



Good Girl (And Other Lies They Told)

Embracing Authenticity Despite What We're Taught As Girls

In a world where societal expectations have long dictated the roles and behaviors of women, it's time to challenge these limiting norms and redefine what it truly means to be an empowered and authentic individual. The keynote "Good Girl (and Other Stuff They Lied About)" takes a bold and insightful look at the conditioning society imposes on girls from a young age, urging them to be compliant, self-sacrificing, and confined to narrow stereotypes.

This empowering keynote invites college (or professional) women on a transformative journey of self-discovery and empowerment. Through compelling storytelling, personal anecdotes, and illuminating research, Jess will shed light on the pervasive societal programming that pressures women to conform to predefined roles and behaviors. We will delve into critical topics like:

- **The Good Girl Expectation:** Unraveling the cultural myth that portrays girls as docile, well-behaved, and obedient. We'll examine the historical origins of this stereotype and discuss how it has restricted women's true potential and aspirations.
- **The Sacrificial Narrative:** Exploring the damaging notion that women should always prioritize the needs of others over their own, leading to emotional exhaustion and suppressed individuality. We'll discuss strategies for reclaiming personal boundaries and self-care without guilt.
- **Escaping Stereotypes:** Breaking free from the confining stereotypes that dictate how women should behave, dress, and pursue their interests. We'll celebrate diversity and challenge the pressure to conform to an idealized image of femininity.
- **Embracing Authenticity:** Discovering the power of authenticity and self-acceptance in a world that often demands conformity. Our speaker will share tools and insights on how to embrace individuality, pursue passions, and forge a unique path in life.
- **Empowerment through Sisterhood:** Recognizing the strength of collective support and sisterhood in dismantling oppressive norms. We'll discuss the importance of uplifting and empowering each other to foster positive change.

Attendees will leave this transformative keynote with renewed inspiration and a newfound sense of agency. Armed with the knowledge to challenge societal conditioning, they will be equipped to break barriers, embrace their authentic selves, and shape their futures unapologetically.

This unforgettable experience that will ignite the spark of empowerment, encouraging college women to become the drivers of change and trailblazers of a more inclusive and liberated world.

Note: The keynote can be adapted for a diverse audience, encouraging people of all genders to recognize and challenge societal expectations and promote gender equality and empowerment for all.