

THE TEEN TRANSLATOR



www.AskDrCam.com

Cameron Caswell, PhD

ADOLESCENT PSYCHOLOGIST
TEDX SPEAKER

SPEAKER KIT

FOR PARENTS, EDUCATORS, AND ADOLESCENTS

Hi, I'm Dr. Cam!

THE TEEN TRANSLATOR

Cameron (Dr. Cam) Caswell, PhD is on a mission to help parents build strong, positive relationships with their teens, ultimately changing the trajectory of our youth's mental health.

As a society, it seems we've resigned ourselves to the belief that teens are flat-out difficult. Dr. Cam challenges this belief and helps parents understand that teens don't need to be fixed, our relationships with them do.

In her fun, interactive style, Dr. Cam unpacks frustrating adolescent behavior and empowers her audience to work with their teen's wiring rather than against it—boosting the development of a positive, healthy sense of self rather than unwittingly eroding it.

Dr. Cam's presentations and workshops are an artful combination of research, experience, introspection, humor, and actionable advice that leave parents feeling hopeful, encouraged, and motivated for change.

Dr. Cam is a mom of a teen too, so she not only talks the talk, she walks the walk!





SPEAKING TOPICS

- ✓ **How to Help Your Anxious Teen.** Get a peek inside the anxious brain and how it impacts our behavior, emotions, and thoughts. Walk away with concrete strategies to reduce your teen's anxiety as well as your own.
- ✓ **Calm the Teen Drama.** Discover the four main reasons teens break down and learn practical skills to keep your relationship with them running smoothly.
- ✓ **Cultivate a Thriving School Community.** Learn the 9 essential skills that educators and parents can infuse into their everyday practices to foster a culture that improves well-being and prevents mental health problems from arising in the first place.

AS SEEN ON **TEDx** **npr** **NJNN** **3 NEWS NOW KMTV**

Client Testimonials

“

The best Parent Education event the school has ever had.

Karin V., Nysmith School

“

Humor and knowledge combined with useful Information. she was great!

Laura T., Parent

“

Dr. Cam is a fantastic! She is a wealth of knowledge and has an equal amount of energy to deliver it.

The Study Pro

“

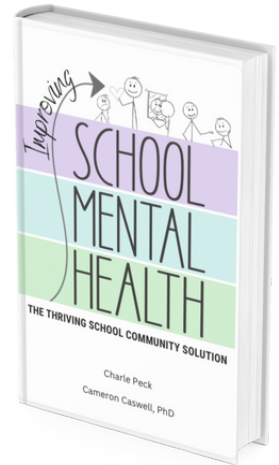
Compelling, easily digestible and helpful. Can't wait to apply her teachings in our home!

Jamie E., Parent



THE BOOK

"A game changer."
"A breath of fresh air."
"Practical wisdom."
"Refreshing, inspiring, and sorely needed."
"A unique and inspiring action-based approach."






WHAT YOU CAN EXPECT

Dr. Cam can customize informative, inspirational presentations to meet the needs of your group. Topics can be delivered as keynotes, workshops, breakout sessions, professional development training, panel discussions, and interviews.



Schedule a call at
call.askdrcam.com

GET IN TOUCH

-  DrCam@DrCamConsulting.com
-  (571) 210-1948
-  www.AskDrCam.com
-  www.ThrivingSchool.org

Dr. Cam