



DR.
LISA
STROHMAN

MEDIA KIT

Dr. Lisa

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BIO

Dr. Lisa Strohman has become widely known for her advocacy and education around mental wellness as it relates to our digital lives. She has worked with thousands of parents, schools and children around the globe. An attorney, clinical psychologist, and author, Dr. Strohman established the Digital Citizen Academy, a program offered to schools with an in-home plan that educates, empowers and inspires balance and prosocial use of technology.

Her book *Unplugged* is the first in a series of publications around mental health and technology safety.

GOALS

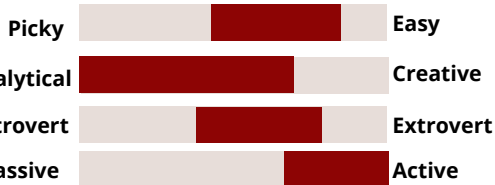
- Create an easy-access global program focused on keeping children safe on technology & social platforms.
- Become a spokesperson for reputable companies & join together to make a global difference in mental health space.
- Be a trusted mentor in the education sector, with/for parents & children.
- Be the best mom & wife I can be, while growing my platforms across the globe.

FRUSTRATIONS

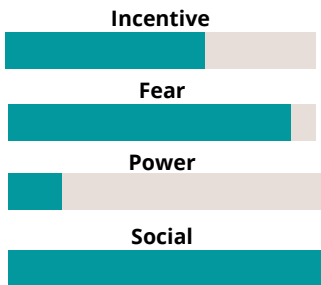
- Children that are being hurt & taken advantage of through the use of technology & social platforms.
- The lack of systems & support in the education sector with easy access to mental health mentors, advocates & programs.
- Child luring, cyber-bullying and suicide rates!
- Green beans.

Age: I've lived at least 4 lives. I'm guessing...my 40s
Work: Psychologist, Attorney, Mom, Advisor.
Family: 2 kiddos, hubby is my childhood sweetheart
Location: Arizona, USA

Personality



Motivation



Preferred Channels



FAVORITE BRANDS



OLAPLEX.

Available for LIVE sessions, Interviews and Editorial Contribution

INTERVIEW KEY POINTS

#onlinesafety

#mentalhealthheart

#mompreneur

#foodie

#seekerofknowledge

#empathymatters

- 1) Let's Talk About Technology & How to Keep Kids Safe
- 2) Definition of Mental Health & How to Obtain Life Balance
- 3) Child Luring Can Be Stopped!
- 4) We Need to Be Doing More About Cyber-Bullying, Here is How...
- 5) How to Unplug and Stay Sane
- 6) Easy Ways to Motivate Kids to Step Away From Their Device Addictions
- 7) Technology Addiction, it is Real...it Can Be Treated.

LATEST WRITINGS

- 5 Things You Should Know About Tik Tok
- The Story About My Grandma
- How to Deal with Teenager Technology Addiction

FAVE QUOTE

"The internet is a wonderful tool, but technology is increasing faster than the safety message is"

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My Life, in brief...

AGE

