

Dr. Andrea Mata, PhD

*Youth Mental Health Expert | Parenting Coach
Corporate Relationship Coach*

Dr. Andrea Mata, statistically, should not be as successful as she is. The daughter of a Mexican immigrant, she grew up in a gang-infested nine-block unincorporated neighborhood on the south side of Chicago. As a result, Dr. Andrea Mata draws on her tough Southside of Chicago upbringing to empower families, businesses, and today's youth. With degrees from Valparaiso University and Kent State University, she founded BrightSpot Families and collaborates with the Anxiety Treatment Center of Greater Toledo. Her ultimate mission is to empower businesses and parents to throat-punch the youth mental health crisis! Married and a mother of three, Andrea promotes a balanced approach to personal and professional life, emphasizing psychological health and meaningful connections.



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sam's club 

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SIGNATURE TOPICS

- ✓ Gen Z's Last Hope...You!
Throat-Punching The Youth
Mental Health Crisis
- ✓ From Transactional to
Relational: The Secret Weapon
In Business Interactions
- ✓ Audaciously Imperfect: The
Power Of Reimagining Your
Flaws

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions. Let's fortify your relationships!

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