

Roland Park Country School

Linde Health Colloquium

Erica Rood

Beyond the Drama – A Parent's Guide to Helping Girls Navigate Mean Girls and Relational Aggression



Roland Park Country School is thrilled to welcome Erica Rood, a certified life coach, founder of Inspire Balance Coaching, and author of *Power Up Your Parenting: A Guide for Parents of Preteen and Teen Girls*, for our annual Doug and Carol Croft Linde, 1982 Health Colloquium on Wednesday, November 5.

As a former educator with more than 20 years of experience, Ms. Rood offers programs that are a unique blend of teaching and traditional life coaching. Ms. Rood guides girls to learn from their experiences, deepen self-awareness, develop authentic confidence and master positive mindsets. Girls who work with her experience better relationships, more motivation, and clarity on their future and direction. She also provides parents and guardians with proven techniques to reduce conflict, improve communication, and create a stronger, more connected relationship with their daughter(s).

During this lecture, Ms. Rood will delve into the complex world of adolescent friendships, with a specific focus on what makes friendships unique, common social challenges, relational aggression and signs of relational trouble and parenting strategies that support the development of confidence, resilience, emotional intelligence, and social awareness.

This event is free and open to the public. Learn more at www.rpcs.org/linde.

**Wednesday,
November 5, 6:30 p.m.**

Faissler Library,
Roland Park Country School
5204 Roland Avenue
Baltimore, MD 21210

About the Doug and Carol Croft Linde, 1982 Health Colloquium

The Doug and Carol Croft Linde, 1982 Health Colloquium allows RPCS to engage nationally recognized wellness speakers and researchers annually to work in partnership with our students, employees and parents – as well as the local community. These academic seminars with industry professionals enable RPCS young women to explore their interests in mental and physical health while also equipping them and their families with the tools and insight needed to flourish across any stage of life. The Colloquium was originally funded by past parents Barbara and James (Jim) Robinson and supported through the Annual Fund.



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