

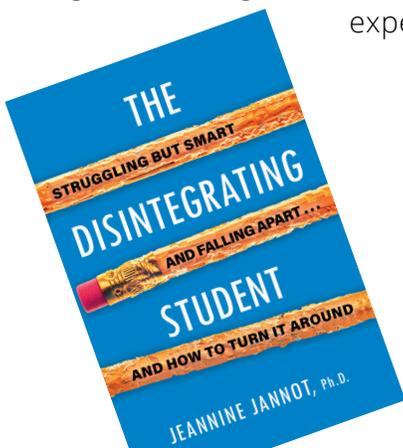


ABOUT

I am passionate about helping students and young adults be productive and well, in school and in life. I founded *The Balanced Student* in 2014 in response to the struggling students I encountered both in my college classrooms and in my own home. As a mother of three, I've experienced first-hand the challenges our children face today.

My concerns about the well-being of students began when I worked as a school psychologist, escalated as my children went through school, and peaked when I started teaching college. Through my coaching I've learned that there are many factors that cause students to struggle, some of which are not obvious to parents or educators.

I wrote *The Disintegrating Student: Struggling but Smart, Falling Apart, and How to Turn It Around* to provide an updated roadmap to navigate the daunting journey through today's high-stakes, high-stress education experience.



SPEAKER TOPICS

THE DISINTEGRATING STUDENT

- A frank discussion of how our current high-stakes academic culture is impacting our children, families and educators. This talk summarizes the issues detailed in *The Disintegrating Student: Struggling but Smart, Falling Apart, and How to Turn It Around* and addresses how parents and educators can identify the early signs of struggle and what they can do to help students thrive.

ADDITIONAL TOPICS

- Parent-Teen Communication
- Over-parenting: Control, Communication, & Collaboration
- Rethinking Stress
- Rethinking Productivity
- The Impact of Grit & Growth Mindset
- Teen Troubles: Sleep, Screen, & Stress
- The Keys to Student Success
- Stress, Motivation, & Procrastination

These topics can be customized for students, parents, educators, coaches and mental health professionals.

CLIENT LIST

- Fulton County Schools
- Mill Springs Academy
- King's Ridge Christian School
- Kiddie Academy
- National Charity League
- Young Men's Service League
- Hamzah Islamic Center
- Decatur Parent Network
- United Way Forsyth
- Acadia Healthcare
- CEU Creations
- Positively Female
- Fulton County Libraries
- Paragraphs Bookstore
- Islamic Speakers Bureau
- HECA

CONTACT

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