

# Dr. Jeannine Jannot

RETHINKING OUR RELATIONSHIPS WITH  
OUR CHILDREN, SCHOOL, AND SUCCESS



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## SPEAKING TOPICS

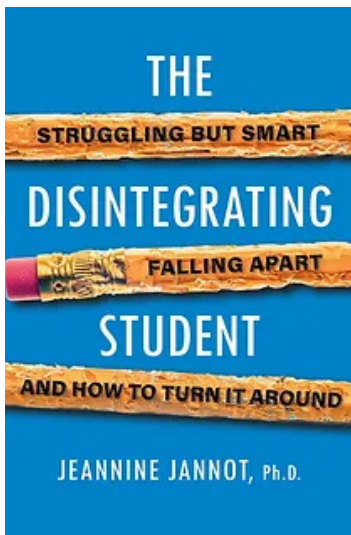
**The Pitfalls of Well-Intentioned Parenting**  
**Stress, Motivation & Procrastination**  
**Sleep, Screens, Stress**  
**Rethinking Productivity**  
**Rethinking Stress**  
**Building Trust & Connection**  
**The Disintegrating Student**  
**Raising Curious & Resilient Children**  
**Parenting in Today's Achievement Culture**  
**How to Talk to Kids About Achievement**

*All topics can be customized for students, parents, educators,  
coaches and mental health practitioners.*

## ABOUT JEANNINE

Dr. Jeannine Jannot has over 25 years of experience working with children, adolescents and young adults in both public and private school settings spanning preschool through college. Dr. Jannot has a master's degree in school psychology from The Ohio State University and a doctorate in child and developmental psychology from the University of Connecticut. Since 2010, Dr. Jannot has been a college instructor teaching psychology courses and freshman seminars.

HELPING YOU BE PRODUCTIVE & WELL FOR OVER 25 YEARS



## THE DISINTEGRATING STUDENT

Struggling but Smart, Falling Apart, and How to Turn it Around

You know your child is bright. Until recently, school was fine—easy, even. Yet suddenly, your student is struggling academically and emotionally.

Falling grades, scattered work, assignments not turned in or unfinished, outbursts and upheaval...what is going on? And how can you help?

Dr. Jeannine Jannot draws on over 25 years of experience in this empowering must-read for every parent of a struggling child. Packed with effective strategies and tools to help students reach their full potential in school and life, *The Disintegrating Student* offers a roadmap to navigate today's high-stress, high-stakes education experience.



# Do you feel like you have to micromanage your kids' lives because the stakes are too high if you don't?

## THE BALANCED STUDENT

In 2014, Dr. Jeannine Jannot founded **The Balanced Student** with a mission to help students increase academic productivity with an emphasis on physical and mental wellness.

**The Balanced Student** provides customized student and parent coaching to help students identify and achieve their goals.

Dr. Jannot helps middle school, high school & college students (and their parents) who feel overwhelmed and stressed by the pressures of their academic environment by sharing helpful insights and strategies needed to be productive and well.

## MEDIA

