

INSPIRED GIRLS

INVEST IN A GIRL, INVEST IN THE WORLD.™

As seen on:



About Inspired Girls International

Life strategist, media personality, and Inspiration Icon Lisa Nicole Bell started Inspired Girls International after seeing an unmet need for personal development tools for the everyday teen girl. While non-profits receive government funding to work with girls who are considered “at-risk”, little real world training was available for the average girl who wanted to be successful in life. Lisa partnered with doctors, psychologists, parents, community leaders, government officials, feminine leaders, and entrepreneurs, and teen girls to create a ground breaking set of tools that inspire and educate girls on the practical information they need to be successful in every area of their lives. Inspired Girls International has since evolved into an international lifestyle brand, serving girls as close as the backyard of its headquarters in Los Angeles and as far away as Rio de Janeiro, Brazil. Inspired Girls International offers books, CDs, coaching, life events, life camps, teleseminars, and a social network. The company is expanding to offer branded consumer goods for teen girls that offer fashion forward styles and the signature inspiration and empowerment Inspired Girls International is known for.

About the Founder



Lisa Nicole Bell knows firsthand what being an inspired girl is about. She went from ordinary girl to extraordinary woman and has forged her own success. Lisa leads people all over the world to personal victory with her infectious enthusiasm, practical application of timeless principles, and stirring messages of inspiration. Known to many as the Inspiration Icon, Lisa was born and raised in Huntsville, Alabama and holds a Bachelor of Science degree in Business Law from California State University. Throughout college, she successfully started and managed a standardized test preparation and tutoring business where she developed her passion for working with young people. Since then, Lisa has invested years in educating herself on life educating herself on life management strategies and personal development. Lisa is applying her skills and gifts to her career as a published author, speaker, award winning filmmaker, radio host, and CEO of Inspired Girls. Lisa's creativity, business savvy, and leadership earned her recognition as a Los Angeles Business Journal Woman Making A Difference in addition to a Small Business Administration Young Entrepreneur of the Year nomination in 2009.

Inspired Girls was started out of Lisa's compelling vision to see girls transition into womanhood armed with

the knowledge and skills they need to succeed. Hoping “someone else would do it”, she put the idea aside until she spent nights lying awake pondering how much the societal landscape was changing for women and wondering how the girl of today would evolve into the successful woman of tomorrow. She decided to pursue her vision of throngs of confident, happy, successful young women. The result was annual empowerment events, now known as the Inspired Girls Success Summit, that teach girls how to become the outstanding women of tomorrow who will lead excellent lives. Lisa partnered with teachers, psychologists, community leaders, youth mentors, and parents to create a curriculum that would awaken girls to their potential, arm them with essential life skills, and inspire them to dream big. Inspired Girls is now expanding into a lifestyle brand, dedicated to bringing innovative personal development tools to the girls of Generation Y.

Looking ahead, Lisa is collaboratively building the Inspired Girls empire and creating meaningful enterprises in media and business that transform the lives of people all over the world. As Inspired Girls expands, Lisa continues to champion the cause of ordinary girls living extraordinary lives.

Company Fast Facts

Company Name: Inspired Girls International Company

Headquarters: Los Angeles, California

Satellite Office: Huntsville, Alabama

Founded: 2007 CEO: Lisa Nicole Bell

The Mission: To teach teen girls how to become successful women using cutting edge teaching tools and life strategies.

Financial Information: Private Company; Sponsorship Opportunities

Available Products/Services Offer: Live events, teleseminars, coaching, books, CDs, life camp

Target Audience: Teen girls, ages 13-19 and parents of teen girls

URL: www.InspiredGirlsOnline.com

Need an expert on girls and parents?

Inspired Girls International CEO Lisa Nicole Bell has extensive experience working with Generation Y girls and their parents. She has been featured in the media as an expert offering tremendous insight on the issues facing Generation Y girls and their parents. She has media training and has spoken in front groups of all sizes inspiring and educating them on the most effective methods for empowering tomorrow's feminine leaders.

Story Ideas

Prince Charming Isn't Coming: Money Matters for Girls

Most girls never learn the importance of wealth building. Lisa offer girls insight on why learning about money is important and how they can manage their finances in their first years in the workforce. She also offers parents and teens tips for dealing with new financial topics like credit cards, car loans, student loans, and investment accounts.

Sexting, Texting, and Connecting - for Parents

Millions of parents are confused and frustrated by their daughter's communication habits. Whether it's excessive texting or hours spent on social networks, parents need to be empowered with techniques for

having smart conversation with their daughters about appropriate communication boundaries, internet safety, and the appropriate use of social networks. Lisa offer specific, tried and true methods for connecting with teen girls and remaining firm yet loving.

Sexting, Texting, and Connecting - for Teens

Millions of girls are using social networking, texting, and video messaging to connect with their friends. Is it safe? Should girls be texting or posting pics online? Lisa has developed a cool, simple system for helping teen girls create their own set of boundaries for how they connect and who they choose to connect with. She shares these tips in a fun, engaging way that girls remember.

Becoming an Inspired Girl

Girls learn algebra and chemistry in high school, but there's no class on personal and professional success! Lisa helps girls use the skills they learn in high school as they become young women. She shares the specific ways they can create an amazing life for themselves and be of service to their communities and the world in the process. Parents also learn how to support their daughters through this process.

Stress and Overeating in Teen Girls

Girls are under more pressure than ever - magazines regularly showcase rail thin human hangers flaunting the latest fashions while red carpets feature hyper sexualized and glamorized images of how womanhood is defined. Lisa shares the secrets to loving your body no matter what and creating healthy nutrition and fitness habits that result in more energy, better moods, and more fulfillment.

Overcoming Supergirl Syndrome

Girls are under tremendous pressure to do it all and have it all - from looks and grades to parents and boys, they've got more on their plates than ever before. Lisa Nicole Bell helps girls & parents develop strategies for reducing stress and managing time. Lisa inspires girls to reach out for help when they need it and create healthy outlets for releasing negative energy.

Other ideas include:

- * Developing leadership skills in teen girls
- * Sex: The conversation & the declaration
- * Bullying: How to deal with bullying without losing your cool
- * A teen girl's guide to getting her first job
- * The "A" Secrets: Academic excellence and study tips for girls

For booking and inquiries:

Lisa Nicole Bell

c/o Inspired Girls International

PO Box 5713

Sherman Oaks, CA 91413

(818) 644-1984

press@inspiredgirlsonline.com