

Donald B. Grothoff

Keynote Speaker, Break Out Speaker, ADHD/ADD and OCD Specialist and Family Coach, Donald Grothoff, helps parents, teachers, educators, counselors and child therapist expand their knowledge of practical tools for helping children and themselves . He shares his extensive experience in dealing with anxiety, trauma, stress and lack of focus.



An enthusiastic, motivational speaker, Don's high energy, humorous programs and keynote talks have earned him respect and admiration from such groups as the National American Holistic Nurses Association, Holistic Health Network, National Association of Women Business and the Conscious Corporate Women.

Don has inspired thousands of child care givers (Parents, Teachers, etc...) throughout the U.S.. He brings timely, real-world wisdom and experience to child care giver audiences wanting to improve their child and their health and well being while undergoing constant change.

He now takes his enthusiasm and passion out to the world through speaking, writing and working one-on-one with familys, teachers, doctors, care givers and therapist to help them understand ADD/ADHD and OCD, their affects and how to resolve it. He has written an E-Book on his experience with his daughter titled: ***Trip to the Non-Sensical: A father's journey through his daughter's OCD*** now available on Amazon.

Partial list of where I speak	Topics I speak on
National American Holistic Nurses Charlotte Holistic Network National Association of Women Business Owners Conscious Corporate Women Sun City Mind, Body & Spirit Group – Indian Land, SC Rotary Club – Indian Trail, NC Rotary Club – Lake Norman Rotary Club – Ballantyne Charlotte Business Networking International Charlotte Separated or Divorce Support	<u>OCD Obsessive Compulsive Disorder</u> A disorder that can tear apart a family. In my talk I pass along stories, tools that can change lives and hope for kids, parents and families. <u>ADHD/ADD</u> Our minds are powerful and can help us control our lives. When the mind can't focus and is distracted it can become a tangled mess of anxiety, stress and fear. In my talk I share stories, tools that can bring back focus and hope for families.



For more information or to book Don to speak to your group visit:
Donald Grothoff
FocusedHealthyKids.com
FamilyOCD.com
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704-562-1630



What participants say:	
<p>When Don Grothoff came to present to our Mind Body and Spirit group in Sun City located in Fort Mill, South Carolina he brought with him extensive knowledge, a strong passion and a tasteful sense of humor for the subject matters he discusses.</p> <p>His lively, entertaining and informative talks kept us motivated to want to know more. Don has spoken to our group several times and is always receptively welcomed back for more.</p> <p>Regards</p> <p>Dee Hankins Speaker Coordinator Mind, Body and Spirit Group Sun City, Fort Mill, SC</p>	<p>Don spoke to our Holistic Health Network group, sponsored by the Holistic Nurses of Charlotte and also to the National American Holistic Nurses meeting this year.</p> <p>He was warm, personable, and he shared personal family experiences that led him to realize the importance of self-care for himself and his family.</p> <p>He was enthusiastic, energetic and passionate about what he does and explained how he had changed professions to do this current work.</p> <p>Belle Radenbaugh, RN President Carol Shea, RN Programs Holistic Health Network</p>

Talks includes:	Audience for my talks:
<ol style="list-style-type: none"> 1. Useful and knowledgeable information 2. Relevant stories and experiences 3. Hands-on experiences with tools used 4. Take home processes for healing 5. Enthusiasm and Fun 	<ul style="list-style-type: none"> Parents Physicians Therapist Counselors Teachers Support Groups Special Needs Practitioners Parent and Children Organizations



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