



Scarlett Lewis

Scarlett is the founder of The Jesse Lewis Choose Love Foundation and author of *Nurturing Healing Love*. Inspired by a simple message her son wrote on their kitchen chalkboard the day he died, Scarlett has embarked on a journey of forgiveness and a mission to change thoughts of anger into love.

The foundation was created in honor of her son Jesse, who died in the Sandy Hook school shooting, and works to promote social and emotional education in our schools and society and share the importance of compassion in action to our children and out into our communities.

Scarlett is the recipient of the International Forgiveness Award, the Live Your Legacy Award and the Common Ground Award for her advocacy work for peace and forgiveness. Scarlett graduated from Boston University with a B.S. in Communications in 1990. She has worked in the finance industry as a bond trader and investment banker and real estate. When she became a parent for the first time, Scarlett wrote and published a children's book, *Rose's Foal*. Scarlett is an artist and avid horsewoman; she lives on a small horse farm in Connecticut with her son, JT and animals.

Speech Topics

Social and Emotional Understanding:

Using the latest neuroscience, the program addresses new ways to effectively teach emotional intelligence in a logical sequence focusing on awareness and mindfulness. Based on the science and research behind successful "Social and Emotional Learning" programs, Scarlett provides adults in the corporate world the same tools that support and promote healthy interaction, cultivate happiness and enable employees to have healthy perspective without being distracted by negativity. The program provides the support and tools for heightened self-awareness and understanding the opportunity to take personal responsibility for ones actions and reactions to peers and bosses. Difficult situations in the workplace are opportunities to embrace deeper understanding of what it means to be socially and emotionally responsible in our interactions.

