



**#TimesUp in South Florida as Local Therapist Takes Women a Step Beyond #MeToo;
*Kristen Bomas Offers Free “Night of New Beginnings” on March 20***

February 21, 2018 – Boca Raton, FL: The #MeToo moment has snowballed into a movement that is reaching every corner of the world, including Palm Beach County. Local therapist, speaker and author, Kristen Bomas is supporting women who choose to embrace the #MeToo movement by hosting a free community event on Tuesday, March 20, 2018 (the first day of Spring!) from 6:00 to 8:00 pm at Old School Square’s Ocean Breeze Room (51 N Swinton Avenue) in Delray Beach. Dubbed a “Night of New Beginnings,” women are invited to attend, share and generate awareness of harassment they have experienced, suffered and endured.

Partners in the event include: The Palm Beach Tech Women’s Council. The Palm Beach Tech Women’s Council, was founded with the intention of educating and continuing to support safe work environments for women.

The goal of the event is for women to open their eyes and the eyes of everyone around them through personal awakening, in a therapeutic environment. Further, Bomas hopes to move the conversation forward and offer attendees a path to get the appropriate assistance if needed, learn about their individual options, or simply start a new beginning.

“Both #MeToo and #TimesUp say ‘I understand you and I connect with you because I too have had that experience’ - a truly a grand statement of unity,” says Bomas, who has been practicing for more than three decades. “The female energy is all about uniting, which is why women are intuitively, cognitively, emotionally and physically connecting to these campaigns.”

Bomas believes that the #MeToo movement is just the beginning of worldwide awareness of the severity, pervasiveness and depth of the challenge. In her Boca Raton practice, she focuses on this awareness as the most important first step of the healing process.

Both the #MeToo movement and the #TimesUp celebrity-driven campaigns have united women in a common cause. Where #MeTo created awareness, #TimesUp takes the next step to stop the pain and suffering and put an end to the sexual harassment, assault and inequities that women have endured for centuries.

In addition to the “Night of New Beginnings” for local women to share their experiences and start the healing process, Bomas offers these tactics for South Florida communities to further #MeToo and #TimesUp movement:

- Lobby local government for greater resources to combat harassment.
- Train professionals to recognize and address sexual abuse, assault and harassment.

- Create an environment where everyone begins to engage and participate in the dialogue.
- Engage the children, youth, and adolescents to bring awareness to honoring their own bodies and the bodies of others.

For more information about Kristen Bomas, please visit www.KristenBomas.com, watch her live videos on Facebook at <https://www.facebook.com/KristenBomasPA> or YouTube at <https://www.youtube.com/channel/UCvly-UMFc29sqTfRe22ibPA>, and follow her on Twitter here <https://twitter.com/KristenBomas>.

ABOUT KRISTEN BOMAS

Kristen Bomas, creator of *The Sage's Template*™ and author of its companion “Guide to Personal Freedom,” is dedicated to helping people with life and career mastery. A life coach and frequent speaker at community workshops, corporate events and executive seminars, Bomas has built a successful career as a psychotherapist over more than three decades, opening her South Florida practice in 1995.

Bomas has been instrumental in the #MeToo movement by helping women process and share their experiences with sexual harassment and move on to healing. She believes that the more women can understand sexual harassment, abuse and inequities, the more they can heal the injustice. In her practice, she focuses on creating individual awareness of the numerous pieces that make up these painful wounds that encourage each woman to heal more thoroughly.

Beyond her doctoral training, Bomas is known as a Life Guide and Spiritual Teacher, partnering with clients to help them achieve life balance and satisfaction. Her simple strategies, designed to facilitate stress-free living, assist clients in gaining personal freedom to live without stress and boredom, and eliminate all behaviors that disrupt their happiness.

Kristen was taught and mentored by Dr. Harry Grater, doctoral chair at the University of Florida. She studied criminal psychology and spent her early career working in the prison and juvenile delinquency systems, applying her knowledge of deep human interaction and the influence of early traumatic experience on aggression. She combined this experience with her love of sports to develop an athletic program that addresses issues related to on-and-off field aggression. Subsequently, she turned her attention to trauma and substance abuse and addiction.

ABOUT THE PALM BEACH TECH WOMEN'S COUNCIL

The Palm Beach Tech Women's Council, was founded with the intention of educating and continuing to support safe work environments for women. The council was started by South Florida natives, Tyler Tornaben, Stephanie Buzano and Ashley Taylor, who, like many women in tech, understand what it feels like to be in a male dominated space. This is why they decided to design the Women's Council to cultivate the power of diverse women and their communities to create transformative change in the technology sector.

The vision is to impact women interested in pursuing meaningful careers in tech while simultaneously educating and securing a culture that supports women in these roles and beyond. They hope to be an additional community resource for women to feel heard and empowered. They intend to continue to partner and support other likeminded initiatives and collectively strengthen women's voices. Learn more at <https://www.facebook.com/groups/palmbeachtechwomen/>.