



# About Katey: Where Compassion Meets Expertise

Katey McPherson is a passionate digital wellness advocate and educator dedicated to helping parents raise confident, resilient children. Drawing on 27 years as a secondary school teacher, guidance counselor, and school administrator, she has devoted her career to enhancing student and teacher social-emotional wellness. Recognizing that traditional schooling often leaves gaps in digital and emotional support, Katey developed a holistic approach that bridges academic, mental health, and digital citizenship needs.

She currently serves as the Director of Professional Development for a leading school safety app and has spearheaded community initiatives in youth suicide prevention and mental health advocacy. Previously, she served as the Executive Director of a renowned teacher and parent training institute and has contributed to boards focused on media and technology responsibility. Katey's practical, empathetic strategies empower families and educators alike. She currently resides in Queen Creek with her family.



## Featured Speaking Topics

**School Safety From The Inside Out: What Kids Want Trusted Adults to Know**

School safety has many definitions. Administrators and staff who cultivate a strong sense of belonging, who are steeped in the research behind developing brains, who support and uphold the dignity of children, and who see discipline as guidance and support rather than punishment, have campuses that thrive. In this session, Katey leads participants through 5 "must haves" in the landscape of positive school culture and climate and why they are absolutely necessary to mitigate student distress and school violence. *(Best practice around suicide prevention includes a trigger warning: this session briefly discusses youth suicide as a lethal hazard as it relates to school shootings/safety.)*

**Childhood 2.0: How To Reach, Teach, and Support iGeneration Students**

Trusted adults and caregivers must recognize that childhood has drastically changed with the advent of smartphones and other devices we hand our children. The massive stressors they face are drastically different from what we as parents and educators experienced, and their interactions are at times more aggressive and conflictual because of it. The race for academic performance, athletic prowess, bullying on social media/gaming platforms, and the increase in youth mental health issues such as anxiety and depression must be met with prevention and resiliency training while engaging parents in understanding what we are handing our children.

**The Self-Driven Child: Helping Kids Thrive**

Epic numbers of kids report distress, teachers are exhausted, college-aged kids are returning home, and school refusal is at an all-time high. This session covers the brain science behind motivation and why moving from managing kids' lives to consulting WITH them for their own choices with guidance is the only way they can take flight. Specific strategies to motivate students are included, as well as ways to partner with parents and encourage radical downtime.

**Turning Distress Into Success: How To Mitigate The Runway Of Student Distress**

What does the runway to current student distress look like? How can we use a public health model approach to distress and crisis to intervene, and what are the cryptic and often missed warning signs of an impending youth suicide attempt/completion (especially in our boys)?

**Saving Our Sons: What Boys Need From Us Now**

What does the data say about boys? The data points on failure to thrive are bleak. Why are they so wildly misunderstood? This session explores what we can do to nurture the way they show up at school and in our communities and harness the unique energy they bring as an intervention tool in violence prevention.

## What People Are Saying

"Katey McPherson is a dynamic and knowledgeable speaker whose deep understanding of today's youth and need for mental wellness advocacy made her an invaluable partner for our Rotary Club of Queen Creek's Raising Resilient Kids event. Her tremendous insight, community connections, and engaging presence helped us craft and deliver three meaningful programs that truly resonated with parents and students alike."

— Rotary Club of Queen Creek

"I had the privilege of hearing Katey speak at the Raising Resilient Kids seminar hosted by the Rotary Club of Queen Creek. As a valued member of our community, Katey brings exceptional knowledge about building resilience in children and raises crucial awareness for parents about the digital challenges our kids face today. Her insights are both eye-opening and practical, helping parents navigate the complex online world our children grow up in."

— Jason, Community Parent

"Katey inspired my faculty to be more creative and innovative in their approach to students. As we move towards a world where technology is ever present, her wisdom and information for parents keeps them abreast of how they can support their child while also understanding their developing brain. I would highly recommend training to any staff and parent who wants to stay current and relevant in best practices."

— Veronica Leiper, Principal, Sequoya Elementary

## Notable Media Features

- **Esquire** - Featured expert on teen mental health and suicide prevention
- **12 News** - Community mental health advocate discussing teen violence
- **KTAR News** - Expert commentary on youth safety and digital wellness

## Speaking Information

**Available Formats:** Keynote presentations, interactive workshops, panel discussions

**Audience:** Parents, educators, administrators, community organizations, mental health professionals

**Booking:** Visit [KateyMcPherson.com](http://KateyMcPherson.com) for booking information and availability

**Contact:** [www.KateyMcPherson.com](http://www.KateyMcPherson.com)