

**FOR IMMEDIATE RELEASE**  
Contact: Michelle Kapreilian  
(941) 365-7716



**UnSelfie: Why Empathetic  
Kids Succeed in Our All-  
About-Me World  
FREE Educational Community  
Speaker Event**

(Sarasota – June 5, 2018) The not-for-profit **Forty Carrots Family Center** announces the 16<sup>th</sup> annual **FREE Educational Community Speaker Event**, presented in partnership with **Community Foundation of Sarasota County** and featuring best-selling author and parenting expert **Michele Borba, Ed.D.**

The educational presentation will be held at **7 pm on Tuesday, Sept. 25** at **Riverview High School Performing Arts Center**. Admission is free and open to the community, but RSVP is required.

Dr. Borba will present insights from her best-selling book, ***“UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World.”*** Her presentation will offer parents, teachers and other professionals information and tips to help children become successful, moral, courageous and resilient. Attendees will receive a free copy of the book and certificates of attendance are available.

Dr. Borba is an internationally renowned educator, award-winning author, and parenting expert recognized for her solution-based strategies to strengthen children’s empathy, social-emotional intelligence and character, as well as reduce peer cruelty. A sought-after motivational speaker, she has presented keynotes worldwide and served as a consultant to hundreds of schools and corporations.

“Self-absorption in all its forms kills empathy, let alone compassion,” said Dr. Borba. “When we focus on ourselves, our world contracts as our problems and preoccupations loom large. But when we focus on others, our world expands.”

“Studies show that teens are 40% less empathetic than they were 30 years ago, often with devastating consequences,” said Michelle Kapreilian chief executive officer at Forty Carrots Family Center. “In keeping with our mission and commitment to our community, Dr. Borba will

share a framework that yields successful, happy kids who grow up to be kind, moral, courageous and resilient adults.”

Four-time event chairwoman Bianca Lawrence is preparing for an impactful 16<sup>th</sup> anniversary event. Forty Carrots’ previous speaker events have reached over 10,000 parents, professionals and educators in our area.

**Mark your calendar to attend.** For sponsorship details, to sign up for email notifications, or to learn how to be involved visit [www.fortycarrots.org](http://www.fortycarrots.org) , email [events@fortycarrots.com](mailto:events@fortycarrots.com) or call (941) 365-7716. While admission is free, tickets are required and available starting August 1, 2018 at [fortycarrots.org](http://fortycarrots.org). Seating is limited.

**About Forty Carrots.** Forty Carrots Family Center strives to provide children with Good Beginnings That Last a Lifetime through its expertise in parenting education, early childhood education and mental health services. Rated 4-Stars by Charity Navigator, Forty Carrots fundraises to provide these services to families from all walks of life, with 93% of families receiving free services. To learn more: [www.fortycarrots.org](http://www.fortycarrots.org)

For more information about the speaker **Dr. Michele Borba** visit [www.micheleborba.com](http://www.micheleborba.com)  
Photo of speaker attached: Dr. Michele Borba

###