



SHE BELIEVED SHE COULD UNIVERSITY

Thank you so much for your interest in learning more about She Believed She Could University. I launched this division of the She Believed She Could brand to further enhance access to personal and professional development resources for collegiate women who have big dreams and are seeking guidance, mentorship, and coaching to help them unlock their full potential, and set them up for abundant success.

After spending decades coaching and mentoring hundreds of young women one-on-one, I've developed a curriculum that helps accelerate success, and my mission is to provide these valuable lessons to women on college campuses across the country. By partnering with greek life, student government, speaker's bureaus and campus organizations, I've been able to extend these valuable teachings to colleges nationwide and look forward to exploring this opportunity further with you!

Thank you from the bottom of my heart for your interest in working together. Empowering, equipping, and educating young women truly is my life's work and I am grateful for your consideration in joining me on this journey to increase the impact of a program that elevates and optimizes their potential.

With gratitude,



SHE BELIEVED SHE COULD UNIVERSITY

MISSION:

To provide personal and professional development opportunities that empower and equip collegiate women with the knowledge, skills, and resources necessary to achieve success.

Utilizing positive psychology, the science of happiness, well-being, and success, and a strengths-based coaching model, we focus on developing self-confidence, promoting educational excellence, defining personal and professional goals, teaching lifelong leadership and communication skills, establishing personal brands, and creating a supportive community that helps young women thrive and reach their full potential.

Our goal is to ensure that every young woman who dreams of success has exactly what she needs to be able to achieve it.



About the Founder: Allison Walsh, JD, is an expert business and personal branding consultant, 4-time founder, bestselling author, international speaker, influential leader, and certified positive psychology coach who's on a mission to help young women build their confidence, launch their careers, and elevate their personal brands to attract incredible opportunities for their futures. As the creator of The She Believed She Could brand, podcast, community, and best-selling book, she's on a mission to empower, educate, and equip young women with the resources, vision, and confidence they need to chase after and accomplish their dreams!

SHE BELIEVED SHE COULD UNIVERSITY PROVIDES...

Online Certificate Program

Workshops and Trainings

Mentorship and Coaching

Books and Success Tools

Keynote Presentations

Fireside Chats



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Programs and Offerings

Coaching

- Allison will work directly with your chapter to provide tailored success coaching to fit your member's needs.
- Coaching packages offered provide access to 1:1 and group coaching for those inspired to take their personal and professional development to the next level.

Success Workshops + Fireside Chats

- If you're looking for an exciting way to inspire your membership or executive board, look no further! Allison loves helping chapters and leadership teams through virtual or in-person workshops. Workshop examples include effective goal setting, leadership development, building your personal brand, enhancing your confidence and mindset, and much more!

On-demand Learning

- Access is never an issue for those that prefer digital courses! Available in Spring 2024, you may purchase licenses for your members to take advantage of SBSC University's Online Certificate Program!

Keynotes

- Give your audience the opportunity to be inspired, empowered and motivated by Allison's keynote presentation offerings! She'll light up the stage and provide valuable coaching and personal development resources based on your preferred topic or area of focus.

Special Events + Book Signings

- Allison LOVES to be a part of special events and connect with individuals who are excited about her book! Invite her to an event to add a special touch where she'll sign books and speak with your attendees!

Senior Success Series

- We know how important Senior year is and Allison loves nothing more than setting them up for success. This series is designed to focus on the areas that need attention as one prepares to graduate and launch their professional careers. Resume development, interview preparation, personal branding, confidence building and strength's based coaching are woven into workshops to help prepare your members for post-grad success!



I asked Allison to speak on personal branding to my collegiate organization and she could not have been more informative and engaging. Her presentation was savvy, personable, and fostered a great learning environment where students were able to ask questions, receive feedback, and gain so much knowledge and many helpful tips to prepare for the future. Allison showcased her deep-rooted understanding of personal branding alongside her bright personality which made for a huge success! *Arjelica Jones, University of Florida*



Allison Walsh has not only helped me build my brand, but she has helped me discover who I am as an individual. Before I began consulting with her, my confidence was low, my aspirations were unclear, and my sense of direction was not perfected. Now I am more confident than ever, I have built a brand, and I have discovered my greatest strengths thanks to Allison. I couldn't recommend her higher if you are looking to achieve your goals, as Allison is the personification of success. *Juliette Valle, University of Miami | Miss Florida 2023*

Meet your Coach

About Allison

Allison Walsh, JD, is an expert business consultant, bestselling author, international speaker, influential leader, and certified positive psychology coach.

By age 30, Allison became the Vice President of Advanced Recovery Systems, a company destined for unicorn status which she helped build from the ground up. She's continued to contribute her expertise to meaningful, mission-driven companies within the behavioral healthcare industry including Charlie Health, a rapidly growing virtual mental health company focused on ending youth suicide.



Allison writes for and is featured in many media outlets including Forbes, Entrepreneur, Fortune, Harvard Business Review, Nasdaq, Business Insider, Bustle, and more, often collaborating with global mental health experts, influencers, and content creators. Allison also shares her insights as the host of the She Believed She Could podcast. She commands the stage as a sought-after speaker who, beginning at the age of 18, inspires international audience members numbering over 200,000. Named in the Orlando Business Journal's 2021 Top 40 Under 40 and Women Who Mean Business, Allison is a proud member of Forbes Business Development Council, Entrepreneur's Leadership Network, and Orlando Business Journal's Leadership Trust.

Allison has won multiple awards for her philanthropy raising over \$2 Million for eating disorders prevention and awareness and serves on numerous nonprofit boards. Having previously been crowned Miss Florida, she's passionate about the advancement of women in leadership which fueled her founding Allison Walsh Consulting, and the creation of her multiple coaching programs, workbooks, and curriculum to improve mindset, mental wellness, leadership, and confidence for a roster of over 300 clients. Allison draws from her expertise in positive psychology, the science of happiness, well-being, and success, to provide women with tools for advancement both personally and professionally. As a business development, marketing, and personal branding expert, Allison is on a mission to help women build their confidence, accelerate their impact, and elevate their brands. Her first book, *She Believed She Could: Show Up, Shine Bright, and Achieve Abundant Success* (Wiley) was released in September 2023 and has already been named a #1 bestseller and new release by Amazon. For more information, please visit www.allisonwalshconsulting.com.

As Seen In



Recognizing an unshakable passion for helping others achieve their dreams, Allison is committed to using her vast array of experiences to help women become the go-getters and movers and shakers of tomorrow. By sharing personal experiences, resources and featuring special guests, she coaches listeners to live and lead their happiest, most confident, and successful lives. Episodes offer valuable advice on mindset mastery, goal setting and achievement, personal branding and business, and how to create more career opportunities. For more information, visit www.shebelievedshecouldpodcast.com.

