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FAMILY ACTION NETWORK

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The Great Juggling Act: Balancing Life as a Parent Julie Morgenstern

Time-management and productivity specialist, and author of *Organizing from the Inside Out*, *Never Check Email in the Morning*, *SHED Your Stuff, Change Your Life*, and the brand-new *Time to Parent: Organizing Your Life to Bring Out the Best in Your Child and You*

Friday, November 8, 2019, 7:00 PM

**New Trier High School, Northfield Campus, Cornog Auditorium
7 Happ Rd., Northfield, IL 60093**

Presented by **Family Action Network (FAN)**,

in partnership with Beacon Academy, Countryside Day School, Family Service Center, Foundation 65, Glencoe D35, Glencoe PTO, Lake Forest Country Day School, Roycemore School, Science and Arts Academy, ServerCentral Turing Group, and the Wolcott School.

This event is **#freeandopentothepublic** and will not be recorded. Suitable for youth 12+. **INFO: familyactionnetwork.net**

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FOR IMMEDIATE RELEASE: JULIE MORGENSTERN

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Friday, November 8, 2019, 7:00 PM, The Great Juggling Act: Balancing Life as a Parent, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093.

Parenting is the biggest, most challenging and noble job in the world and yet, it comes without a manual. Job ambiguity leads parents to feeling stretched thin, unsure and guilty that whatever they are doing, they're neglecting something else. In her new book, *Time to Parent: Organizing Your Life to Bring Out the Best in Your Child and You*, time-management and productivity specialist **Julie Morgenstern** shares life changing ways to manage the conflicting priorities of the parenting years, while creating true quality time with your kids and time for yourself. Readers learn how all parenting time is not created equal, how much time kids really need (hint: less than you think), and that self-care is not only possible, but essential to being a good parent.

Full of anecdotes, good humor, and no judgement, Ms. Morgenstern offers an instructional manual that paves the way to a healthy balance between *raising* a human and *being* a human. Integrating 30 years of coaching and organizing parents around the globe, and extensive research into the science of human development, she will share insights and practical tips including: 1) A unique 8-part framework that organizes the job to bring out the best in your children and you; 2) How 5-15 minutes of undivided attention can transform your relationship with your kids, and yourself; 3) The hidden hurdles to self-care and how to overcome them to fuel ourselves and feel whole; and 4) The four most important skills a parent can develop to make the whole juggling act manageable.

Ms. Morgenstern is an organizing and productivity consultant, *New York Times* best-selling author, and speaker. For over 30 years, she has been teaching people all around the world and at all stages of life how to overcome disorganization to achieve their goals. Her mission is to help each individual design their own systems for managing time and space that feel natural and are easy to maintain. This "Inside Out" approach to organizing everything gives readers, listeners, and clients the energy and knowledge they need to get (and stay) organized.

Ms. Morgenstern's past clients include American Express, Hearst, HARPO, Deloitte, Microsoft, FedEx, GlaxoSmithKline, the NBC-Newsroom, the NYC Mayor's Office, Sony Music, State Farm Insurance, and Viacom/MTV. She has shared her expertise on countless TV and radio outlets, including *The Oprah Winfrey Show*, *CNN*, *The Rachael Ray Show*, *The Today Show*, and *Good Morning America*.

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