

Kathleen Boyle Wrigley — Speaker Bio

Kathleen Boyle Wrigley, MS, LICSW is an inspiring speaker, author, licensed clinical social worker, school counselor, educator, and passionate advocate for children and families. With decades of experience working with children, parents, educators, and communities, Kathleen brings a unique combination of professional expertise, personal resilience, faith, humor, and hope to every audience she serves.

Kathleen's message is rooted in a simple but powerful belief: **our hardest chapters do not have to define our story—they can become the very places where our greatest strength, purpose, and hope are found.**

A survivor of profound personal challenges, Kathleen has experienced firsthand the unexpected speedbumps life can place in our path. From growing up in an unstable home to walking through devastating loss, serious health challenges, and seasons of having to begin again, she has learned that resilience is not about avoiding hardship—it is about discovering the courage to keep moving forward.

Her signature message, “**Speedbumps and Comebacks**,” invites audiences to embrace the detours, disappointments, and difficult seasons of life while discovering the possibility of a comeback. Kathleen combines vulnerable storytelling, humor, practical wisdom, and faith-filled encouragement to remind audiences that there can be purpose in the pain, strength in the struggle, and hope on the other side.

Kathleen is also deeply passionate about **partnering with parents and professionals to navigate one of the greatest challenges facing today's children: technology and the digital world.** Through her work with children and families, she has seen firsthand the impact that smartphones, social media, gaming, and constant digital stimulation can have on children's mental health, relationships, emotional regulation, attention, sleep, and overall social well-being.

Her technology-focused keynotes explore the growing concerns surrounding **digital addiction, social media, gaming, and the ways excessive technology use can shape the developing brain and influence a child's emotional and social health.** Kathleen believes parents should not have to navigate this rapidly changing landscape alone. Her approach is not about fear or blame—it is about **education, connection, boundaries, and partnership.**

Kathleen equips parents, educators, counselors, administrators, and other professionals with practical tools and meaningful conversation starters to help children develop healthier relationships with technology while protecting what matters most: **their mental health, relationships, childhood, and connection to the real world.**

Professionally, Kathleen has spent her career investing in the emotional, mental, and spiritual well-being of children and families. She serves as an elementary school counselor and has

taught in the University of Mary's graduate counseling program. She is also an author and community leader who is deeply committed to creating healthier, more hopeful communities for children.

Kathleen speaks to **educators, parents, mental health professionals, women's groups, community organizations, churches, schools, and professional conferences**. Her keynote topics include:

- **Speedbumps & Comebacks: Finding Resilience, Hope & Purpose**
- **Raising Kids in a Digital World: Technology, Social Media & Gaming**
- **When Screens Become a Struggle: Understanding Digital Addiction & Its Impact on Mental Health**
- **Partnering with Parents: Building Healthy Boundaries in a Technology-Driven World**
- **The Anxious Generation: Protecting Childhood in the Digital Age**
- **Girl & Grace: Raising Strong, Resilient Girls**
- **Building Resilient Kids, Families & Communities**

Whether she is speaking to a room of educators, parents, mental health professionals, women, community leaders, students, or faith-based audiences, Kathleen's goal is the same: **to leave people encouraged, equipped, and reminded that they have the power to make a difference.**

Her message is one of resilience. Her heart is for children and families. And her greatest hope is to help people find the courage, connection, and practical tools they need to create healthier and more hopeful lives.