

LIFTING YOUR VOICE

Tracy Davidson & Jen Croneberger

HIGH SCHOOL EDITION

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Jennifer Guarnaccia

Director of Leadership Programming
GWYNEDD MERCY ACADEMY HIGH SCHOOL
GWYNEDD VALLEY, PA



Welcome to LYVHS.....

Since 2018, Jen Croneberger and Tracy Davidson have been dedicated to improving the lives of women. Amid the chaos and busyness of life, women often forget the importance of slowing down and taking a moment for themselves.

After being caught in the chaos themselves, Jen and Tracy both agreed “enough is enough – we have to do better.” They decided to lead by example by creating an environment for women to take the journey with them and focus on self-care, self-love and self-improvement. This bi-annual experience for women is called “Lifting Your Voice.”

This valuable experience meets women wherever they are and encourages them to pause, dive deep and grow from the inside out. After years of feedback, most women share they only wish they learned this when they were in high school.

In 2023, Lifting Your Voice unveiled a high school edition, LYVHS, designed for teenage girls. The focus is the same, but the content is tailored to connect with students where they are in their lives, including social media, confidence, peer pressure and so much more.

Explore the following pages to learn more about the LYVHS program and how you can bring it to your school this coming year. Not only will this content inspire and engage your student body, but also a small group of students that will have the opportunity to take on a leadership role in facilitating the experience.

Together, we can help shape the foundational skills of girls to inspire self-love and community.

Jen & Tracy





"These young women today will be the leaders who take us into tomorrow. It is our responsibility to teach them to empower each other and lift their voices to make a positive difference when they do."

- Jen Croneberger

JENNIFER CRONEBERGER

Founder & Chief Inspiration Officer

Jen Croneberger is a widely sought-after four-time TEDx speaker and thought leader. She speaks and consults in the areas of compassionate leadership and culture change for corporations, schools, organizations and teams all over the country and is the Founder and Chief Inspiration Officer of JLyne Consulting Group, LLC.

Most of her last 15 years have been spent instilling confidence and building deeper connections and awareness.

Her Master's Degree is in Sports and Performance Psychology, and some of Jen's clients have included professional athletes as well as organizations that include Nike, Procter & Gamble, Lockheed Martin, The US Department of Defense, The NIH and the USDA. Jen is a "Dare to Lead" Instructor. She holds certifications in Sustainable Business Strategy from the Harvard Business School, Diversity & Inclusion from Cornell University and The Science of Well-Being from Yale University. Jen was selected as a member of the Forbes' Coaches Council for 2020 and publishes articles on [Forbes.com](https://www.forbes.com) regularly.

She has also been interviewed on six different occasions by Philadelphia's ABC affiliate, Channel 6 Action News, and was selected by the Chester County Chamber of Business and Industry as the 2009 Female Business Leader of the Year.

She has a podcast called *The Possibility Project* and published her first book in 2012, called *These Five Words Are Mine*.

Jen was named "Best of" on Thumbtack based on client reviews for Motivational Speakers in the Philadelphia & Washington, DC Regions for 5 straight years.

[teamjlcg.com](https://www.teamjlcg.com)





"We reach our hands out and pull up the next generation, helping them to find their voice, grow their confidence and lead the generation that comes up behind them. To us, it is a calling, a responsibility and a gift."

-Tracy Davidson

TRACY DAVIDSON

News Anchor & Motivational Speaker

For 30 years, 13-time Emmy Award-winning journalist Tracy Davidson has been connecting with people as a news-anchor and a highly coveted resilience speaker.

Tracy's mission in life is to empower women both personally and professionally. Her warm and engaging style amplifies her natural ability to connect with audiences of all ages. She bravely reveals her own life experiences and shares the research-based skills which have enabled her to overcome formidable challenges from childhood and empowered her to serve others with information and empathy.

She has given hundreds of speeches, including an eye-opening TEDx talk on "the price of digital distractions." In her talks, she helps teach women how to transform their lives by refocusing their time, energy and attention, and embracing their true selves.

As a lifelong learner, Tracy continues to deepen her education and her faith. She has earned a religious studies certificate from Saint Charles Borromeo Seminary and a Master's in Holistic Spirituality at Chestnut Hill College. She brings her inspirational message and her faith to church groups and spiritual retreats across the region.

In 2018, Tracy partnered with Culture & Leadership Consultant Jen Croneberger to offer inspirational day-long retreats for women and high school girls, called Lifting Your Voice.

Tracy joined Philadelphia's NBC10 in March 1996. She has been a tireless consumer advocate, ensuring Greater Philadelphia residents are informed and educated for themselves and their families.

Today, Tracy co-anchors NBC10 News at 4 and 5PM in Philadelphia. She is a true community advocate, having spent hundreds of hours dedicated to helping local non-profit organizations that support hunger, domestic violence, youth female leadership, entrepreneurship, preemie babies and many more.

tracydavidson.com



ABOUT THE PROGRAM

LIFTING YOUR VOICE now offers a full-day and half-day program designed for teenage girls.

Aspects of the LYVHS program are customizable for your student body and culture. The day is inspired by a "theme," which is composed of 5 words that define the experience (See the following examples). Together, we will select the main theme and supporting words to create an experience for your student body.

The day will unfold exploring each word with interactive dialogues, stories, and supporting group and individual activities.

Are you ready to help students
"lift their voice?"



PICK YOUR THEME...

BRAVE

GRACE

WORTH

LIGHT

PICK YOUR WORDS...

Gratitude. Resilience.
Acceptance. Confidence.
Empathy. Belonging. Rest.
Authenticity. Vulnerability.
Excellence. Love. Integrity.
Honor. Truth. Wellness.
Opportunity. Transition.
Happiness.



ACTIVITIES

A BLEND OF INDIVIDUAL AND GROUP ACTIVITIES WILL SHAPE THE DAY.

THROW AWAY INSECURITIES.



WRITE IT DOWN.



PUT YOURSELF FIRST.



ANALYZE YOUR THINKING.



SHARE GRATITUDE.



KEEP IT POSITIVE.





introducing...

LYVHS STUDENT LEADERSHIP COMMITTEE

LYVHS Student Leadership Committee (SLC)

Lifting Your Voice High School Edition is designed to not only engage your entire student body but to also work with a small group of student leaders to help facilitate the day.

The size of your school will determine the number of students; we prefer a ratio of *15 students to 1 student leader*.

LYVHS will provide guidelines and criteria for selecting your student leaders which will be selected by the school.

This is an excellent opportunity for students that want to learn how to lead and facilitate an experience. Students will work directly with Jen and Tracy in planning. Not only will the Student Leadership Committee learn how to lead a small group but they will also play a key role in creating the experience for their classmates and student body.

An added bonus is they will be able to add this to their college applications.

Expectations and commitment of the SLC students:

- Three (3) virtual planning calls with Jen and/or Tracy.
- Two (2) group lead practice sessions with SLC students.
- During the event each student will lead a class/homeroom for the day. Scripts and instructions will be provided.
- Student input for planning and logistics.
- In-person debrief immediately after the event with Jen and Tracy.



PLAN YOUR LYVHS DAY...

Are you interested in bringing **Lifting Your Voice High School (LYVHS)** edition to the girls in your high school?

Let's start with a discovery call with Jen and Tracy to decide if LYVHS is right for you and your students! If the answer is *yes*, here are the next steps.

1. Select your theme, words, grade level(s) and full or half day.
2. Sign the proposal and send a deposit to secure your selected date.
3. Select the Student Leadership Committee (SLC) based on the criteria provided by LYVHS.
4. Set dates/times for the planning meetings with LYVHS and SLC.

Is this program what your school is missing? Let's connect.

Kristin Kane Ford, *Event Coordinator*
kristin@kpsocialmedia.com | 215-326-9148



SCAN THE QR CODE TO WATCH OUR VIDEO
AND VIEW OUR **LYVHS PHOTO GALLERY**.



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Jennifer Guarnaccia

Director of Leadership Programming
GWYNEDD MERCY ACADEMY HIGH SCHOOL

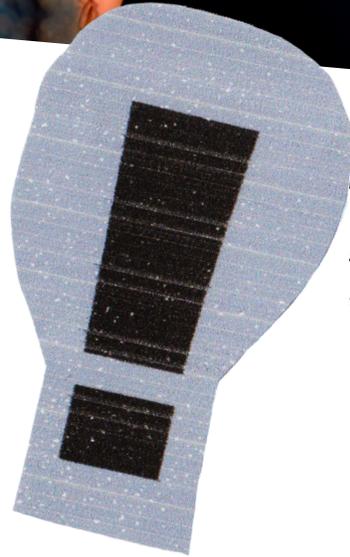
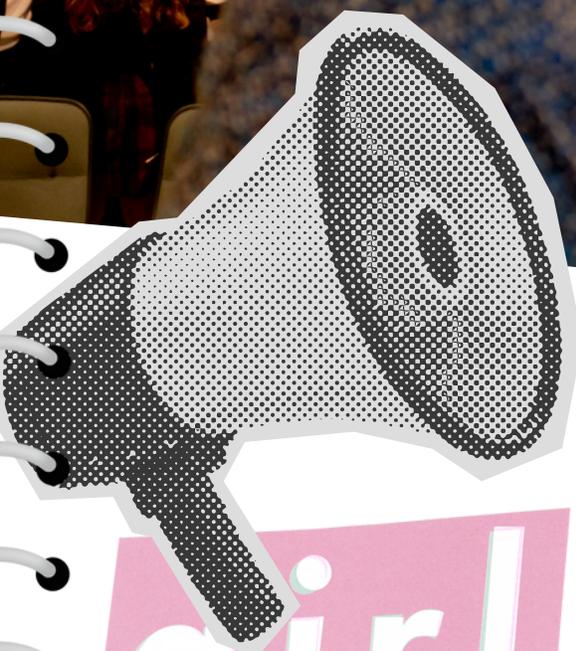
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liftingyourvoice.com

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AT GWYNEDD MERCY ACADEMY HIGH SCHOOL