

# Welcome to **Everything's Possible, LLC**

## Certified Life Coaching > ADHD Coaching > Training

**Everything's Possible, LLC** - Providing positive outcomes and measurable value for individuals and groups that want to make a change.

**Life Coaching** – achieving your goals by:

- identifying what you want in your life and adding focus and clarity
- developing and implementing your plan so that you accomplish your goals
- creating space to identify, develop and utilize individual strengths
- providing opportunities to build personal and professional skills

all within the structure of a life coaching partnership leading to personal and professional success.

**ADHD Coaching** – providing additional information and expertise in ADHD education, ADHD Coaching and Executive Functions skills.

Areas addressed may include, however are not limited to:

- time management skills
- organizational strategies
- reminder systems
- social skill techniques
- motivational strategies

**Training** - offering educational coaching and training.

Possible topics include:

- Executive Function skills
- ADD/ADHD [Attention Deficit Hyperactivity Disorder]
- Parenting
- Homework Strategies
- Classroom Management
- College/Continuing education exploration
- Career Change

Please take a moment to explore these pages and discover that  
**Everything is Possible!**

**Everything's Possible, LLC** provides Certified Life Coaching, ADHD Coaching, Educational Coaching and Training services.

Janice Sawinski is the owner and president of  
**Everything's Possible, LLC** - a Professional Life Coaching business

I believe that everyone can live to their full potential and benefit from Life Coaching. I've consistently been an advocate for **all** and believe that **everything is possible**. I appreciate that Life Coaching is a **forward thinking** approach and is **always optimistic**. I consistently bring this value to my clients and many have said it's a **practical, results-driven, rewarding** and **energizing** process. Life Coaching provides an environment for **insight, clarity, and purpose** in addition to promoting personal and professional **success**.

I hold a Bachelors degree in child psychology from the **University of Minnesota**. After many years working in the educational system, I was inspired to further my own education at **Adler Graduate School**, completing their highly accredited **Life Coaching** Certification program.

My extensive training, professional and classroom experiences together with Life Coaching **strategies** and **techniques** have proven to be **highly effective** in taking the individual or group to the next level. **Life Coaching** is the **catalyst** for success and compliments traditional approaches. Life Coaching is not counseling, therapy or judgmental. I believe that **everyone** is creative, resourceful and whole.

**Everything's Possible, LLC** respects and holds the client's information with the highest degree of **confidentiality** and as a Certified Life Coach (Adler Graduate School) abides by the ethics and principles of the International Coaches Federation (ICF).

Thank you for considering **Everything's Possible, LLC** Life Coaching, ADHD Coaching, Educational Coaching and Training services for you, your family, special group or business.

I look forward to working with you! [Janice](#)

**Everything's Possible, LLC** Life Coaching takes the individual beyond where they typically stop when working on their own.

**Everything's Possible, LLC** provides a structure for you to focus on what you truly want in your life. Life Coaching will enhance your life and how you want to live it by providing a framework to accomplish personal, academic and professional goals.

Coaching with Janice at **Everything's Possible, LLC** is your opportunity to:

- determine what's important to you
- discover and define your goals
- realize your personal strengths and values
- provide strategies and actions to achieve your objectives
- be challenged and championed as you move forward in this highly effective process to reach your full potential.

Janice provides an accountability partnership in a fun and positive manner that encourages your success.

**Everything's Possible, LLC** Coaching focuses on any area of life, specializing in working with individuals who live with ADHD, their families, co-workers, educators and friends.

What do **you** want in your life?  
What's important to **you**?  
What would **you** like to achieve?  
Do **you** have what **you** need to succeed?

## Thinking about working with a Life Coach?

### What to look for:

- Certified Life Coach from an accredited Life Coaching program
- Additional and continuing education
- Coaching experience in the area of life important to you

### Questions to ask:

- What is your preferred method of coaching – phone, in person, etc.
- How long do you usually work with a client?
- What is a typical appointment like?

Janice Sawinski graduated from the University of Minnesota 1987 with a Bachelors degree in Child Psychology. Janice attended Adler Graduate School where she received her certification in Life Coaching in 2007. (Adler Graduate School is the only traditionally accredited graduate school in the Midwest that offers this Life Coach training.) While at Adler Graduate School, Janice completed graduate courses in ADHD Coaching and Education. Janice continually pursues advanced Life Coaching and ADHD educational opportunities in order to provide her clients with current information.

### Continuing education:

- Adler Graduate Course: ADHD Strategies – Susan Pye Brokaw – Summer 2007
- Adler Graduate Course: Approaches to ADHD – Experiential – Susan Pye Brokaw November 2008
- Adler Graduate School Workshops:
  - Parent Coaching – Tina Feigal
  - ADHD Strategies – Susan Pye Brokaw
  - Developing, Organizing and Leading and Adlerian based Parent Education group – Roger Ballou
  - Raising Kids Who Can Become Responsible, Self-Reliant, Resilient, Contributing Adults – Betty Lou Bettner, PhD
  - Effective Conflict Resolution Strategies: Helping Couples, Families, and Organizations – John Reardon, MA

### **Additional Workshops attended:**

- Transforming the Difficult Child: The Nurtured Heart Approach – Howard Glasser – April 2008
- National ADDA Conference – July 12, 2008 – Minneapolis, MN
- MACMH workshop – Practical Interventions to use with ODD, CD and ADHD – Charlene Myklebust, PsyD – Feb. 2009
- MACMH workshop – ADHD: Misdiagnosed; Misunderstood; and Mistreated – Dr. Gary Johnson – June 3, 2009
- Pacer Center – 4<sup>th</sup> Annual National Ted & Roberta Mann Foundation Symposium about Children and Young Adults with Mental Health & Learning Disabilities – Dr. Russell Barkley, Rick Lavoie, Dr. Susan Jenkins – Aug. 12, 2009
- Pacer Center - Parent Involvement Summit – Dr. Kathleen Hoover-Dempsey - Aug. 14, 2009
- Saturday Scholars – University of Minnesota – CEHD – Sept. 25, 2009
- Resolving the ADHD-Bipolar Disorder Conundrum in Children’s Mental Health – Gerald August, PhD – PrairieCare and University of MN Professional Education Series – Dec. 3, 2009
- MACMH - Supporting Behavioral Regulation with Responsive Interactive Strategies: The Play to Talk Protocol – Andy Paulson, PhD – Mar. 16, 2010
- Pacer Center – Transition Issues for Young Adults with ADHD – Norma Echavarria, MD and Matt Cohen – April 29, 2010.
- Prairie Care Workshop - Peter Jensen, MD. (Mayo) - Putting Science to Work: Applying Evidence Based skills with Unmanageable or Difficult to Reach Children and Teens – June 3, 2010
- Prairie Care Workshop - George Realmuto, MD - Best Practice Treatment of ADHD through Medical Home Model of Care Delivery, July 8, 2010.
- Saturday Scholars – University of Minnesota – CEHD – Nov. 6, 2010
- MACMH – Decrease Acting Out Behavior and Aggression by Fostering Self Regulation and Social Emotional Competence: MindUP Education - Charlene Myklebust, PsyD – Feb. 22, 2011
- Fraser – Asperger’s Syndrome: Considerations for Transition & Future Employment – Jody Van Ness & Joe Timmons, March 7, 2011
- Prairie Care Workshop – Joel Oberstar, MD – Bipolar and ADHD: Differentiation, Symptom Recognition, and Treatment Options, July 7, 2011
- MACMH - iBrain 2011: The Effect of Technology on Brain Development, Function, and Social Interaction, Dr. Gary Johnson, August 18, 2011
- Saturday Scholars – University of Minnesota – CEHD – Nov. 5, 2011
- Prairie Care Workshop – Lora Matz, LICSW – The Art and Science of Mindfulness in Mental Health: Deepening Your Experience in the Workplace and in Life – June 7, 2012
- Pacer Center – 7<sup>th</sup> Annual National Ted & Roberta Mann Foundation Symposium about Children and Young Adults with Mental Health & Learning Disabilities – August 6, 2012
- SEEDS of Early Literacy – Sherri Rutman – SLP Schools Staff Development – August 30, 2012
- Saturday Scholars – University of Minnesota – CEHD – Nov. 10, 2012

- SEEDS of Early Literacy – Kate Horst – SLP Schools Staff Development – April 30, 2013
- Fraser – Making and Keeping Friends: The Importance of Friendship Skills – Chris Bentley – May 16, 2013
- Prairie Care Education Series – Overview of DSM-IV – Joel V. Oberstar, MD – July 11, 2013
- Pacer Center 8<sup>th</sup> Annual Symposium – Dr. John Ratey - August 6, 2013
- MACMH – ADHD Update – Dr. Gary Johnson and Chris Bedford – August 21, 2013
- Saturday Scholars – University of Minnesota – CEHD – Nov. 2, 2013
- PrairieCare Workshop – Himanshu Agrawal, MD – Wiggly, Worried, Weird, Warrior – Common psychiatric conditions and how they manifest in the school setting – July 10, 2014
- Saturday Scholars – University of Minnesota – CEHD – Oct. 25, 2014
- Pacer Center – 10<sup>th</sup> Annual Symposium – Aug. 4, 2015
- MACMH Workshop – ADHD Update 2015 – Gary Johnson, PhD and Chris Bedford, PhD – Aug. 11, 2015
- MACMH Workshop – Communication-Based Strategies for Self-Regulation – Christina A. Wing, PhD – Jan. 28, 2016
- SPARC series – What is Early Childhood Mental Health – Marci Pluth – April 18, 2016

**Published articles:**

- MCA (Minnesota Coaches Association) Catalyst April 2008
- Children First Newsletter – Fall 2008
- MCA (Minnesota Coaches Association) Catalyst Oct. 2008
- MCA (Minnesota Coaches Association) Catalyst Dec. 2008
- MCA (Minnesota Coaches Association) Catalyst July 2009
- MCA (Minnesota Coaches Association) Catalyst Dec. 2009
- Chanhassen Villager Newspaper Oct. 2010

**Grant recipient** – St. Louis Park Public Schools Foundation Grant  
Achieve with ADHD – 9<sup>th</sup> Grade group (2008-2009)

- ADHD Education
- ADHD Strategies – learning style, tips, organization
- ADHD Support Group
- ADHD In-service – 9<sup>th</sup> grade teaching and counseling staff

**Grant recipient** – St. Louis Park Public Schools Foundation Grant  
Achieve with ADHD – 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grade Groups (2009-2010)

- ADHD Education and Coaching
- ADHD Strategies – learning style, tips, organization
- ADHD Support Group
- ADHD – after High School planning
- ADHD In-service - teaching and counseling staff

## **Groups:**

- Goal Setting, Motivation and Teamwork  
St. Louis Park Girls Varsity Sports Team  
St. Louis Park, MN
- 9<sup>th</sup> Grade ADHD Support Group (2007-2008)  
St. Louis Park High School  
St. Louis Park, MN

## **Workshops:**

- **Organization and Coaching**  
St. Andrew Lutheran Church  
Eden Prairie, MN
- **Organization and Coaching**  
St. Andrew Lutheran Church  
Chaska, MN
- **ADHD Parent Group**  
The Vitamin Shoppe  
Minneapolis, MN
- **Parenting Teens Through Transitions**  
LearningRX  
Chanhassen, MN
- **ADHD Parent Support Group**  
St. Thomas More School  
St. Paul, MN
- **Homework Strategies**  
Peter Hobart Elementary PTO  
St. Louis Park, MN

## **Classes:**

- ADHD - Strategies for Success  
St. Louis Park Community Education,  
St. Louis Park, MN
- ADHD - Strategies for Success – Parenting  
St. Louis Park Community Education,  
St. Louis Park, MN
- Homework Strategies that Work  
St. Louis Park Community Education,  
St. Louis Park, MN
- From Chaos to Cool, Calm, and Collected Kids  
Hopkins Community Education,  
Hopkins, MN
- ADHD - Strategies for Success – Parenting  
Hopkins Community Education,  
Hopkins, MN
- Making Your Intentions a Reality  
St. Louis Park Community Education,  
St. Louis Park, MN

- ADD/ADHD Strategies for Success – for parents and caregivers  
Anoka-Hennepin Community Education,  
Anoka, MN

### **Focus Coaching:**

- Individual ADHD Focus Coaching (Student and Adult options available)  
St. Louis Park Community Education,  
St. Louis Park, MN  
To learn more about this coaching option, visit: <http://slpcommunityed.com/>

### **Testimonials:**

Coaching with Janice has had a **profound effect** on my life. Since I began **coaching**, I have **found direction** for my life and now I am **following** my **dream**.

B. D. – Marketing/Fortune 500 Company

Janice has been a blessing to our family. She has given our entire family a place for our son's ADHD. Not only a place to discuss the challenges that come with ADHD, but a chance to **explore the gifts** that he has in order to find a **positive balance** in our lives. Her first hand knowledge of the **school system** has proven invaluable in giving advice on how to help educate the educator related to ADHD. Janice puts the **tools** directly in our son's hands, so that it becomes something outside of us, something outside of the school. We have a new saying at our house when we talk about handling certain ADHD related situations. "**What would Janice do?**" Janice has given our family hope and helped keep **smiles** on our faces through all of it.

K. Z. – Parent of middle school student and  
Accounting Manager - Advertising Agency

Janice is a **positive** and **energetic life coach**. She helped me to discover my interests, set **goals**, and follow through on those goals. Janice's consistent and measured encouragement was just what I needed to keep me **focused** and ultimately I landed where I wanted.

K. G. – High School Teacher

Working with Janice has been a delight. She is able to engage 9<sup>th</sup> grade boys which can be a difficult task for anyone! Janice is passionate about her field and working with students to give them the **tools** to be **successful**. She is able to convey her **energy** and excitement to kids of all abilities.

B. N. – High School Counselor – co-facilitated 9<sup>th</sup>  
grade ADHD Support Group with Janice

Janice's **coaching style** is like a gentle nudge in the right direction. She listens and knows just what questions will lead me to my own answer. Janice takes a situation I have been struggling with and helps me break it down to the steps I need to take to attain my **goal**.

K. K. B. – Administrative Assistant

I have gotten more confidence **coaching** with Janice and she has really helped me so far. Janice is very nice, makes things fun and she **genuinely** wants to help.

M. H. – High School sophomore

Janice has given my son some great strategies for decision-making, ways to **organize** and stay on top of things. Janice has given our family many **tools** to make life simpler and more organized. We have all taken away many valuable things to live life by. Everyone can **benefit** from **coaching**. People who do not have ADHD can also take away a lot of ideas to apply to their life.

P.S.H. – Parent of High School sophomore and Educational Assistant

ADHD Strategies for Success was a **great class** and for me, a wonderful **step toward** learning more about ADD and myself. I can't thank you enough.

N. H. – Community Education Class Participant

**Coaching** with Janice has **helped me** with a lot of things: I can be organized, I can manage my time, get homework done, remember my band lesson, take care of issues at school. **Life is easier.**

A.A. – 6<sup>th</sup> grade student

I want to thank Janice for introducing me to the **benefits** of having a Life Coach in my life. It's great to have someone that allows me to put the **focus** on myself in such a **positive** way. It's easy for my life to get pushed aside for the lives of my family and work. And though it's a very normal thing to have happen, it's wonderful that through our scheduled meetings and conversations I get pulled back to things I want and need to do for me. **Life coaching** also keeps me moving forward on things that I haven't done because maybe they're harder or unpleasant and easily put on the back burner. It's also wonderful to have the **encouragement** and **positive feedback**. I love the Wheel of Life and how it puts things into **perspective** for me. My experience coaching with Janice has been really great and I can see using her services on different levels for many years, be it for overall life issues or accomplishing very specific **goals**. Janice has already **helped me** do both.

D. D. N. – Small Business Owner

What I liked about **coaching** with Janice was her ability to accept where I was at; her support and **encouragement**; her challenges to me; her complete presence and attention; good pondering questions and her desire to take me to a larger place! Janice lets me be where I'm at and will gently nudge, if necessary. She always lets me determine the agenda. It's nice to have someone who can be a **supportive** partner.

J. E. C. – Curriculum Developer

Janice works with us as a **partner** to define the best way for our child to **succeed**.

J.K. – parent of Jr. High student



Thank you for being my **coach!** I really enjoyed it and it has **helped me** a lot with school.  
R.L.M. – 7<sup>th</sup> grade student

**Life Coaching/ADHD Coaching** - appointments may be conducted in person, via phone, Face Time or Skype with check-ins via e-mail and/or text message.

Please inquire about **single appointment** and **package pricing** available for coaching clients. Call **Janice** at **612-940-1109**

**Typical appointments:** 1<sup>st</sup> appointment may last one hour, subsequent meetings may be either 30 or 60 minute appointments depending upon the needs of the individual and/or group.

Looking for a **speaker** or **trainer** for your group or event?  
Please contact **Janice** for topics and a schedule.

Require a **facilitator** for educational or work related issues?  
Contact Janice at: [janice@everything-possible.com](mailto:janice@everything-possible.com)

**Everything's Possible, LLC** offers a practical approach for those who seek positive changes in their life.

Discover how **Everything's Possible, LLC** can be the **catalyst** to achieving your personal and professional **goals!**

Enjoy your day,  
Janice

