



Kristi K.

— MEDIA —



**PRESS RELEASE
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**F.A.B. 2023 Girl Leadership Summit Returns to Empower the Next
Generation of Girls and Young Women**

Toledo, Ohio - July 27, 2023 - [Kristi K. Media](#) is proud to present the [F.A.B. 2023 Girl Leadership Summit](#), a Girl Leadership Event Like No Other, to be held Sunday, September 17, from 1 to 4 p.m. at the Stranahan Theater in Toledo, Ohio.

The event features an impactful lineup of speakers and presenters who empower, inspire, and connect with girls ages 11 to 17 regarding topics relevant to and affecting their lives today. As identified by girls, these topics include social media anxiety, FOMO, friendships, suicide, resilience, depression, fear of violence, bullying, loneliness, having fun again, career exploration, community engagement, confidence, adversity, leadership, and teamwork.

This exciting and fast-paced afternoon aims to create a supportive space for girls to open the dialogue on life in today's world. Who should attend? Girls 11 to 17, parents, coaches and teams, grandparents and granddaughters, and anyone with a girl in their lives who could benefit from these voices and looking for connection, relatability, positivity, and leadership growth.

"The Girl Leadership Summit is for anyone wanting to be in the space of girls and women who lead with courage and strength, to hear their voices as they share where they are at this pivotal moment in time," said Kristi K. Hoffman, event organizer, girl advocate, and business and lifestyle media host.

Hoffman recently was recognized by the Northwest Ohio YWCA as a Milestones winner for her expansive service to the community and volunteerism, serving on many boards and organizing multiple events, including the Girl Leadership Summits.

A powerful "Magnificent Minds" panel of experts will also discuss girls' topics head-on in a compelling, insightful way.

"Our goal is to address the unique challenges and opportunities young girls face today. And to foster a skill set of leadership, empowerment, confidence, and success that they need to navigate and thrive in their lives. It truly is a day like no other," said Hoffman.

The event features highly sought-after 20-year-old global social media expert and founder of the Log Off Movement, Emma Lembke. As the event's keynote speaker, Lembke has been featured on The Today Show, the New York Times, and other well-known outlets. Lembke addresses topics specifically for girls tied to FOMO, the fear of missing out, why it's okay to log off their devices, and how to have a healthy relationship with social media.

Other Summit speakers and performers include 13-year-old Nickelodeon actress Josie Parker, recording artist, America's Got Talent contestant, and ovarian cancer survivor from age 15 Caly Bevier, fire chief Allison Armstrong, and Senator Paula Hicks-Hudson. U.S. Olympian Oshae Jones will deliver a special video message for those in attendance.

A meet-and-greet reception with the speakers and presenters will follow the event. Tickets can be purchased at <https://stranahantheater.com/event/f-a-b-2023-girl-leadership-summit/stranahan-theater/toledo-ohio/>.

Sponsors include The Blade, WTOL, HOT 97.3, and Starbound Talent. Partners include The University of Toledo College of Business and Innovation and Girl Scouts of Western Ohio.

The first five hundred girls in the door will receive a gift bag themed to incorporate the fit, healthy body, brain, and spirit "master plan" as featured in Kristi K. Hoffman's book, Total Package Girl: Discover the Ultimate You for Life.

About Kristi K. Media

Kristi K. Media is the place to go for indispensable information related to everything business, healthy lifestyle, women, girls, and topics of relevance to success-driven people. Kristi K. Hoffman, the woman behind the brand, is an award-winning, Emmy-nominated TV host and accomplished author, speaker, and leadership strategist with a wealth of knowledge and experience in personal growth, success, and resilience. For over 30 years, she has dedicated much of her time to building up the next generation of female leaders, helping them achieve confidence, overcome obstacles, and chase their dreams.