



Seminar/Workshop/Speaker Details

A Perfectly Defrazzled Day

This interactive seminar uses stories from my own experience and journey in coping with motherhood stress. It helps moms see how to fit all of their various roles into a single day.

The 1.5 - 2 hour session: This is a very “dense” seminar walking moms through the various roles and responsibilities of the modern mom, and how to cope with those roles and plan them into her day.

Cost: Speaker fee of \$80 plus \$15.00 per person for expenses (a manual and some products to try)

Equipment: A white board, a lectern (a Manhasset music stand will do), and a small table (like a card table– preferably with an nice table cloth) near the lectern to hold supplies.

The half-day seminar will walk the mothers through a full day giving ideas and tips on how to manage the housework, care for her children, nurture her marriage, and take care of herself without overwhelm. No one will EVER live the perfect day, but this seminar will give plenty of ideas for making most days close to perfect.

Cost: Speaker fee of \$150 plus \$15.00 per person for expenses (a manual and some products to try)

Equipment: A white board, a lectern (a Manhasset music stand will do), and a small table (like a card table– preferably with an nice table cloth) near the lectern to hold supplies.

The whole day (or two day) seminar: This seminar is the same as above, but we will be taking much more time to try different activities, and get much more feedback from the moms on their specific issues and offer specific solutions.

Cost: Speaker fee of \$300/day plus \$15.00 per person for expenses (a manual and some products to try)

Equipment: A white board, a lectern (a Manhasset music stand will do), and a small table (like a card table– preferably with an nice table cloth) near the lectern to hold supplies.

Ideal for: Community Centres, Mom Groups, Church groups.

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