



Seminar/Workshop/Speaker Details

Instant Defrazzling: **4 Simple Steps for Coping with Mothering Stress**

This interactive seminar is a great introduction to what I do. It will give the moms some very practical tools for dealing with the “stress of the moment” and then looking for ways to avoid that stress – or better deal with that stress – in the future. This seminar is only available in the “shorter” version, from 15 minutes to an hour. If you wish a longer seminar, please see the “Mom-Defrazzler” or the “Perfectly Defrazzled Day” suggestions.

The 15-60 minute session simply walks the moms through the four steps of the “C.A.R.E.” system, giving them the tools and resources needed to deal with mothering stress as it arises.

Cost: Speaker fee: \$50.00 plus \$5.00 per person for expenses

Equipment: Banquet table across the front of the room.

Ideal for: Community Centres, Mom Groups, Church groups. This also works as a “keynote” type of presentation for a conference or special dinner/tea.

Darlene Hull
darlene@mom-defrazzler.com