

*C. Colton-Poole, MD
Pediatrics*

DRCHARNETTAMD.COM

MEDIA KIT



DRCHARNETTAMD.COM

HEY THERE!

I'm Dr. Charnetta, board-certified pediatrician, communication strategist, parent coach, tween & teen whole health expert, author, and speaker on a mission to elevate communication and overall health and wellness in tweens/teens.

As a mom and a pediatrician, I understand just how challenging the tween and teen years can be.

Through my books, speaking, signature workshops, and collaborations, I enhance confidence, communication, and emotional well-being in tweens/teens and their families.

I look forward to potentially working with you.

Regards,

Dr. Charnetta Cotton-Poole

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Contemporary
PEDIATRICS®



MY BIOGRAPHY



Highly esteemed physician, Dr. Charnetta Colton-Poole is a Board-certified Pediatrician, Teen Parenting & Communication Strategist, writer, and creator of Paint The Town Pediatrics, a publishing and media company dedicated to the health of all children.

Through her journal, speaking, resources, and workshops, Dr. Charnetta helps parents raise confident, empathetic, and physically and mentally healthy tweens and teens. Her expertise in developing rapport and trust with patients while delivering high quality pediatric care coupled with her unique talents in communication and writing make her a highly sought after expert in the pediatric field and a thought leader in the areas of communication strategy and adolescent health.

This powerhouse doctor has over 19 years of experience providing pediatric care in a variety of settings including outpatient and inpatient care in both rural and metropolitan communities as well as newborn nursery care, neonatal resuscitation, and emergency/urgent care.

Additionally, she has over 25 years of writing experience and is well known for her best-selling journal *Write Through It: A Guided Journal for Teen Girls*, and *Write Through It: Parent Edition Journal*. Dr. Charnetta is also the Amazon #1 Best-Selling Author of *'The 10 Commandments of Communication for Doctors*. Dr. Charnetta uses her compassion and superb communication skills to shift the paradigm and truly get to the heart of the matter concerning our youth.

A true Georgia Peach, Dr. Charnetta received her Bachelor of Science degree from the University of Georgia and her Master of Science degree from Georgia State University. She received her Doctor of Medicine degree from Morehouse School of Medicine and completed her Pediatric and Adolescent Medicine Residency at Emory University School of Medicine in Atlanta, GA.

Dr. Charnetta lives a life of passion and purpose by educating, empowering, and uplifting adolescents and their parents in a clear, entertaining, and innovative way. In her spare time, Dr. Charnetta enjoys spending time with her family, writing, singing, volunteering as a member of Alpha Kappa Alpha Sorority, Inc, and indulging in SEC football.

MY BOOKS

10 Commandments of Communication For Doctors: An Easy Guide To Help Doctors Effectively Communicate Online and Offline
Amazon #1 Bestseller

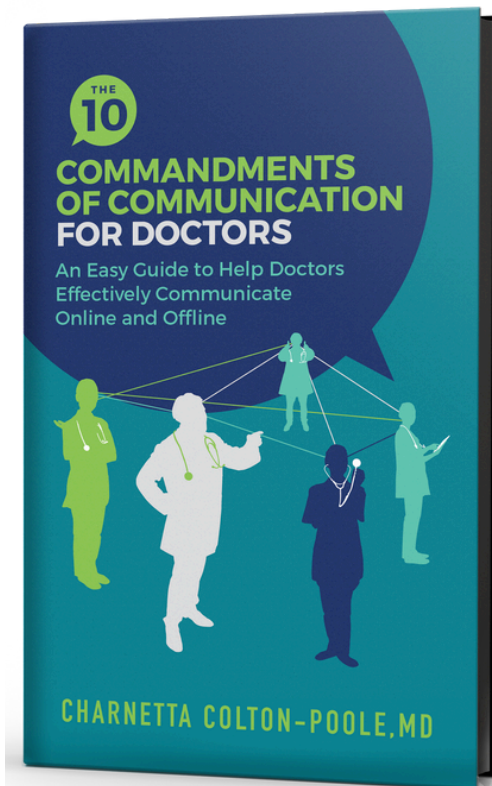
Write Through It: A Guided Journal for Teen Girls
Over 8,500 copies sold

Write Through It Parent Edition: A Guided Journal For Parents of Tweens and Teens

Color Through It: Anxiety and Stress Relieving Coloring Book for Tween and Teen Girls

Contributing Author:

- Black Girls In White Coats
- The Making Of A Medical Mogul Volume II



MY AUDIENCE

FOCUS: PARENT-TEEN COMMUNICATION

My audience comprises parents of tweens and teens, as well as tweens and teens themselves, ranging from 10 to 18 years old.

These parents are actively seeking guidance on navigating the complexities of parenting during the pivotal tween and teen years, while tweens and teens themselves are eager to find their way through this phase as well.

Our resources cater to both audiences, promoting stronger connections and understanding within families.

- 80% WOMEN
- 10-18 YRS OLD, and 30-54 YRS OLD
- USA-BASED



EDUCATION & AWARDS

EDUCATION

PEDIATRIC & ADOLESCENT MEDICINE RESIDENCY

EMORY UNIVERSITY SCHOOL OF MEDICINE

DOCTOR OF MEDICINE

MOREHOUSE SCHOOL OF MEDICINE

MASTER OF SCIENCE, MICROBIOLOGY

GEORGIA STATE UNIVERSITY

BACHELOR OF SCIENCE, BIOLOGY, PRE-MED

UNIVERSITY OF GEORGIA

AWARDS

GEORGIA TREND MAGAZINE TOP DOCTOR

UGA TOP 40 UNDER 40 AWARD



Let's Work Together!

How We Can Work Together

- Speaking & Signature Workshops
- Brand ambassadorships
- Community program collaborations
- Expert media contributions
- Educational consulting
- Film and television script writing, advising, and review

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SIGNATURE SPEAKING TOPICS

CREATIVE, ENERGETIC, ENGAGING, IMPACTFUL

It's always a challenge to find just the right speaker for your event. I understand how important it is to find someone who can give a strong, relevant message while authentically connecting to your audience. With that being said, I am honored that you have decided to consider me. Please take a moment to review some of my most popular topics below. I do offer customized talks, so if you don't see what you are looking for, please contact me at www.drcharnettamd.com/press.

For students, parents, and faculty at schools, conferences, companies, churches, and non-profit organizations.

Suddenly Puberty: Understanding The Science That Leads To The Silence

Breaking The Silence Code: Communication Hacks To Help You Get Through To Your Tween/Teen

How Journaling Can Change Your Child's Life

Safe Communication Online For Teens

For medical students, private practices, and hospitals.

Value Beyond the Stethoscope: Mastering the Art of Doctor-Patient Dialogue



SIGNATURE WORKSHOP

THE GROW & GLOW TEEN EXPERIENCE:™

LESSONS ON PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING FOR TEEN GIRLS

The teenage years are a critical period of growth and self-discovery, but they're also filled with unique challenges. According to the World Health Organization (WHO), 1 in 7 adolescents globally experience mental health disorders, with anxiety and depression being among the most common. In the U.S. alone, the CDC reports that 37% of high school students have experienced persistent feelings of sadness or hopelessness. Additionally, issues like peer pressure, bullying, and a lack of comprehensive education on sexual health and communication further complicate teens' ability to thrive.

Many teens also struggle with self-esteem and confidence, often exacerbated by the pressures of social media, academic demands, and shifting social dynamics. Studies show that teens who receive guidance and support in areas like emotional regulation, decision-making, and communication are better equipped to navigate these challenges and build resilience.

Purpose

This workshop, presented by highly sought after board-certified pediatrician Dr. Charnetta Colton-Poole, is designed to fill that gap—**providing teens with the tools they need to understand their bodies, minds, and emotions** while empowering them to make informed, confident decisions. By addressing these critical areas, we aim to help teens not just survive adolescence but truly thrive during this transformative stage of life.

Through a mix of education, interactive activities, and open discussions, teen girls will gain a deeper understanding of their physical, emotional, and mental well-being. They'll leave with their very own playbook which outlines actionable strategies to boost their confidence, improve communication, and make informed decisions in critical areas of their lives, as well as a certificate of participation to celebrate their engagement.

Objectives

1. Educate teens about their mental and physical health.
2. Equip teens with tools to handle peer pressure, bullying, and emotional challenges.
3. Improve communication skills and build self-confidence.
4. Encourage informed decision-making about hygiene, sexual health, and personal well-being.

Workshop Format

Duration: 2–3 hours

Structure: The workshop will include a mix of presentations, group discussions, interactive exercises, and Q&A sessions to maximize engagement and impact.

Expected Outcomes

- Participants will leave feeling informed, empowered, and confident in their ability to make healthy decisions and communicate effectively.
- Teens will have actionable tools and strategies to handle the challenges they face during adolescence.
- A stronger sense of self-awareness and resilience among participants.

SIGNATURE WORKSHOP

TALK THROUGH IT™

According to the CDC, four in ten U.S. parents with children younger than 18 say they are extremely or very worried that their children might struggle with anxiety or depression at some point. In fact, mental health concerns top the list of parental worries, followed by 35% who are concerned about their children being bullied. These worries highlight the need for proactive measures to support teens' mental health.

Effective communication skills are crucial for teens, significantly enhancing their confidence and mental health.

A study by the American Psychological Association found that teens with strong communication skills reported lower levels of depression and anxiety. The National Alliance on Mental Illness highlights that poor communication is a common factor in the development and exacerbation of mental health disorders in adolescents.

With almost two decades of work as a pediatrician, facilitating conversations and igniting breakthroughs with tweens, teens, and their families, and over 20 years of experience as a writer and author, I bring a wealth of knowledge and experience, and a down-to-earth, easily digestible approach to lessons on everything from empathy, non-verbal communication, to the benefits of journaling in improving communication.



Teen Talk Through It Class™

The Talk Through It Class™ for teens equips teens with essential skills to express themselves confidently and navigate social interactions with ease. Through engaging activities, impactful and inspirational dialogue, and real-life scenarios, students will learn to articulate their thoughts and emotions clearly, resolve conflicts amicably, and build stronger, more supportive relationships.

Parent Talk Through It Class™

The Talk Through It Class™ for parents offers valuable insights and practical tools to help parents communicate effectively with their teens. Parents will learn strategies to create a supportive environment that encourages open dialogue, builds trust, and strengthens your relationship. Through interactive discussions and expert guidance, you'll discover how to help your teen develop confidence and improve their mental wellbeing through better communication. Empower yourself with the skills to support your teen's growth and navigate the challenges of adolescence together.

These classes emphasize the positive influence of good communication on mental health, highlighting how these skills can reduce stress, enhance self-esteem, and promote overall well being.



MEDIA

I am always honored when people want to interview me or feature me in their media outlets; it is truly humbling to be allowed to expand my platform. If you would like to feature me or my work on your media outlet, please complete the contact form or send an email. My team works on a first come, first served basis. Additionally we consider audience size and relevance. I'm looking forward to hearing from you.

Dr. Charnetta is available for:

- Television interviews
- Podcast and Radio interviews
- Blog, Social Media and Online interviews
- Newspaper and Magazine interviews
- Writing for publications



MY FEES



My speaking and workshop fees vary depending on several variables including the topic, duration and audience size. Please inquire for exact rate. Fees for collaborations also vary based upon the need.

FEES ARE NEGOTIABLE

ADDITIONAL CONSIDERATIONS:

When deciding to book me, here are some additional things to consider in your budget.

Event Admission:

- Event tickets for 2

Travel Arrangements:

- Airfare for two (first class) or
- Ground Transportation/ rental car (SUV only)

Meals & Gratuities:

- 2 meals per day (for 2)
- Tips/ gratuity at 15%

Hotel Accommodations

- 3 star hotel or higher
- Ground transportation to hotel (limousine or SUV)
- Room for speaker (must be handicap accessible with roll in shower)
- Room for speaker's assistant

**FULL SPEAKERS RIDER
PROVIDED UPON BOOKING**





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