



The Overwhelm Coach

Helping busy women, business owners & entrepreneurs to feel inspired and motivated to take their next steps to live less stressful, focused and successful lives.

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ABOUT JEANNETTE HAY

She is a Fine Artist, and Author of "Getting Out From Under, How to break free from stress and overwhelm to get the life you have always wanted".

Known as The Overwhelm Coach, Speaker, and Professional Organizer she is always available for interviews.

Her passion is helping busy business women to feel empowered and motivated using her simple proprietary methods to live a less stressful, more successful life.

For the past fifteen years Jeannette has coached hundreds of women to step beyond their comfort zone into a more fulfilling and focused life.

RAVE REVIEWS

"You'll get relevant and valuable information and have a few laughs at the same time. Her talks are very informative and motivational, and I can highly recommend her."

Uli Philps, Neat4Ever

"I have heard Jeannette speak and I highly recommend that you hear her too. She is warm, funny and very informative.

Check her out for yourself."

Charlene Day, Author and co-author of 11 books (6 international bestsellers),

SOCIAL MEDIA LINKS

Podcast Interviews: <http://www.gettingoutfromunderbook.com/media/my-podcast-with-sandra-meehan/>
<https://parkbench.com/blog/the-overwhelm-coach-consultants-mill-pond-richmond-hill-jeannette-hay>

TV: <http://ourventura.com/tag/jeannette-hay/>

Article: <http://www.candescentwomen.com/how-to-change-your-mindset-from-stressed-to-success-focused/>

Social Media: www.GetMeOrganized.ca
www.GettingOutFromUnderBook.com
www.linkedin.com/in/OverwhelmCoach
FB: <https://www.facebook.com/gettingoutfromunder>

TALKING TOPICS

The Secrets To Expanding Time

Eight out of ten Canadians feel overwhelmed, and that they don't have enough time to get everything done. Jeannette has solutions for this.

Breaking Through To Your Own Success

Understanding what unseen actions have held you back and what simple action can be taken to create rapid success.

