

## SISSY GOFF

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**Sissy Goff**, MEd, LPC-MHSP, spends most of her days counseling girls and their families alongside her assistant/pet therapist, Lucy the Havanese. Sissy serves as the director of child and adolescent counseling for Daystar Counseling Ministries (Nashville, TN) where she has worked with girls and their families for more than 25 years.

Sissy Goff is the author of eleven books including the best-selling books ***Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World*** (for parents) and ***Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry and Anxiety*** (for girls ages 8-11). In addition, she wrote a follow-up workbook for teen girls entitled ***Brave: A Teen Girl's Guide to Beating Worry and Anxiety*** (February 2021).

Sissy has written for numerous publications, including *ParentLife*, *HomeLife*, *For Girls Like You*, and Fox News. Sissy has been featured in *Southern Living* and is a frequent guest on media outlets such as *Focus on the Family*, *That Sounds Fun*, *Rhythms for Life*, *Family Life Today*, and *Money Saving Mom*. She and the team at Daystar have completed three seasons of their popular podcast, *Raising Boys and Girls*, which has earned more than 700 5-star reviews on iTunes. Before COVID, Sissy traveled widely, speaking to parents and children's ministers on topics such as "Intentional Parenting," "Raising Boys and Girls," and "Are My Kids on Track?" Now she reaches out to even larger groups of parents via ZOOM and virtual conferences.



A graduate of the University of Arkansas (psychology) and Vanderbilt University (Human Development Counseling), Sissy has worked at Daystar Counseling Ministries (Nashville, TN) since 1993.

Sissy loves snow-skiing, water-skiing, and the original Mary Poppins movie. When not doting on her nephew Henry, she is on a quest for the perfect taco, chips and salsa.

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