less awkward

Meet Our Founders

It's hard to find 2 people who love their jobs more — the original architects of the modern puberty conversation who changed the way we talk about growing up. They've built the most joyful, science-based solution for the most transformative stage of life.

CARA NATTERSON

Founder & CEO

Dr. Cara Natterson is a pediatrician, speaker, and educator. She graduated from Harvard College and Johns Hopkins Medical School; trained in pediatrics at UCSF; and then launched her medical career at Tenth Street Pediatrics in Santa Monica. Eventually, Cara traded patient care for writing — she's the author of 10 books including the *New York Times* bestselling series *The Care and Keeping of You* (also known as those American Girl books). When her kids were in the thick of adolescence, Cara collaborated with Vanessa on social channels, podcasts, a growing library of books, and most recently curriculum. It's all in service to their mission — getting less awkward — which is, conveniently, also the name of this company.

VANESSA KROLL BENNETT

President of Content

Vanessa Kroll Bennett is a national bestselling author and educator who helps adults raise tweens + teens with joy. She is co-author of the bestselling book *This Is So Awkward: Modern Puberty Explained*, co-host of the *This Is So Awkward* podcast, and co-founder of Less Awkward, a company dedicated to making growing up more comfortable. She is the author of the forthcoming book *TEENHOOD: Confessions & Lessons* for the Trickiest Phase of Parenting. Vanessa was the founder of Dynamo Girl, a company focused on building kids' self-esteem through sports and puberty education. Vanessa is a graduate of Wellesley College and holds a Masters in Jewish History, but perhaps her most important schooling comes from raising her own four children, ages 15 to 23.

Learn more about Less Awkward
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