



Daree

DAREE ALLEN

DELIVERING A RICH EMPOWERING EXPERIENCE

MEDIA KIT

2012



Hello!

It is my pleasure to introduce Daree Allen--authorpreneur, empowerment speaker and freelance writer. Using her own experiences as a single mother who has overcome self-esteem issues, depression, co-dependency and divorce, Daree is a real-life testament to hope and inspiration for girls, teens and young women through her open, candid motivational speaking, workshops and books.

Daree seeks to inspire young women and girls to change their lives for the better, foster self-awareness, personal and spiritual growth, and make better decisions:

- Enlightening them with her own personal insights and revelations, and
- Empowering them to BE better and DO better.

Daree was a contributor to Rev. Dr. John E. Guns' *Journey to Wholeness: The Immersion* (2011) and has written two books of her own: *What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice* (2012) and "What's Wrong With Me?" *Self-Reflections Journal* (2012). She was one of the top 100 winners of the *Writer's Digest* 79th Annual Writing Competition in the Magazine Feature Writing category.

Daree is available for media appearances, speaking engagements, and book signings. Enclosed are Daree's bio, book and workshop overviews, and media experience.

It is my pleasure to partner with you to share Daree's message. Please feel free to contact me at 817-449-4692 or info@dareeallen.com. We appreciate the opportunity!

Regards,

Rico L. Dyer
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Daree Allen is a vocal introvert whose equally strong passion for the written and spoken word translates seamlessly in her blog, Daree's Insights at <http://dareesinsights.wordpress.com>, where she pontificates on the things that move, motivate, and challenge her and her readers to be better and do better. A collection of inspirations and reflections of personal growth, the blog explores such themes as singleness, spirituality, accountability, and youth mentorship.

The award-winning speaker and authorpreneur has taught spiritual discipleship classes and presented business and professional development topics at organizational chapter meetings, workshops, conferences, schools, and universities across the country for such organizations as The Society for Technical Communication (STC), the Society for Human Resource Management (SHRM) at Strayer University, and the University of Houston's BLACKE Student Summit. She has also been a mentor and facilitator, conducting divorce recovery workshops, and a Toastmasters Youth Leadership program at a local middle school. She is also a frequent speaker for various local schools and organizations as well as professional national conferences. She lives in Atlanta.

In 2010, Daree was one of the top 100 winners of the Writer's Digest 79th Annual Writing Competition, in the Magazine Feature Writing category. In 2009, Daree was one of the 25 essayists selected to have their work appear in Rev. Dr. John E. Guns' devotional book, *Journey to Wholeness: The Immersion* (2011). In addition, Daree has been a contributing writer for several magazines and blogs including About.com, The Dollar Stretcher, Hope for Women Magazine, and Clutch Magazine. This writing is in addition to her 12+ year-career as a technical writer. Daree holds a Bachelor of Science in Professional and Technical Communication from the State University of New York at Utica/Rome Institute of Technology and a Master of Science in Interdisciplinary Studies in Management from the University of Maryland University College (UMUC) in Adelphi, MD.

Daree's first book, *"What's Wrong With Me?"* published in 2012 by Kharacter Distinction books encourages teen... Part memoir, part self-help, *What's Wrong With Me?* encourages teen girls to embrace their uniqueness, learn to love themselves and stay close to God. Daree's reflective writing reveals much. Transparent and unashamed, she shares things about herself that others wouldn't--all in the name of teaching and introspection.

The *"What's Wrong With Me? Reflections Journal"* is the follow-up workbook where girls can record concepts presented in the *"What's Wrong With Me?"* series.



Daree is an empowerment speaker, focusing on professional development, personal development and spiritual growth, especially for girls and young women.

Girls and young women have unique needs for self-esteem and validation. Daree Allen believes their emotional, and spiritual needs must be addressed in a healthy way, and modeled by successful women who have overcome the struggles and issues that they face. She teaches using her life experience and research-based application. Daree is a single mother and currently mentors teens. She is Delivering A Rich, Empowering Experience by revealing personal stories and insight in the hopes of fostering girls' and young women's self-reflection and personal growth.

DAREE OFFERS:

- Speaking
- Workshops
- Book readings and signings
- Media interviews

AUDIENCE AND CLIENTELE:

- Youth/Teen mentoring organizations
- Parent organizations
- Faith-based groups
- Engineering/technical corporations
- Book club members
- Separated/divorced adults and anyone in need of motivation, emotional healing, self-esteem, hope, direction and focus



TOPICS

Motivational topics:

- Toxic people
- Overcoming depression
- Healing from separation and divorce

Personal development:

- Goal setting
- Time management
- Financial planning (budgeting and getting out of debt)
- Social media etiquette
- What's Wrong With Me?: Self-Discovery

TESTIMONIALS

"The DivorceCare class really helped me deal with anger and self-destructive emotions. I recommend Daree as a teacher or facilitator because she is understanding and a wonderful facilitator. She's been there before, and used her experience to help others, which really resonated with me." - **Ms. Elizabeth A. Russell, Forensic Administrative Specialist III**

"I attended Daree's presentation, "The Invisible Writer," given at the chapter meeting of the STC in July, 2009. She had great command of the subject, How to Commence as a Teleworker, and was an effective and entertaining speaker. The handouts she created were worksheets that could help you evaluate your own desire to telecommute and craft a proposal to your superior. She entertained all our questions and facilitated a thoughtful discussion. I would look forward to working with her, if the chance befalls us, and recommend her as a speaker at similar professional events." - **Jessica Greene, Resident Language Guru, J.R. Professional Writing Services (business partner)**

"Daree spoke to our Suncoast Chapter STC group recently on how technical writers who work from home are able to stay visible to the company for whom they work. As someone who has done contract work from home for many years, I recognized many of the challenges she presented and was able to appreciate the value of her solutions. She involved our group very well by inviting comments and questions throughout her presentation, which is something I've always thought makes for a better end result for the audience (and sometimes for the speaker). I look forward to hearing Daree speak again." - **Becky Siebenthaler, President at Siebenthaler Enterprises**

Book Daree to speak at your next youth group event, career fair, ministry meeting, expo, conference, workshop, banquet, brunch, or support group meeting.

Contact Rico Dyer at info@dareeallen.com or (817) 449-4692.

To learn more about Daree's work, visit <http://DareeAllen.com>.

BIBLIOGRAPHY

Blog

Daree's Insights (C) 2007-2012. <http://dareesinsights.wordpress.com>

Online Articles

"Alone But Not Lonely." *A Long Story Short*, 2010. <http://www.alongstoryshort.net/AwayandAloneButNotLonely.html>

"Are You Glowing?" *The Inner Seed*, 2010. <http://www.theinnerseed.com/are-you-glowing>

"Do You Love You?" Clutch Magazine, 2010.
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"Speechwriting 101." *Writing Pays*, 2010.
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"What NOT to Wear." *Coco & Creme Magazine*, 2010.
<http://cocoandcreme.com/2010/10/what-not-to-wear/> Published October 25, 2010.

Books

Rev. Dr. John E. Guns, *Journey to Wholeness: The Immersion* (2011). iUniverse, Bloomington, IN. "Tempted to Be Offended? Let it Go!" (Contributor), p. 188.

Kharacter Distinction Books

- *What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice* (2012)
- *"What's Wrong With Me?" Self-Reflections Journal* (2012)

Accolades

"I wish this book was available for me and my friends when we were teenagers. It is *that powerful*. It gives helpful, spiritual guidance to young girls, touching on every aspect of their lives ... from dating to dieting to deliverance ... it's all here. Whether she's struggling with relationships, single motherhood inadequacies, money woes or her own self-worth, *What's Wrong With Me* will help the young teen sort through her thoughts and place her on the path to self-assuredness.

"I can see every teenage girl with *What's Wrong with Me?* It reads as a rites of passage for coming of age and moving into adulthood. Allen took her experiences, tweaked, molded, and intertwined them with the faith that brought her through. It should be on every girls' "must read" list and the church's youth program's required reading."

Montrie Rucker Adams, APR, Chief Visibility Officer, Visibility Marketing Inc.

"Daree Allen is a shining example of what happens when a woman learns to love herself and steps into her own power and confidence. Daree's book shares her personal journey with humor and inspiration. Girls can find their own path to personal growth by applying Daree's lessons to their lives."

-Lisa Nicole Bell, Award Winning Filmmaker, Author, Social Entrepreneur

"Dynamic author Daree Allen dares to go there with teens in her inspiring piece *"What's Wrong With Me?"* She does parents and educators a favor by opening a dialogue on the universal challenges that young girls will often secretly face that can ultimately build or destroy dreams. Pick up a copy of this book and arm a young lady with the key that unlocks a successful life."

Rae Pearson Benn, Author of Still Standing, Infinity Publishing, 2005

"*What's Wrong with Me* takes the reader on a poignant journey of self-discovery by identifying the complex mix of psychological, environmental, spiritual, and socio-cultural influences that can help young women move towards positive and progressive lives that are guided by catalysts of empowerment, resilience and healing."

DR. KISHA B. HOLDEN, PhD, Associate Professor of Clinical Psychiatry, Morehouse School of Medicine

"Daree's inspirational book is witty, engaging and full of practical strategies that will motivate teen girls, helping them live up to their God-given potential and take ownership of who they are and how they live."

Denene Millner, New York Times Best-selling Author and Editor of MyBrownBaby.com

The *What's Wrong With Me?* book series makes a great gift for your daughters, granddaughters, goddaughters, nieces, neighbors and mentees. This book will help them understand themselves better, feel more assertive, make better choices, and be on their way to discovering and walking in their purposes and destinies. To order, visit <http://DareeAllen.com>



APPEARANCES

Daree is available for speaking engagements, and for partnerships and sponsorships. Contact info@dareeallen.net for more information.

EVENTS

Wonder Woman Seminar

October 15, 2011
Crowne Plaza
Atlanta, GA

The Conversation 100th LIVE Broadcast Celebration Show

October 22, 2011
Kat's Cafe
Atlanta, GA

Mother/Daughter Tea

November 12, 2011
Delivered Vessels
Providence House
Mableton, GA

What's Wrong With Me?: Self-Discovery and Reflections

Growing Greatness Youth and Family Summit
Be Proactive Foundation
December 10, 2011
Atlanta, GA

Let's Talk About Abstinence

Sons and Daughters with Destiny Youth Leadership Academy
Destiny Family Services
February 5, 2012
Decatur, GA

What's Wrong With Me?: Self-Discovery and Reflections

FAB Girlz Rock
March 10, 2012
Morrisville, NC

What's Wrong With Me?: Self-Discovery and Reflections

Diamonds in the Rough
March 24, 2012
Snellville, GA

Youth in the 21st Century

Sons and Daughters with Destiny
April 4, 2012
Decatur, GA

PRINT

Magazines

Devazine
Goddess Girls

Online

Clutch Magazine
The Dollar Stretcher
Hope Magazine for Women
A Long Story Short
New on Revival
One Desert Rose
Shuga Magazine



RADIO

Intentional Life

http://blogtalkradio.com/Intentional_Life

Midday Conversations

<http://www.blogtalkradio.com/middayconversations>

Survive 365 "The Conversation" with Klarque Garrison

<http://www.blogtalkradio.com/survive365/>

Inspired Girls with Lisa Nicole Bell

<http://www.inspireddgirlsonline.com/>

Learn a Niche with Ralph Claxton

<http://learnaniche.com>

Talking with Terri

<http://www.blogtalkradio.com/terri-clay/>

Looking for My Spouse with Tracy Price

<http://www.blogtalkradio.com/lookingformyspouse/>

Creating A Championship Standard of Living with Myles W. Miller

<http://www.blogtalkradio.com/myleswmliller/>

Sample Interview with Speaker and Authorpreneur Daree Allen, author of *What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice*

Girls in society have unique pressures and often not enough role models and advice on how to go about it. The new book "What's Wrong With Me" is a part-memoir and part self-help young adult guide to encourage teen girls and young women in various areas of life, in an easygoing, conversational style. The messages in this book educate and empower young women in every facet of their lives, including: accepting their identity, dating relationships, dealing with toxic friends and family members, avoiding or delaying premarital sex, building self-esteem, developing a positive attitude, dressing for success, setting goals, spending money wisely, handling anger and depression, and embracing their singleness, and discovering their life purpose.

Daree Allen, author of the new book *What's Wrong With Me?*, talks about the various aspects of a girl's life.

Q: Welcome Daree, and thanks for taking the time to sit down for this interview. Let's get right into it. Tell me, what was the inspiration for you to write this book?

DA: In 2008, I was in a session with my life coach, Cheri Bachofer in New York City. We were talking about some great books I had been reading, and many were by celebrities or well-known figures. In our discussion, she suggested that I write a book about my life, because she knew I wanted to become a (professional) motivational speaker. I told her that I couldn't write a book because I don't have a rags-to-riches story, I'm not famous, and I didn't rise up from the ashes of poverty or abuse. In other words, I didn't have a dramatic story that's made for the film. She told me, "I beg to differ. You have a story that needs to be told--don't discount it."

So I started compiling stories from my past that I have pulled from 20 years of journal entries that I have kept since age 13, in the hopes of helping other young women who struggle with issues of self-esteem and coming of age. The issues I grew up with are not much different from those of girls today—there's just a little more bluntness, and our media and communities often help to desensitize or downplay issues of teen girls and young women in America today. These issues--when left unchecked--often continue into adulthood, as I know many women my age and older who still struggle with these same issues. I never had a mentor or a big sister or a big mama to help me navigate through the tumultuous years of teen angst, so I'm now stepping into that role.

I have a passion to see young women succeed, and I have a young daughter who looks up to me.

Q: Why is our self-image not discussed so much in the Black community?

DA: A lot of us are not comfortable talking about it, and the reason we're uncomfortable with it is because we haven't unpacked our issues. We listen to other people tell us how we should look, what we should do with our hair, how to talk, and on and on. It gets to the point where it's easy to lose yourself and you have to make a real effort to get to know YOU and find your own voice. We as women cannot raise daughters who are emotionally healthy if we're a mess ourselves.

Q: You mentioned that you have been writing in some sort of diary or journal since you were 12. How can girls and women benefit from journaling?

DA: Yes, I have always loved to write, and with journaling, it helps knowing that you can say whatever you want because no one else is meant to read it but you. It allows you to park your thoughts and "debug" what's going on in your heart. It's therapeutic and cathartic to download all the "stuff" that happens from time to time, if not daily. It's amazing when I go back and look at the things that were happening in my life a year ago, 5 years ago.. to see my growth and where God has taken me in my life is so awesome!

Q: Why was it important to not just include tips, but also your own personal stories?

DA: I want to connect with people and be relatable. I want them to see that I'm a real person that overcome some things, and I'm not ashamed to talk about it. I can admit my mistakes because I grow from them. That's how we all learn. I can't come from a standpoint of, "That's beneath me," or a platform of perfection. Everyone talks about "keeping it real," and I do just that. I'm pretty transparent and when I speak about my personal business to make a point of helping others, people respect me for it.

Q: How are you able to connect with teen girls in a language they understand?

DA: Well, I'm still young! I have a daughter in elementary school, so I have to be active with her. I stay in the mix of things, current events, which keeps me aware of what's going on around me, and in the Black community. And I use Twitter!

Q: Why should girls pay attention on some serious issues in their youth? Don't they have to worry about such things later?

DA: The choices teenagers make now, and the type of friends they spend their time with will greatly affect their future. Ask the guy who rode with his crew, and someone stole something from a store while he was in the getaway car. Ask the girl who looks up to another girl who smokes and places an emphasis on sex.

One day I was at a photo shoot modeling with my daughter, and I met a woman who brought her 16 year old son. I didn't know he was 16, and apparently a lot of other women didn't either. His mom told me that women are always hitting on him, and his father is not in his life, so she's been teaching him how to be respectful of women, and keeps him involved in activities that keep him productive and

off the streets. We should-- kids and adults--choose positive people to hang around and learn from-- people who are on the up and up, goal-oriented, God-fearing people. The influences you have reflect who you are and infect your mind with thoughts and attitudes which will in turn affect how you act and what activities you engage in.

Q: OK, so what are some highlights in this book that we won't find in the other self-esteem books out there?

DA: I tell a lot of personal stories, and they're not always flattering. One of the girls in my focus group said that she enjoyed them, and commented that adults today want teens to think that they've never made mistakes. So it's not all about advice, like, "Do this.." and "Don't do that!" I am giving my own personal, background because I've lived it. And I didn't have to rely on my memory--I still have all my hand-written journals, going all the way back to the late 80's--that keeps my "teen voice" authentic.

Q: Tell me about something in the book that you really like.

DA: It's important to me that females think about their image, and project that to others. Do you look at yourself in the mirror before you leave the house? I'm not talking about when you brush your teeth or do your hair. I mean, when you're dressed and ready to go, do you ever stop in a full-length mirror and observe how your clothes look on you? I helped teach a Vacation Bible School class recently with 10-12 year olds, and there were a couple of times that I saw questionable outfits on the girls. Shorts that were too tight, shirts that didn't cover their bellies--I found it to be distracting. We need to teach our daughters, sisters, neices and cousins to take pride in your appearance. It takes less than 15 sec to make impression!

Q: What if any role did your faith play in writing this book?

DA: My faith had everything to do with this book--from what stories to tell, what points to cover--to even continue writing when I got frustrated or subjected myself to self-doubt. There was always something inside me--God's Spirit in me--telling me to push on, and keep going. He wanted me to get this message out in my voice, but He is behind it all for sure.

Q: What is the one thing you wish you had known back in the day when you were a girl, that you know now?

DA: I am enough! God has put everything in me that I need to do what He wants me to do, and to be happy, and to be successful in life. I don't have to look for my self-worth in other people or material things.

Q: So answer the question for everyone listening: what do you say to girls when when they ask, "What's wrong with me?"

DA: Nothing! You are beautiful and fine the way you are, and you have everything you need to succeed as a seed that's already inside you. Don't allow those negative influences, media images, songs, and haters dictate who you are and what you can become. If there's ever a doubt about who you are because of what someone else said, go to the Word and remember what God said about you. Who does God say you are? You're fearfully and wonderfully made. You're a child of the king. No weapon formed against you shall prosper. Think on these things--don't beat yourself up. Dump those toxic relationships from your life and surround yourself with positive people who care about you and see the best in you.

Q: How do you see your book helping the girls of today? What will they walk away with?

DA: When girls finish reading my book, they will understand themselves better, feel more assertive, make better choices, and be on their way to discovering and walking in their purposes and destinies. They will realize that they're not alone in the way they feel, that they don't need approval from others in order to be validated, and that God should be #1 in their life.

Q: Well I've had a great time talking with you today Daree, thanks so much for being on the show. Tell our listeners how find out more about you and and pick up a copy of your book?

DA: "What's Wrong With Me?" is an awesome guide of life for young women ages 13-19, and makes a gift for your daughters, goddaughters, nieces, neighbors and mentees. It will be available in early 2012. You can preorder the book this Fall online at www.Amazon.com and on my website at <http://DareeAllen.com>.

You can also follow me on Twitter @DareeAllen or like my Facebook page which ends in /DareeAllen. You can also go to my blog Daree's Insights and sign up for a free blog subscription at <http://DareesInsights.wordpress.com>

About the Author

Daree Allen is an award-winning writer, speaker, authorpreneur and vocal introvert whose equally strong passion for the written and spoken word translates seamlessly in her blog, Daree's Insights at <http://dareesinsights.wordpress.com>, a collection of inspirations and reflections of personal growth. She is also an active member of an organization called Toastmasters International, which helps people learn how to be better communicators and leaders. A passionate speaker, Daree has taught spiritual discipleship classes, facilitated divorce recovery workshops, and presented business and professional development topics at organizational chapter meetings, workshops, conferences, schools, and universities across the country. She is "Delivering A Rich Empowering Experience" with her speaking business of the same name, launched in 2009 (<http://DareeAllen.com>).

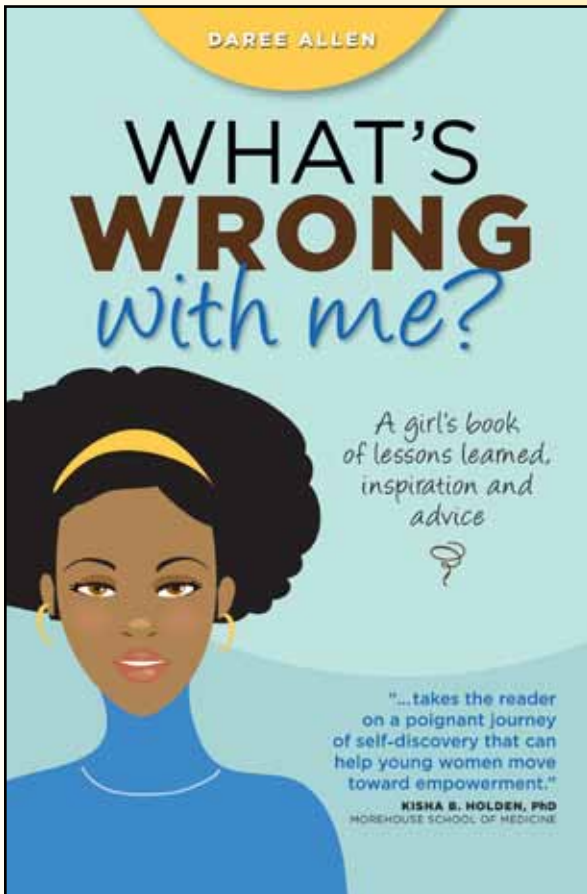


Daree also has a home-based business selling made-from-scratch, "Any Way You Want It" cheesecakes. When Daree is not making cheesecakes, reading magazines, traveling, writing her blog, jumping into a line dance, or fooling around on Facebook, she is enjoying her beautiful daughter, Kaia.

What's Wrong With Me?

Self-help / Adolescence

A Girl's Book of Lessons Learned, Inspiration and Advice



What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice is an empowering self-help book for older teen girls in which the author weaves her memoir from 20 years of journaling with lessons that still ring true for girls today, about such topics as accepting their identity, adopting a healthy body image, dating relationships, dealing with toxic friends and family members, avoiding or delaying premarital sex, building self-esteem, developing a positive attitude, dressing for success, setting goals, spending money wisely, handling anger and depression, and embracing their singleness, discovering their life purpose, and keeping God first.

"Daree's inspirational book is witty, engaging and full of practical strategies that will motivate teen girls, helping them live up to their God-given potential and take ownership of who they are and how they live." —Denene Millner, New York Times Best-selling Author and Editor of MyBrownBaby.com

Book Facts

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Website: <http://DareeAllen.com>

About the Author

Daree Allen is an award-winning writer, speaker, authorpreneur and vocal introvert whose equally strong passion for the written and spoken word translates seamlessly in her blog, Daree's Insights at <http://dareeinsights.wordpress.com>, a collection of inspirations and reflections of personal growth. She is also an active member of an organization called Toastmasters International, which helps people learn how to be better communicators and leaders. A passionate speaker, Daree has taught spiritual discipleship classes, facilitated divorce recovery workshops, and presented business and professional development topics at organizational chapter meetings, workshops, conferences, schools, and universities across the country. She is "Delivering A Rich Empowering Experience" with her speaking business of the same name, launched in 2009 (<http://DareeAllen.com>).