



DR.  
LISA  
STROHMAN

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MEDIA KIT

*Dr. Lisa*



# LISA STROHMAN

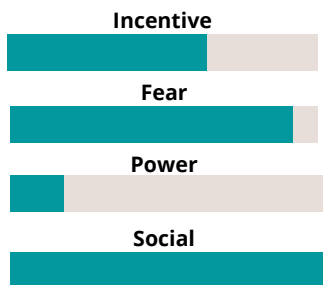


**Age:** I've lived at least 4 lives. I'm guessing...my 40s  
**Work:** Psychologist, Attorney, Mom, Advisor.  
**Family:** 2 kiddos, hubby is my childhood sweetheart  
**Location:** Arizona, USA

## Personality



## Motivation



## Preferred Channels



## BIO

Dr. Lisa Strohmman 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. Strohmman 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.

FAVORITE  
BRANDS

WARBY PARKER  
eyewear

joie



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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Available for LIVE sessions, Interviews and Editorial Contribution

# My Life, in brief...

## AGE

4

Witness parental domestic violence

6

Homelessness with mom  
(food stamps, shelter visits  
begin with mother and  
occasionally living with  
family friends.)

8

Sexual abuse by brother under  
threat of death. (I attempt  
suicide with medication.)

9

Identified as a gifted student -  
placed in special classes

13

Meet my first boyfriend.  
He is now my husband!

18

Start college (lose uncle &  
grandfather within 2 weeks)

22

Start JD/PhD Law  
Psychology Program

22

Work in Congress as legislative  
assistant (intern) - was told I  
was not allowed in voting  
room annex because I was a  
female.

26

Work as FBI visiting Scholar-  
assigned to the profiling unit  
working on homicidal pedophilia.  
Became visiting scholar for PhD.

27

Start law firm

28

Stepdad commits suicide (one of  
the closest people in my life)

39

Mother dies from overdose

44

Create & launch  
The Digital Citizen Academy

45

Tedx Talk- Start campaign to  
launch movement, child safety  
online & w/technology!