



a workshop
series for both
parents &
teens



presented by
Lewisville ISD Council of PTAs

Session one – Inner wisdom & self-care

Saturday, October 7, 2017

9 am - 11 am

Durham Middle School

2075 S Edmonds Ln

Lewisville, TX 75067

Save the date for upcoming workshops in the series

Saturday, December 2, 2017

Saturday, February 3, 2018

Saturday, April 2, 2018

all locations TBD

for more information on the event contact laurenjohnsonpta@gmail.com



Speaker Biographies



Erika Dietz

Erika Dietz founded Guru Academic Advising because she believes strongly in the power of higher education, and she wants to see students end up at schools where they will grow and thrive. Erika went to Claremont McKenna College, where she worked in admissions, and then pursued a Master of Education through Claremont Graduate University. She spent five years working as an English Language Arts teacher, first in Los Angeles then in Alexandria, Virginia. In her time as a teacher she helped to guide her own ambitious students through the hurdles and challenges of getting into competitive schools where they would be successful and happy.

In 2013, she relocated to the north Dallas area where she founded Guru Academic Advising, a comprehensive college counseling organization which has grown to encompass a team of four certified college counselors. Passionate about the power of not only higher education, but finding the right source of higher education, Erika's combination of admissions, teaching, and counseling experience have made Guru

Academic Advising one of the best college planning companies in the north Texas area. Erika is also an Associate Member of the [IECA](#), a selective professional organization for highly-qualified college counselors.



Kim Muench

Kim Muench is a Jai certified parent coach whose favorite population are the parents of preteens and older! She is passionate about educating, supporting and encouraging moms and dads to raise adolescents through hand-in-hand parenting. Kim guides her clients with compassion and without judgment into healthier, happier, more functional relationships.

With three decades of experience raising her own five unique kids, Kim is also a published author who began by writing about her parenting journey in 2011 with a memoir entitled *My Mothers Footprints: A Story of Faith, Calm, Courage, Patience and Grace*. Since then, Kim has been published on sites such as Suburban Parent Magazine (Dallas/Fort Worth), A Fine Parent, The Conscious Parent Blog, Sivana East, and The Huffington Post. She has a newspaper column in Denton County's *The Cross Timbers Gazette* called "Something to Muench on."

You can find out more about Kim's work in guiding parents and read her blog at www.reallifeparentguide.com.



Manu Shahi

Have you ever seen a student whose homework is always lost in the black hole of their backpack, bright students who ace their homework but consistently fail the test, those who lack executive functioning skills to stay on top of their work or the struggling learner who could benefit from 1 on 1 assistance? Manu helps students who struggle with academic confidence, motivation, and school-based anxiety.

Academic Life Coach and Speaker, Manu has 10+ years of progressive experience educating, mentoring, and coaching young adults and families. Prepared to coach teens and young adults on time management, academic life, and social interests, with an intense focus on discovering internal motivations and learning styles. Noted for the ability to create customized systems that lead to academic and life success. She has successfully led dozens of workshops, discussions, panels, and speeches for young adults, families, and business professionals.

With her coaching, students move forward with increased skills, self-awareness, and determination. Owner of a totally new concept of doing homework- Homework in a Café! She helps middle school kids with homework using executive soft skills.