

SPEAKING SESSIONS FOR PARENTS,
EDUCTORS, SCHOOL COMMUNITIES

RAISING GIRLS WHO TRUST THEIR STOMP

You can't raise a steady daughter while still running on the broken script. This session bridges the SteadyHeart Stories framework with practical parent and educator tools. It introduces the STOMP Method for emotional regulation in girls ages 4-8, and the mirror work adults must do alongside it. Prevention, not repair.

Participant Outcomes

- Teach the STOMP Method™ for emotional regulation at home
- Recognize your own perfectionism patterns before passing them on
- Build language and rituals that ground girls in internal worth



MEET CHRISTY SLANAKER

60-90 min Keynote
Parent Workshop
Educator PD session
School Community Evening
Virtual Delivery Available

About Christy Slanaker

Christy Slanaker spent twenty years in high-performance business environments before she understood what it was costing her, and before she understood that the same perfectionism she was dismantling in herself was already taking root in the next generation. She created SteadyHeart Stories as prevention work: giving girls the emotional tools at five that women spend careers trying to learn.



MEET LETTUCE

LETTUCE FINDS HER STOMP

The first book in the
SteadyHeart Stories series.
Pre-orders open soon.

BOOK A SPEAKING CONVERSATION

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