of intuition for personal success, health and well-being and teaches how to use intuition for connecting with your own personal sense of what is right for you, your children and your family.

- What intuition is
- Common blocks to intuition
- The mind-body intuition network
- Your inner voice and the three languages of intuition
- Three steps to strengthening and using your intuition

5. The Hormone Connection: Creating Physical and Emotional Health and Well-being (or How Mommy Got Her Groove Back)

From short term moodiness and low energy to long term depression and burnout, Dr. Kelly teaches how hormones play a vital role not only in our health and well-being, but also in our ability to be the Moms and women we want to be. This leading-edge program offers women practical strategies for tuning in to their bodies, regaining hormonal balance and reclaiming their energy and joy.

- The science of hormonal balance in women
- Signs and symptoms of "Depleted Mom Syndrome"
- Kelly's personal experience with "Depleted Mom Syndrome"
- The wisdom of women's bodies and how to tune in
- Four pathways to creating hormonal balance, health and well-being

About Dr. Kelly

Dr. Kelly Pryde is an entrepreneur, speaker and author in the fields of parenting and self-development. In addition to being a wife and mother of two, she holds a Ph.D. in Psychology from the University of Waterloo and is the founder of DreamKids – a company dedicated to inspiring and developing potential in children and families.

Kelly's award-winning research on child learning and development has been published in numerous international journals and her parenting and self-development articles have appeared in various Canadian magazines.

Known for her inspiring and down-to-earth approach, Kelly is passionate about empowering women to live and parent with more energy, wisdom and passion. She currently lives in the Greater Toronto Area, Canada with her husband and two children.