



# LAUREN GALLEY MARTINEZ

Girl Power Expert ● Mentor



# Hi, I'm Lauren...

I'm extremely good at one thing, empowering today's young girls to be confident, kind & cyber-smart!

As a Girl Power Expert + Mentor who launched Girls Above Society at age 15, I have spent the last 17 years developing GIRL TALK Curriculums and empowering girls so they can navigate the tough pressures today's girls face in our media driven society.

From humble beginnings and well-intentioned efforts I became one of the nation's leading "Girl Power" mentor entrepreneurs. I am proud to have expanded my achievements to include Best Selling Amazon Author and TEDx Speaker by the age of eighteen. As a sought-after public speaker, I have been the keynote speaker for national organizations, universities, and fortune 500 corporations such as Girls Scouts, and Alcon Corporation. One of my most proud achievements was being selected as a U.N. Youth Advocate, enabling me to extend my global presence of empowerment for young girls.

My work has appeared on major outlets such as CNN, Fox News, Teen Vogue and Huffington Post. Proctor & Gamble's Secret Deodorant's "Mean Stinks" Campaign in conjunction with Teen Vogue gave me a global arena that continues to empower girls to end the girl-on-girl bullying for good. I was awarded a \$10,000 scholarship from Proctor & Gamble for my work with Girls Above Society. Lady Gaga's Born This Way Foundation awarded me with a coveted spot serving as a Channel Kindness Reporter serving up positivity & inspiration throughout the U.S. Being selected by Alba Botanica Lauren for their national #DoGoodDoBeautiful Campaign further extends my mission as a "Modern-Day Superhero".

Winning the Victoria's Secret PINK "GRL PWR PROJECT" enabled me to empower over 200 girls across the U.S. Receiving the 2020 Diana Award, the highest accolade a young person can achieve for social action and humanitarian efforts, raises a powerful platform as a change maker for today's generation.

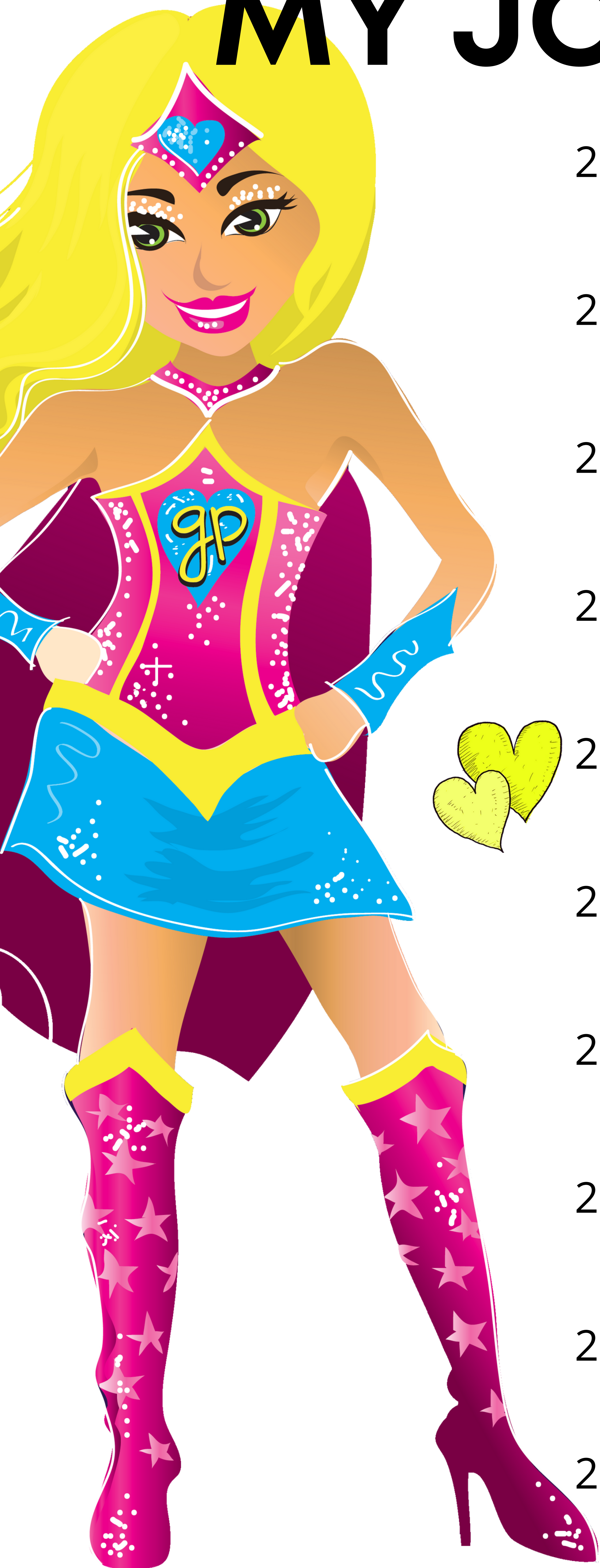
My formal education includes a B.S. in Psychology with a minor in Communication Studies: Sam Houston State University. I am proud to be the founder and President of Girls Above Society.

## EMPOWER A GIRL...SHE WILL CHANGE HER WORLD





# MY JOURNEY



2010

Girls Above Society became a non-profit. Interview with Cylk Cozart...the moment it all made sense.

2011

First GIRL TALK events  
The beginning of over 100 Keynote Speeches.

2013

The Lauren Galley Show  
Blogtalk Radio

2014

TEDx Tomball

2015

White House State of Women Summit  
Nominated Changemaker

2016

Proctor & Gamble  
Mean Stinks Campaign  
U.N. Youth Delegate  
GIRL TALK Curriculum Pilot - Ohio

2017

1st Girl Power Experience  
Corporate Event - Alcon  
Alba Botanica Campaign  
Lady Gaga Born This Way Foundation

2019

PINK "GRL PWR Project"  
Victoria's Secret

2020

Diana Award Recipient

2021

2021 CXC Changemaker  
Representing USA



# GIRL POWER

Throughout my journey I've seen the power of mentorship accelerate women and girls beyond their wildest imagination. My goal: Give girls the space to spark face-to-face convos that inspire and shape positive change. When girls know their self-worth and are confident in their authentic selves, they will pass the torch of empowerment to the next generation. Confidence looks different for every girl. In a world where media dictate what you should look or act like, I want girls to nix the negative noise with the courage to be their authentic selves. ♡







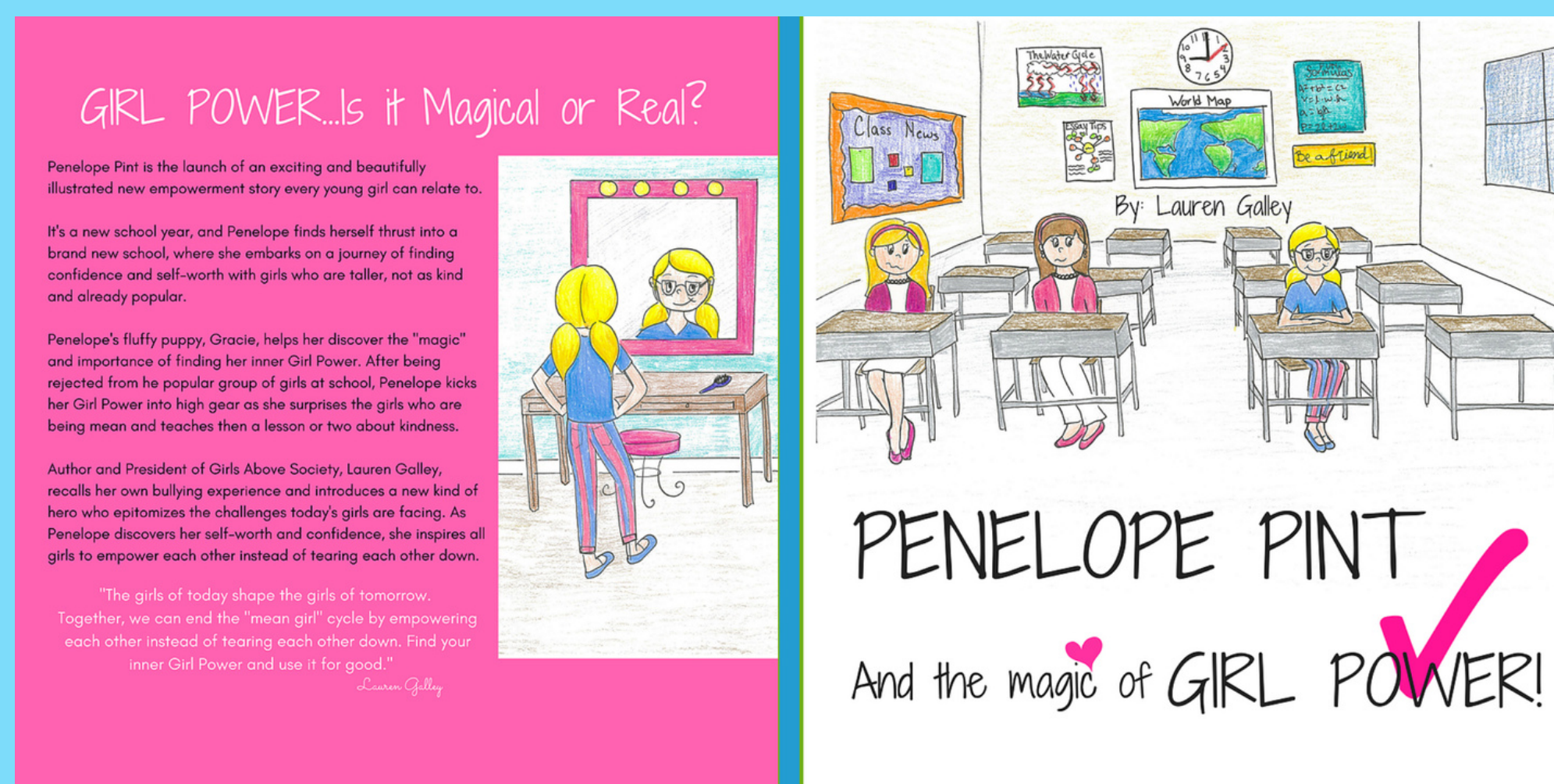
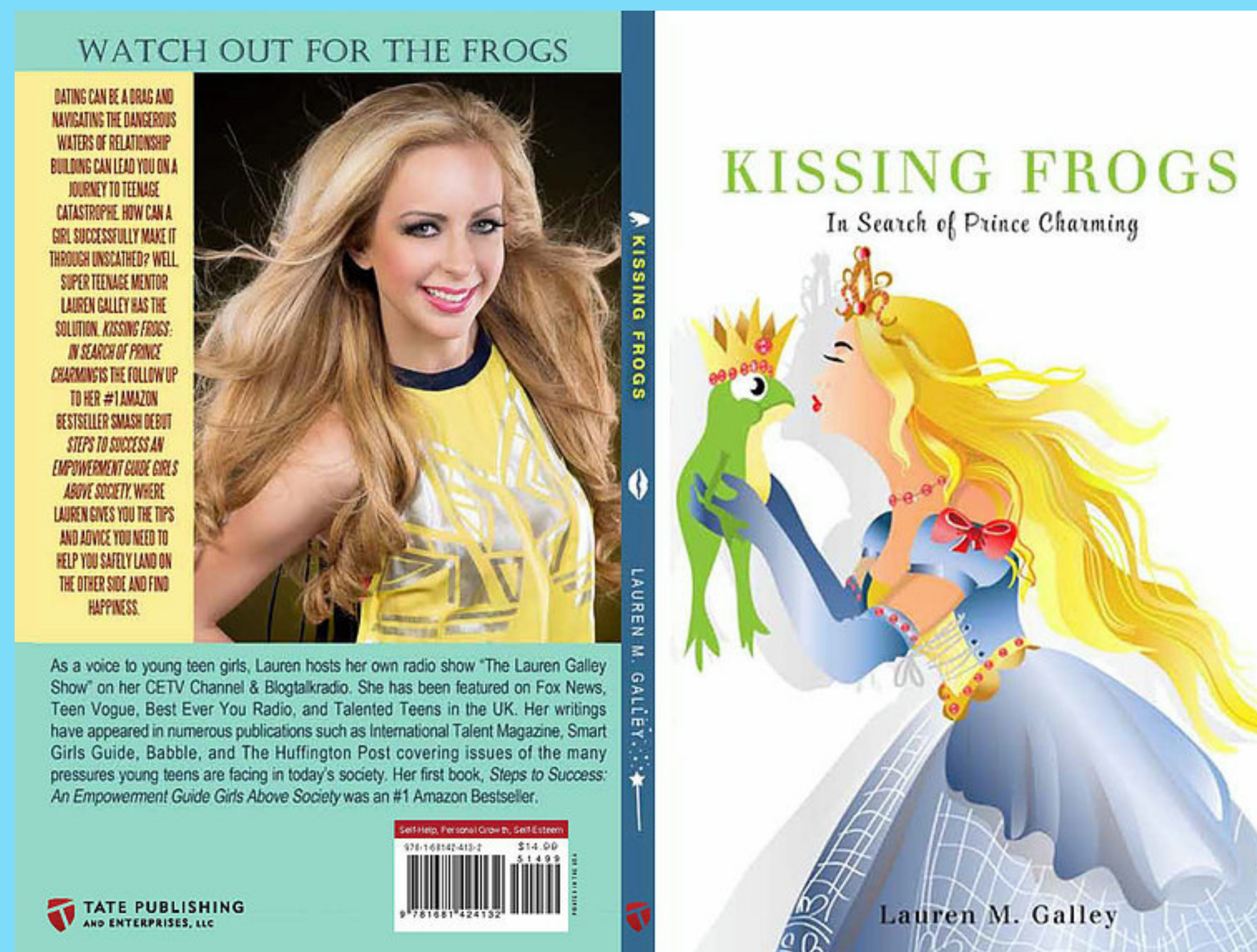
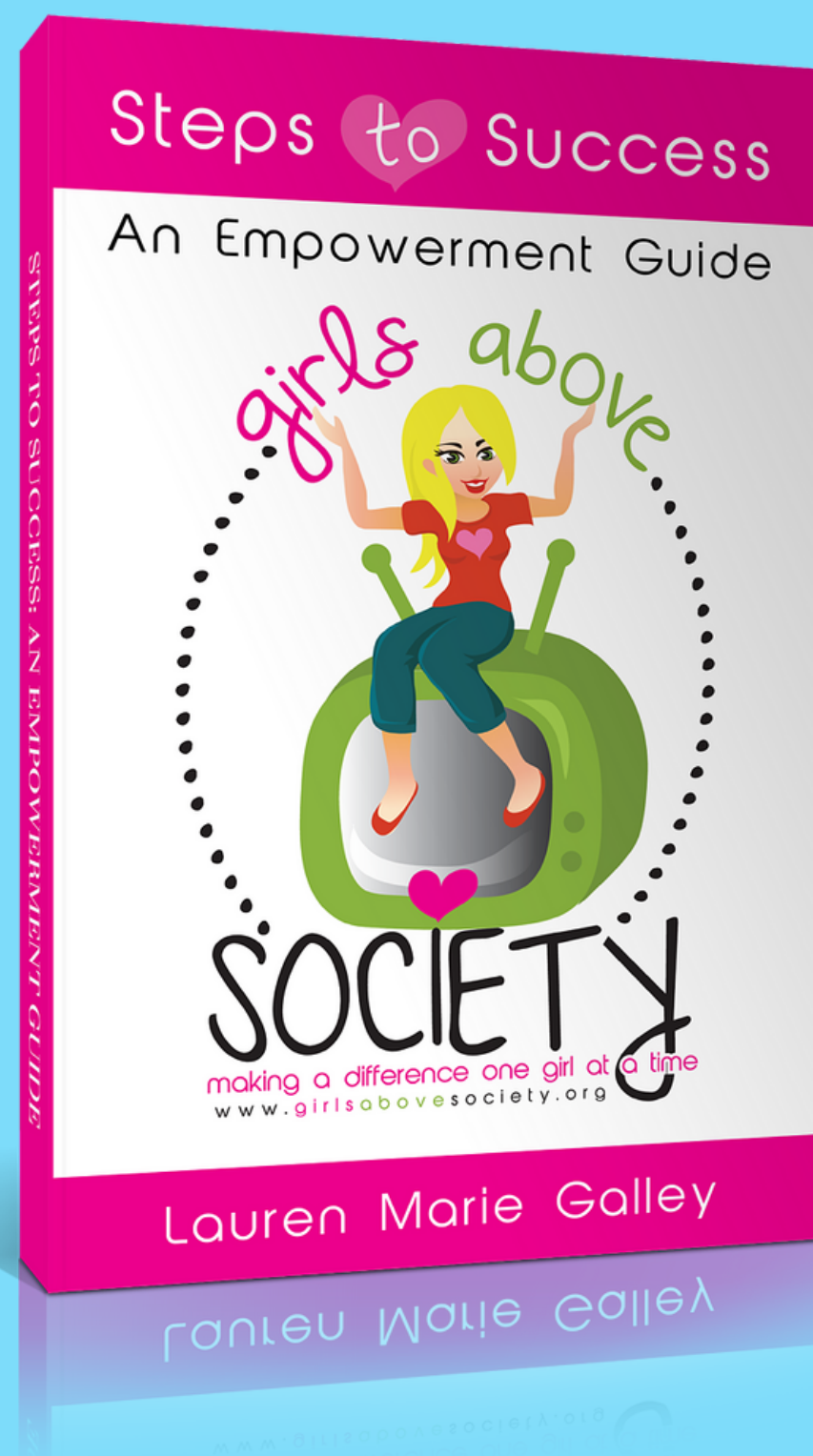
United Nations



TEDx



THE  
HUFFINGTON  
POST





# SPEAKING




Lauren Galley - Martinez Speaking Reel

girl scouts



TEDx







# CURRICULUMS

## Sparking girl-to-girl convos!

*We're bridging the gap of self-esteem for today's girls!*

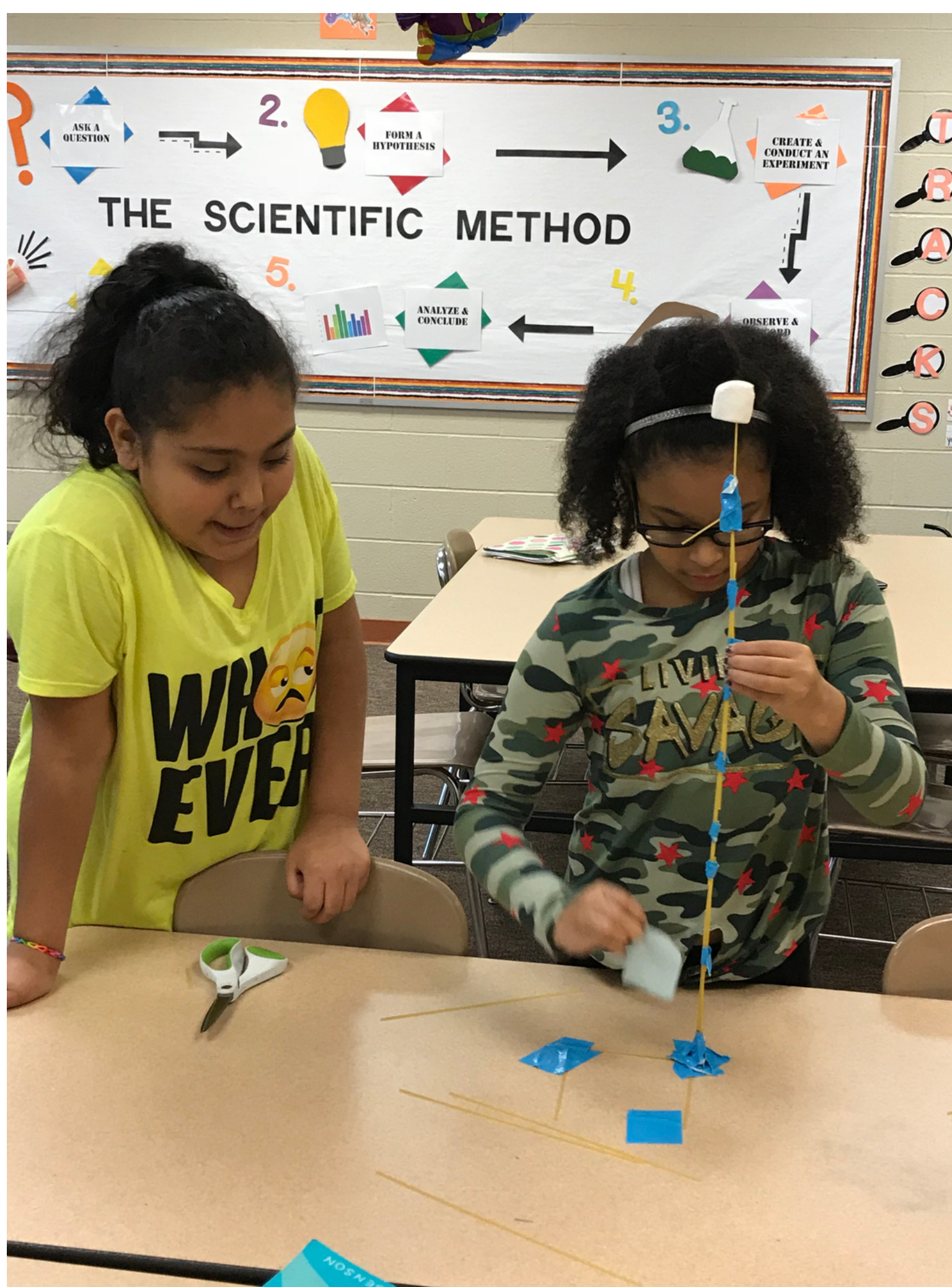
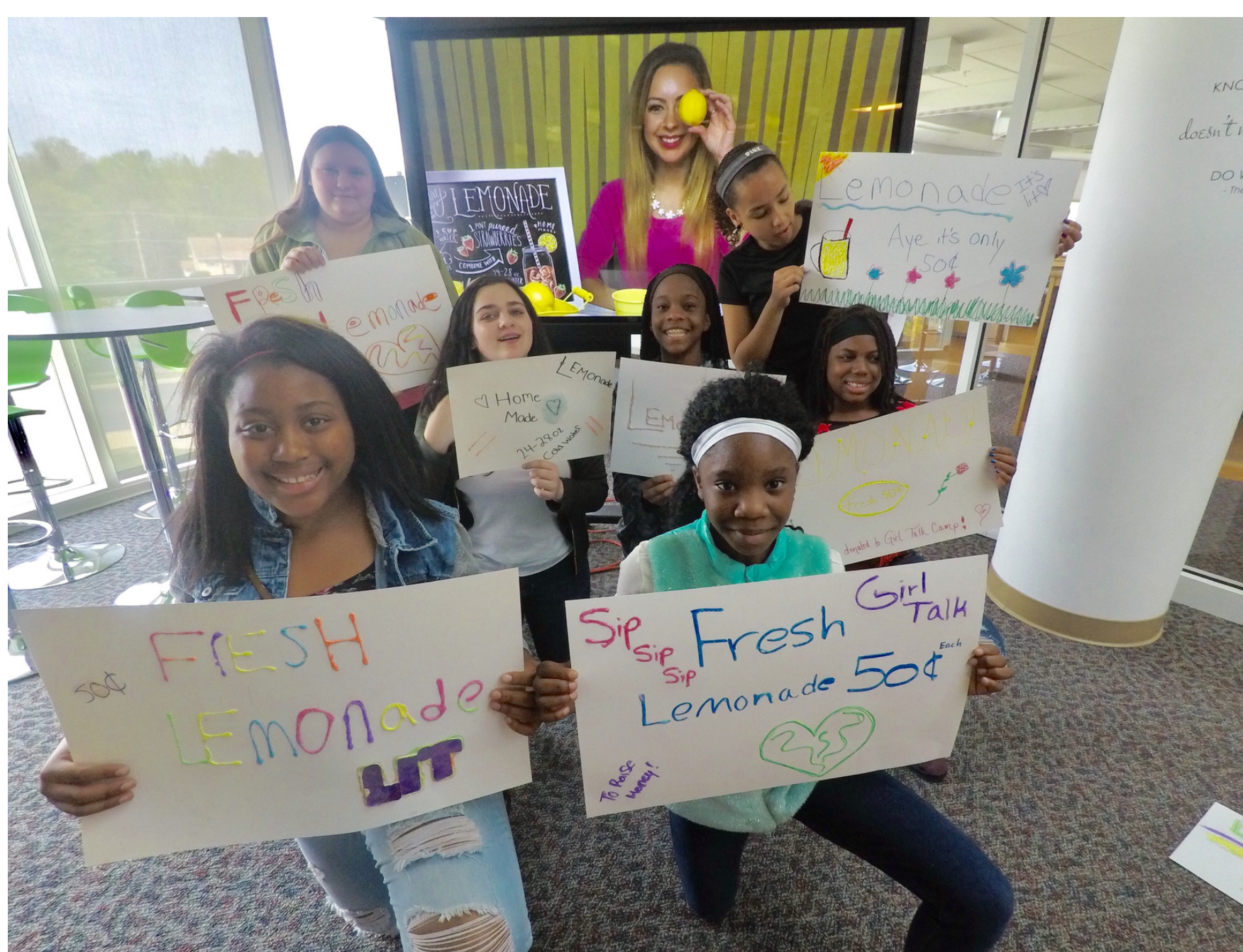
7 in 10 girls believe that they are not good enough or don't measure up in some way, including their looks, performance in school and relationships with friends and family members. We're changing that!

"**GIRL TALK**" Curriculum, a 10-week (pre-recorded) video and mentor driven program that targets pressures young girls are facing such as girl-to-girl drama, online harassment, digital safety, lack of confidence, maintaining positive friendships and self-image issues.

The tools/skills learned in each "**Girl Talk**" lesson contribute to girls becoming more confident with higher self-esteem and motivated to become role models and leaders of their generation.

GIRL TALK's interactive and relatable approach leaves girls energized and walking away with a positive mindset of emotional, and mental well-being rooted in her self-worth ~ Girl Talks are designed for smaller groups of girls (max 30). These smaller settings enable girls to bond while they participate in important peer to peer conversations, a hands on activity and creative doodle/journaling.

**GIRL TALK** Curriculums can be administered in schools, organizations, after school clubs as well as homeschooling and leaders/volunteers who would like to administer their very own *Girls Above Society Club*.



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# LET'S CONNECT!

