

Empowering Teens and Families Through
Coaching, Mentorship, and Programs that
Elevate Wellness



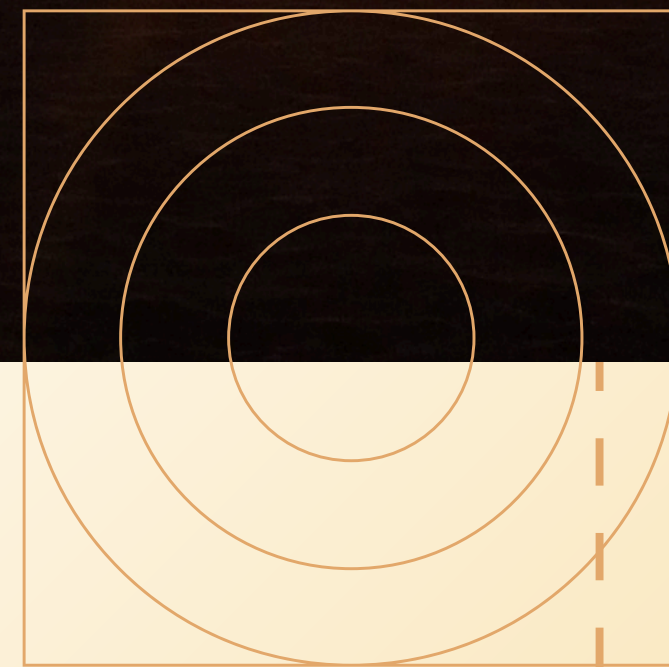
Kelly Tisdel, CLC

www.kellytisdell.com



Strong families grow
strong communities.

By empowering youth
and parents, we build a
resilient, vibrant future
for the next generation.



About Me and the Mission

I support youth, parents, and families—locally and globally in-person and online—through mentorship, coaching, and programs that build resilience, self-awareness, and meaningful connection in a time of rapid change.

I have developed the gift of meeting each teen and family in their own unique essence and lived experience with authenticity, a sense of lightness, and depth.

Using trauma-informed care, somatic tools, and relational mentorship, I help build confidence, clarity, and stronger family connections.

My mission is to create resilient responses
to the question:

How can we best support our youth
in these times?



Meeting the Call

- 40% of U.S. high school students reported persistent feelings of sadness or hopelessness in 2023

CDC Youth Risk Behavior Survey (YRBS), 2023

- 20% of high school students seriously considered suicide; 9% attempted it in the past year

CDC Youth Risk Behavior Survey (YRBS), 2023

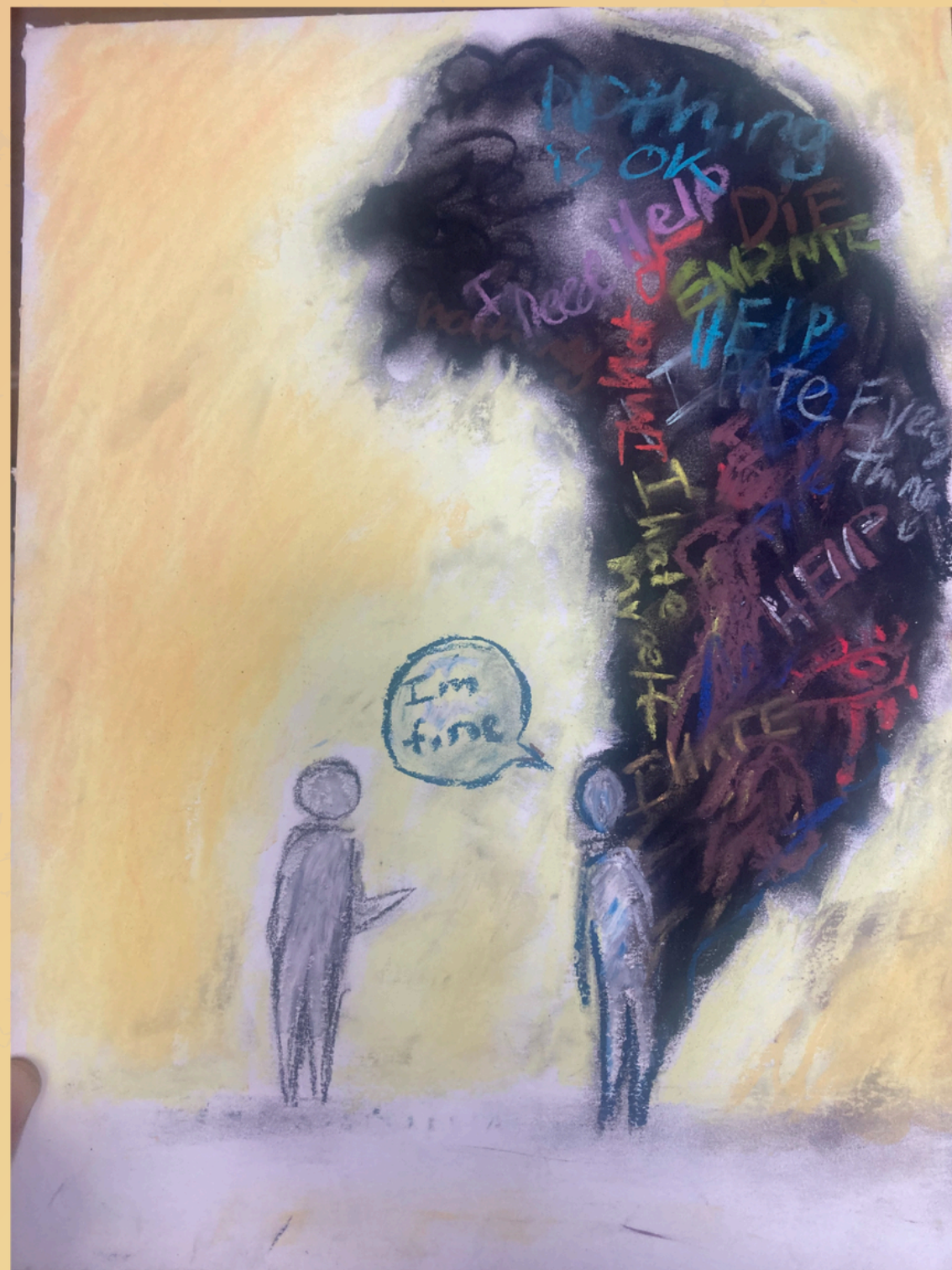
- Around 70% of teens report feeling stressed or anxious on a daily basis.

American Psychological Association, Stress in America™ Survey, 2023

HOW MENTORING HELPS

- A study of 99 teens matched with mentors, saw significant reductions in depression and anxiety—Mentees also reported improved self-esteem tied to high-quality mentoring

STUDY: Near-peer mentor program, ages ~12–15, 2020



Drawing by Serafima
14 years old

Start-Up Phase



With 25 years of experience working with youth—as a class teacher, Waldorf school co-founder, and co-creator of transformational wilderness programs—I began to see a troubling shift. In the past five years, more teens have struggled with mental health, disconnection, and low self-worth than I've seen at any other time. I felt a clear call to turn my full attention toward this growing need.

In 2022, I stepped out of the classroom to focus fully on 1:1 mentoring for teens and coaching for parents facing the complexities of adolescence today.

To launch SoulFire, I turned to my community—raising funds from 12 generous donors to complete specialized trainings, build the business, and offer services to low-income families through scholarships. That support laid the foundation for the heart-centered work I continue today.

Key Milestones in Growth



2022

Started Soul-Fire Consulting, LLC. Established a foundational program, SoulFire Passage, to support teen's with self-awareness, connection, and self-worth.

2023

Began Teen Mentoring, Parent Coaching, and family Mediation. Financial assistance to low-income families.

2024

Continued developing services and client base. Created Parenting From the Pulse. Reached more families in need.

2025

Expanded services to reach more families in need. Consistent growth of business with committed mentoring and parent client base.

Impact Snapshot

MENTORSHIP & SUPPORT FOR TEENS, PARENTS & FAMILIES

Who I've Served (Summer 2024 - Summer2025):

- 46 adolescents mentored this last year
- 27 adolescents currently being mentored with on-going sessions
- 35 parents supported through coaching, courses, and circles
- 11 families guided through facilitated mediation

Impact to Date (2022-Now):

150+ youth and parents served and found support they needed

*I work with youth and families from all income levels,
meeting them where they are –
on walks in nature, car rides, or even in their homes.*

This relational, mobile model builds trust, connection, and real-world resilience.

Impact Snapshot

EQUITY IN ACCESS

- 65% of my clients receive full or partial scholarships
- Sliding scale is available for all services
- I have a commitment to not turn any family away due to lack of financial resources

This model ensures that every teen who needs support can receive it—regardless of their family's income.



Impact Snapshot



WHY THIS WORK MATTERS

Teens today face unprecedented mental health challenges, social disconnection, and pressure. Families are struggling to stay connected.

My trauma-informed, resilience-based mentorship helps:

- Teens develop emotional resilience, inner steadiness, and perspective to navigate life's challenges
- Parents gain tools to support their teens with compassion, awareness, and learn how to hold their teen as they become more autonomous
- Families rebuild harmony through presence, trust, and attuned relating

Tax-Deductible Donations to Support the Next Step

This work over the last years has unveiled the rising need for the support I am offering, and I am happy to share that **SoulFire** is now able to accept **tax deductible donations through our 501(c)3 fiscal sponsor Philanthropic Ventures Foundation**. PVF is an organization dedicated to grassroots philanthropy for community initiatives and can now allow me to develop the charitable arm of SoulFire, LLC.

With the sponsorship of Philanthropic Ventures Foundation, I am looking to secure funding for **SoulFire**, so I can serve the scope of need not just in our community but in other communities, as well.

I am hearing the call and, with your help, I am ready to respond.



The Impact of Donations



Increased Access to Mentoring and Coaching Services

- Your charitable donation will help families in need access essential **mentoring and coaching services through scholarships**, allowing me to meet a broader base of teens and families.

Empowerment for Teens and Families

- Your charitable donation helps ensure that **teens and parents can access the programs** I offer—through **scholarships, free classes, and community resources**. These offerings empower families with the skills, tools, and confidence to navigate life's challenges with greater resilience and connection.

A Dedicated Meeting Space

- Your donation will help secure **a private, welcoming space to meet with youth and families**—offering an alternative to in-the-field sessions and expanding access to creative and confidential support.

Testimonial From a Parent...

"Kelly's online course, Parenting from the Pulse, gave me a better understanding of what it's like to be a teenager today and helped me feel more empathy for my daughters. I discovered that most of the challenges with my teen are normal and predictable behavior, so I don't need to take things so personally! Shifting my focus from control to connection really increased the rapport I feel in my most important relationships."

~ Tai, father of 13 and 16 year old daughters

Testimonial From a Prior Mentee...

"During my adolescence, having the privilege to work with Kelly was one of the most beneficial and transformative experiences I've had. She held my hand through some very emotionally challenging points and created an environment that was open, accepting, relaxed, and intimate. Whether we took a walk with her dogs, sipped tea somewhere, or just drove the country roads, Kelly knew how to hold the space in a way where I felt completely validated and held. Everything about our time together felt so natural, which contributed to the empathetic and nurturing space. Kelly undoubtedly became one of the closest people to me in my life."

~ Bianca, 24 years old, Preschool Teacher

Testimonial From a Teen...

"Kelly has helped me so much as I navigate the ups and downs of adolescence. She is very understanding, and I know that she is always there for me. She has taught me to take life one step at a time and how to ground myself during hard and stressful moments. She is the most kind and understanding person I know. I can always go to her for advice and can tell her anything in the safe, and non-judgmental space she provides. I always feel better after talking to her and am forever grateful to know her."

~ Ella, 17 years old

Together, We
Can Make a
Difference...
Please Join Me.



How to Donate to SoulFire/Kelly Tisdel at PVF

For tax deductible sums of \$250 or more, please make checks out to:

- Philanthropic Ventures Foundation
- Please put “Ohana Family Resources Fund/SoulFire/Kelly Tisdel” in the Memo line
- Mail to: Philanthropic Ventures Foundation
1222 Preservation Park Way
Oakland, CA 94612-1201
- Please also let Kelly Tisdel know via email at ktisdelconsulting@gmail.com, so donations can be tracked. Thank you!

For donations less than \$250, please make checks out to:

- SoulFire/Kelly Tisdel
- Venmo: @Kelly-Tisdel



Thank You...

Thank you for supporting our youth and families at this pivotal moment—
and for believing in the soul of this work.

Each contribution helps ignite and nurture the inner potential of the next generation. Together, we are planting seeds for a future rooted in self-awareness, compassion, and a deep sense of belonging.

It truly does take a village— and we are that village,
shaping a more connected and compassionate world.

