



YOUR PASSPORT  
TO PARENTING



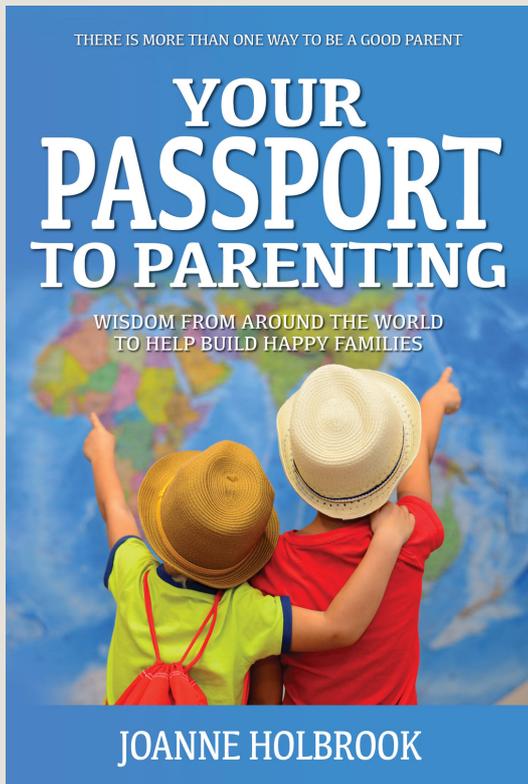
PARENTING AUTHOR, COACH, SPEAKER  
AND COURSE CREATOR

JOANNE HOLBROOK

# INTRODUCTION



Joanne Holbrook is a mother of two children and spouse to a United States Army Officer, who has lived and raised her family in South Africa, England, Germany, Australia, and across the United States. Born in South Africa and living half her life under the controlling Apartheid Government, she began to yearn for a better understanding of cultures outside her world. This experience, combined with the world travels that come with a military lifestyle, allowed Joanne to observe culture and parenting from multiple international perspectives and with a broader world view. She is an award winning author, professional keynote speaker, and parenting advocate, who through her friendships, book, and speaking events, and courses shares parenting stories to help build positive, values-based families around the world.



Available on Audible -  
Read by the author



# YOUR PASSPORT TO PARENTING

Wisdom from around the world  
to help build happy families



A three time award winning  
author who's book has been  
translated in two foreign  
languages

Your Passport to Parenting focuses on value-based parenting that creates meaningful bonds between you and your child while teaching your children to be kind, secure, and empathetic. Joanne reveals how to teach morals through stories rather than lectures, develop responsible independence, utilize extended family in your parenting while showing children how to care for others first, foster a respect for nature, and use positive language to enhance their self-esteem.

Joanne also provides a refreshing message that different ways of parenting can still provide desired results. She offers judgment-free advice, as well as ways to deal with those who may be judgmental about your parenting. Most of all, she will have you realizing that parenting can be as much fun as being a kid. Your Passport to Parenting will reinforce your sense that being a parent is the most important and best job in the world.

“Joanne Holbrook has provided what every other parenting book has long overlooked: that many ways exist to be a good parent, and just because you do things differently, doesn't mean you are doing them wrong. In Your Passport to Parenting, she provides tips from around the world about how to raise happy, well-behaved children without having to try to keep up with other parents. This is a breath of fresh air among parenting books.”

— Tyler R. Tichelaar, PhD and Award-Winning Author of When Teddy Came to Town, Michigan, USA



## JOANNE HOLBROOK

AWARD WINNING INTERNATIONAL AUTHOR

### *Taking Positive Parenting to A New Level*

#### POSSIBLE SPEAKING TOPICS

- Parenting with the end in mind
- Igniting your parenting spirit
- Communication in the home
- What successful parents have done around the world
- How to raise resilient children
- Boundaries and expectations
- Parenting on the same page
- The planning side of parenting
- Designing joy around your family
- Small things in the home can be big things
- Seeing the micro and macro sides of your family

Joanne has spent the last 16 years researching how parents around the world raise their children all while raising her own family on four different continents, five countries, and five U.S. States.

Joanne has consolidated these experiences into her award winning book "Your Passport to Parenting," online courses, speaking events, and workshops to help parents discover successful parenting techniques used around the world.

As a military spouse, a middle and high school performing arts teacher, and experienced parenting coach, Joanne assists parents in discovering hundreds of successful techniques and guides them to design their own unique parenting plan to bring happiness and joy into their home.

*There is more than one way to be a good parent*

Joanne Holbrook is ideal for your next conference as a speaker, audience motivator or workshop facilitator. She will create a profound experience to entertain, inspire, engage and instruct your audience through the complexities of parenting.

Her events, breakout groups, and presentations will leave your group uplifted, inspired, and ready to find the parenting joy they genuinely crave.

FOR MORE  
INFORMATION  
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# IGNITE

## Fire up your parenting spirit

Course, Workshop, Speaking Topic

I often hear parents speak about how they don't get a moment to think about their parenting. Parents spend years working on their education to become skilled at their jobs, but very few take the time to think, learn and plan for their families. Leaving parents to wing it daily, leading to overlooking of great opportunities during the critical years that can shape, connect and educate their children. We have a longer relationship with our adult children than we do with our young children. In the seven sessions of IGNITE, we put parents on the same page and show them how to create and nurture communication, solidify life long bonds, strengthen connections, and give parents a breath to enjoy the process.

This is done with easy, fun tools which can be implemented immediately in their unique family to bring joy in their homes.



808-304-2113

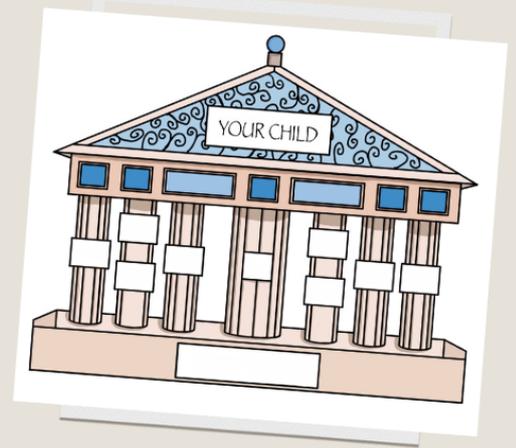
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*For more information contact Joanne*

Joanne Holbrook's IGNITE course was a breath of fresh air in a world of overwhelming parent pressure. I've taken other courses in my quest to be a better parent – and this is the first course I left feeling the changes I would be making would have a lasting benefit not only to my child, but my family as a whole. And as a busy mom, the commitment was so small (I could sneak the course in on my schedule), yet the positive impact is permanent! Joanne is a true "parent supporter" and the guidance she gives is invaluable.

A.Dawson - USA



Lets build your families pillars

## Why IGNITE?

### *Parenting with the end in mind*

Many parents don't take the time to plan what it is they want for their children and in-turn what they need to do now in order for the plan to materialize. In IGNITE we always work backwards – setting foundations for years to come.

### *Bringing in Positivity*

Parents often get bogged down with negativity in parenting. In this course we explore many different ways to look at how to create a positive environment. Positivity in the home is a mindset and it starts with the parents.

### *Creating life long bonds*

The bond you create with your children will be the foundation for the relationship you have with them as adults. Learn some tried and tested easy tools to ensure this bond.

### *Saving you time*

Between two to twelve is the most influential time of a parent in a child's life. Once that time is over you may have lost opportunities you cannot get back. Save yourself time, effort and set yourself up by planning ahead.

# MOTHERHOOD UNLEASHED

**Designed for the mother who wants more**

Course, Workshop, Speaking Topic

If you have ever said, "I just don't feel like myself anymore," or I just need a moment to do something for myself," or if you just feel like you are ticking over day in and day out, then this class is for you.

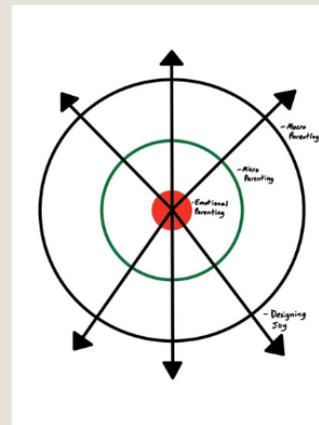
A tired, burnt-out mother does not enjoy parenting as much as one who has unleashed themselves as a person open to finding joy in every moment for years to come.

Motherhood Unleashed is a simple, four-session program that will guide you first to see where you are and then look at where you would like to be in the future.

In each session, we will look at a specific aspect of yourself in your family to bring clarity to your life. There will be prompted activities to think about or work on so you get the full effects of our time together.

It's time to elevate yourself to the importance level you are actually at in your family. Clear the way to not only like being a mom but also to love being a mom.

It's time to go from good to great!



## What our sessions include

### Session 1 - Macro Parenting

After the University of North Carolina found that there are two main causes on stress in people 1. Not having a plan 2. Not living mindfully. In this session we get a plan for the family in motion. We eliminate all the worries that cause families to feel insecure, and we look for blind spots which, if we had not taken this time we could not see. If a family is safe and secure from a big picture point of view, they are then able to spend time working on the daily efforts with more intention

### Session 2 - Micro Parenting

How often do we take the time to observe how we parent. Is everything you set up serving everyone? Are there things you could implement or remove to support you and your family more? This is a powerful session always full of AHA moments as parents give their home life the time it deserves. We look inside the snow globe of our lives, the side no one sees but us and we clean out. Old routines and beliefs and replace them with what feels timely and right to our family.

### Session 3 - Emotional Parenting

Parenting is emotional from the moment the first child is born. There are ups and downs. Times of high energy and times of complete depletion. What if there was a way to use these emotions and feelings that we often see as negative, as something productive and positive for everyone? Well, there is, I will show you how to parent from an authentic place within yourself that will have the family showing up and leave them feeling more supported and heard than ever before.

### Session 4 - Designing Joy

This session is a powerful time of self-reflection from a positive space. Taking all the points from session 1,2 and 3 we carve them out to fully see your life in your four walls as a place to not only build beautiful value based children. But also a place to be the parent you will be proud of – one, when you look back and think “that was an amazing time”. Through the gift of self-analysis and a clearer vision, we can create a loving, supportive, fun, safe home for your family for years to come.



*Joanne Holbrook*

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Feel free to contact me to see if this course is right for you or your organization

THANK YOU



## CONTACT

Feel free to contact me to discuss how I can support you.  
All courses and talks are tailorable to your audience.  
Please call or email for a quote.



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