

Short Bio

COLLEEN O'GRADY, MA., is a licensed therapist, coach, speaker and trainer who helps moms reduce drama, reclaim their lives, and dial up their dreams with their teens and young adults. Colleen has a thriving private practice in Houston, TX and coaches' moms from around the world on zoom.

After 50,000 hours of working with parents and teens and being a mom in the trenches with my own teenage daughter, she published her award winning and best-selling books, *Dial Down the Drama: Reducing Conflict and Reconnecting with Your Teenage Daughter----**A Guide for Mothers Everywhere* and her newest bestselling book *Dial Up the Dream: Make Your Daughters Journey to Adulthood the Best for Both of You.*

Colleen has shared her message of practical hope with moms worldwide in Parents magazine, Wall Street Journal Lunch Break, popular parenting podcasts, and on the red carpet at TEDxWilmington. Colleen is the host of the Power Your Parenting: Moms with Teens podcast; in 2021, it was ranked number one among podcasts on parenting teens.

Learn more about Colleen at colleenogrady.com, and connect with her on Facebook <https://www.facebook.com/dialdownthedrama/>, Instagram <https://www.instagram.com/colleen.ogrady/>, LinkedIn <https://www.linkedin.com/in/colleenogrady/>, Twitter <https://twitter.com/poweryourparent>