



Expertise Advisory: **Ellen Langas**
Youth Career Education Advocate
Author, **Girls Know How®** Book Series



What do you want to be when you grow up? Author and entrepreneur Ellen Langas says the bigger question for young people is *how are you going to get there?* And she wants to bring this conversation to the table. As one of the nation's leading youth career education advocates, Ellen is an expert on empowering young people to explore career dreams early and often throughout their development.

BACKGROUND

Growing up in the 70s, Ellen had a passion for the world of business, but female role models were hard to come by. With determination and passion, Ellen became an officer of billion-dollar QVC, Inc., and gained national visibility as a popular on-air host. She also is an accomplished commercial actress and voice-over talent. As editor of a national collegiate magazine, she has interviewed more than 100 of the nation's top business and human resources executives and puts that knowledge into practice. Today, Ellen owns a top Philadelphia-area full-service marketing, branding and public relations firm and is author of the award-winning Girls Know How® book series, which was named the *Book Series of 2021* by Take Our Daughters And Sons To Work® Foundation. Ellen's message in the book series is simple: With desire, hard work and positive role models, kids really can achieve their dreams!

A seasoned business and broadcast professional who provides compelling content in a forthright and engaging manner, Ellen is ideally suited to discuss a variety of timely and relevant subjects. As a mother of two daughters, she is aware of just how crucial it is to raise awareness about these issues. Ellen is enlightening both parents and educators about the importance of encouraging young people to explore their career choices and options. She is authorized to speak nationally on behalf of Take Our Daughters And Sons To Work Day and is available to speak or write about a wide range of original topics including:

ORIGINAL TOPICS

Here Comes Hairy Legs Langas: Raised to be seen, not heard, and to achieve just enough education to earn a MRS. degree, the author tells her own story as the daughter of Greek parents, the lack of female role models and her quest to not let history repeat itself for the next generation.

Early Exposure to Career Options Gives Kids a Head Start—Especially Girls: Career planning is a long-term process, not an event. While planning a career is probably not on the radar in elementary school, it's the ideal time to lay the groundwork. Learn how parents and teachers can lay the foundation with experiential learning.

Redefining #GirlPower—Building an Inclusive Environment: If the notion of “girl power” is ever going to pack a convincing punch, then it's critical that this generation of girls and boys grows up in an environment where gender parity is the norm, not the exception. Learn how to eliminate preconceived notions of what girls can or cannot achieve and build an inclusive culture and experience for girls.





It's Never Too Late (or Early) for STEM: Combatting the gender divide in STEM—what you can do to stimulate a lifelong love for all things STEM.

6 Life Skills That Will Help Your Child Thrive: Parents can take an active role in helping children to start building social, emotional and behavioral skills. Especially valuable is the interaction that happens during unstructured play. It's the ideal learning laboratory. Here are six key life skills and easy ways to weave them into everyday life.

Helping Girls Avoid the "Social Shift": While women continue to make strides at the workplace, their paths remain rife with challenges. Research shows that kids are on a level playing field in elementary school, but by middle school, a sudden shift to body consciousness and social acceptance can pull a girl's focus from academics, causing her to shelve ambitions as well as undermining a meaningful career trajectory.

CONTACT:

NouSoma Communications, Inc.

610-658-5889

marketing@nousoma.com

www.GirlsKnowHow.com

