

# JANELLE SEWARD

WWW.TIMEWITHJANELLE.COM



## ABOUT *Janelle*

I am an educator, motivational speaker, and success coach who has persevered through the many challenges of growing up in an 11-person household and in an environment riddled with drugs, violence, and multiple forms of abuse. Early on, I recognized that in order to have a different outcome, I had to do something different and I was determined not to become a product of my environment.

I am a first-generation, low-income college graduate. With the help of TRIO programs, I became the first person in my family to obtain a bachelor's degree (B.A., English) and a master's degree (M. Ed, Higher Education). I have dedicated my career to serving those who are often overlooked and underserved with a goal of helping them discover their hidden potential and success. I encourage them to take charge of their future through intentional decision-making.

Many students connect and relate to the struggles that I faced and adversity I have overcome. Students appreciate my straight-forward, "tell-it-like-it-is" approach to the issues they are facing, while also providing actionable advice to achieve their life goals and to avoid the mistakes and pitfalls I experienced. I have over 15+ years of experience working as a pre-collegiate advisor and college advisor in non-profit, government, K-12 education, and higher education settings and would be the perfect fit to speak to and empower your students.

“ Your greatest power is your Power to Choose! ”



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# Mission

The mission of TIME with Janelle is to empower and equip students (along with their parents/guardians) to make informed decisions around education, career and finances. The decisions students make during the years they are in high school and college are important and crucial to the direction of their future.

My goal when working with students is not to tell them what to think, but instead TEACH them HOW to think by helping them to transform their mind while inspiring them, motivating them and educating them.

## Keynote Topic P.O.W.E.R TO CHOOSE

Growing up in a home and environment where drugs, alcohol and violence were considered the norm, I wanted something different. My escape plan and answers to my life's problems was a college education ... or so I thought! Even that did not turn out how I originally imagined. The lack of support caused me to face most of my obstacles alone and my new environment brought out issues I never knew were there, such as poor study skills, low self-esteem and lack of confidence. My obligations between school and home made me question if leaving home to attend college was the right thing to do. After many mistakes, I was able to find my way and my purpose.

In this keynote, I share the defining experiences and critical choices that helped me to survive the tough times and the keys to the mindset that allowed me to create a future that was opposite of what I grew up in, get to and through college, and eventually help thousands of students do the same. I challenge listeners to become the best version of themselves by activating their own Power to Choose!

## Workshop Topics

In each session, I focus on empowering students to take responsibility for creating their future by not only educating them on the topics, but promoting learning through the five components of social-emotional learning: self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

- Time Management
- Mind Management
- Goal Setting
- Career Planning
- College Planning
- Scholarships
- Financial Aid
- Financial Literacy
- Adulting 101
- Self-Identity

\*Other topics available on request

# TRIO WORKS!

## TRIO PARTICIPANT

- Talent Search Participant
- Upward Bound Alum
- Student Support Services Alum

## TRIO EMPLOYEE

- UB Summer RA
- UB English Tutor
- UB and ETS Chaperone
- Talent Search Advisor

## TRIO ADVOCATE

- *for life!*

## ORGANIZATIONS & INSTITUTIONS JANELLE HAS PRESENTED TO INCLUDE:



EASTERN IOWA  
COMMUNITY COLLEGES

# TRIO

## IOWA STATE UNIVERSITY



## DMACC

DES MOINES AREA  
COMMUNITY COLLEGE

