

# 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.



AS SEEN IN

sam's club

STORY

TEDx



ASHLAND  
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Lima / Allen County  
CHAMBER  
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OHIO  
NORTHERN  
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WTOL  
11

## 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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