

Candice Caldwell

Speaker & Licensed Professional Counselor Associate



Candice Caldwell is a Speaker, Licensed Professional Counselor & Author. She helps young women and teen girls understand and re-build their self-worth. She explains the importance of being yourself in every area of your life. She helps teen girls and women create a blueprint to confidently live their dreams and be assertive in any situation.

Candice host seminars and workshops throughout the year. On a daily basis, Candice provides service through her mental health counseling services as well as coaching services.

Candice has created a non-profit, Be You Be Beautiful, INC. where teen girls are mentored and taught the importance of being themselves from the inside out. www.bybb.org

Past Speaking Engagements

- Art Institute of Charlotte – Career Day (Speaker, 2014)
- Winthrop University – The Change Starts with you Women’s Workshop (Speaker/Facilitator, 2013)
- Pilgrims Inn Homeless Shelter- Defining Mental Illness (Speaker/ Facilitator,
- Olympic High School- Be You Be Beautiful 6 week, Mentor Program (Facilitator, Speaker, 2014)
- Beauty & Brunch Event – Inner Beauty (Speaker, 2014)
- Be You Be Beautiful Women’s Empowerment Day. (Host, Facilitator, 2014)

Her Topics

4 Steps to being true to you

We live in a world where everyone is trying to be someone else. People often desire to have someone else’s image instead of embracing their own. Candice challenges individuals to think, “if you are are trying to be everyone else, then who will be you?” This topic allows people to evaluate who they really are in every area of their lives.

Confidence Boot camp

For the young woman who has graduated college has a job and many opportunities but lacks confidence in herself. Candice helps participants to discover the following: How to build confidence after it has been broken? How to find yourself after you have lost yourself in helping others? This is a 8 week intensive program that will allow women to get back to your goals, dreams and aspirations. This program is used to help women regain confidence.

Your Identity

In this topic Candice takes the audience on a self-discover journey. She teaches them how to stop confusing what they look like with who they are.

She answers some of the following questions: Who are you really: minus your job titles, minus what others say about you? This workshop allows you to see who you really are at the very core of your being. The audience will walk away knowing they are more than what the eyes can see.

Getting Paid to live your Purpose

This is for the woman who feels like she is suppose to be doing something more than her job? She has a plan but has no idea where to start. During this presentation she will learn about the tools she needs to:

- **Fund your purpose**
- **Market your purpose**
- **Dress your purpose**
- **Market your purpose**

Book Candice Today

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