
The Overwhelmed No More! Book

Taking the best approaches that life coaching has to offer, this 197 page book teaches the secrets of:

- Time management
- Taking care of you
- De-cluttering your life
- Getting the help you need
- Avoiding getting stuck on impossibly high standards
- Keeping sight of yourself during times of crisis
- Cultivating joy and inner calmness—no matter how stressful your life may be

Book: \$19.95

The Overwhelmed No More! Newsletter

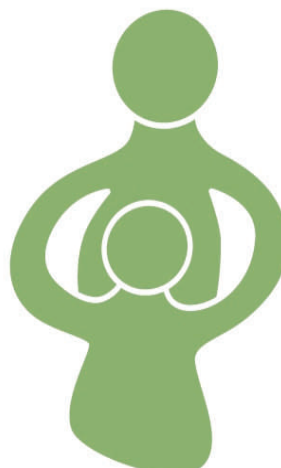
Each month, the Overwhelmed No More! Newsletter brings you practical tips and inspiring ideas to help you:

- Simplify your life
- Make time for your priorities
- Keep your life manageable during crisis times
- Not just survive, but thrive as a parent of a child with special needs

There are no costs associated with the newsletter.

Joan Celebi is a life-coach and mom of two children, one of whom has special needs. She's created the Overwhelmed No More! system specifically for parents whose lives are hectic and unpredictable. It's a step-by-step process that helps you:

- Simplify your life
- Make time for your priorities



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The Special Needs Parent Coach

Offering strategies for achieving
balanced living -
for the parents of children
with special needs

It takes extraordinary parents to care for children with special needs. Our tending of their early journey through life can tap our resources and can diminish our well being.

Let The Special Needs Parent Coach teach you the secrets of maintaining balance in your life, so that you preserve your inner peace and achieve stability within your family.

The Special Needs Parent Coach will give you direction and motivation by providing a thorough step-by-step process that will help you to attain harmony in your life.

Several training options are available:

- Individual Coaching
- Workshops
- Tele-seminars
- The Overwhelmed No More! Book
- The Overwhelmed No More! Newsletter – a free, monthly publication



Individual Coaching

One-on-one coaching with Joan Celebi, founder of The Special Needs Parent Coach, is offered in the *Overwhelmed No More! 9-Week Life Coaching Program*. In addition to the nine 45 minute session, participation includes:

- The *Overwhelmed No More!* E-book, 197 pages of articles, worksheets, and customizable action plans—a blueprint for achieving balance and harmony
- The convenience of phone sessions—you don't have to leave home
- Ongoing access to Joan Celebi through calls and email
- Motivation and momentum that far outlasts the nine weeks

Individual Coaching:

Three installments of \$277 each, or, prepay \$747, a 10% saving

Workshops

The *Overwhelmed No More! - Strategies for Balanced Living Workshop* focuses on creating harmony in your life, while meeting the demands of parenting a child with special needs.

Participants leave this two hour workshop with a customized action plan that they can start using right away.

Examples of participant comments:

“Joan really helps you gain perspective.”
“I got a lot out of it—
it's interactive, not a lecture.”
“This is going to make a big difference in my life.”
“Inspiring!”

Two Hour Workshop: \$147

Other workshops:

- Keeping Yourself in Sight
- Reclaiming the Joys of Parenting
- Surviving and Thriving Through Times of Transition
- What's Next? Especially for Mothers of Children with Special Needs

Teleclass

The *Overwhelmed No More! Teleclass* includes:

- Eight weekly teleclass live calls of one hour each
- The *Overwhelmed No More! Handbook*, which has over 150 pages of articles, worksheets, and customized action plans
- Small group size
- The convenience of calling from home
- The power of being among other parents who are facing similar challenges

If you are struggling with balancing your roles and responsibilities and you wish that you had more time to accomplish all you have to do, this teleclass can help. And, it will teach you strategies that guide you toward taking care of yourself, having more energy and less stress, and achieving control in your life.

Eight week teleclass: \$147
