

Speaking Engagements: Children Stress - Parents & Life Balance - Alternative Health

Invite Patricia Indigo Irwin to speak at your next event!

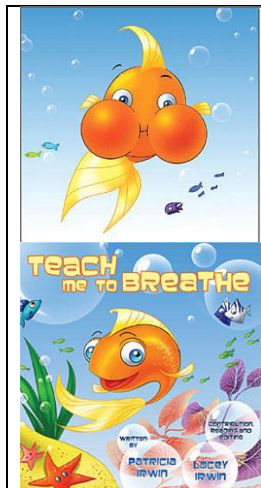
Parents – Grand Parents- Caregivers - Teachers ...

Use these 5 Easy, Fun and Free Techniques to Reduce Stress for your Child Catch Your Child's Stress Patterns before Medication is Needed!

- **Stress in Children** is Hitting **Never Seen before Highs!**
- **Stress** can begin early and can **escalate in Kindergarten!**
- Children learning how to achieve but not how to stop!
- Over-prescribing in children – antipsychotic drugs as young as 18 months and often doctors **are stacking powerful medications** for potentially preventable problems!
- Canadian Author reaches children through fun and colourful **“coaching style” books**

Patricia Indigo Irwin is a certified professional life coach and specialist in Balanced Achievement for Optimal Mental Health. Patricia is bringing life coaching skills to parents, caregivers, teachers and children – opening a conversation around the benefits of breathing slowly and deeply to combat the stress response.

I often coach college students or young adults in top managerial positions that struggle with self-worth when they allow themselves time to replenish their mind and body during high productive periods and so often they continue to achieve beyond exhaustion (their identity fixed tightly with achievement) The often end up in depression and can have suicidal thoughts. My hope is to catch our children BEFORE that becomes a problem.



Canadian Author and Life Coach Patricia Indigo Irwin is teaching children to slow down and breathe deeply with her funny and colourful book “Teach Me to Breathe” with professional illustrations, where children teach Jolly Jay the goldfish and his friends about breathing.

Parents have responded with surprise “My child does not know how to breathe effectively”!

Child's book <http://www.teachmetobreathe.com>



Patricia Indigo Irwin

Often Available for interviews with short notice - Timeless & Customizable Topics – Full Articles Available

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(2.00 from each sale is donated to Children's charities.)