



Media Kit



JACKSON

There is no simple fix with a kiss to the forehead. Will Jackson learn to hear the chatter in his head and know what to do about it? Will love and hope prevail?

With unwavering empathy, Jackson is a bold and unforgettable story of a family navigating through the terrifying waters of mental illness. Jackson's battle to take control over his own mind and life portrays what millions of people are fighting around the world: Mental illness.

His mother, desperate to free him from his demons and desperation, faces her own turmoil and anguish, doing anything possible to save her son, through love and hope.



TAKING THE HELM

Join Lynn as the host of the podcast "Taking the Helm", now in its fourth year! Meet people from all walks of life who have faced crises head-on and now set their sails.

Guests are now speaking openly about children's emotional well-being and what we can do as adults to be proactive rather than reactive.

What do our children need to learn and experience before the age of 10 to have the tools and mindset they need in today's challenging world?



THE POWER OF THOUGHT

When children learn to manage their emotions at a young age, they can problem solve and find positive solutions to everyday situations. Teaching emotional vocabulary gives children the tools they need to build confidence in themselves and minimize their anxiety levels as they grow into adulthood.

"The Power of Thought" children's book series has been developed alongside clinicians, educators and parents to use as a proactive resource in teaching children emotional literacy.

LYNN IS AVAILABLE FOR:

- Podcasts by Invitation
- School/Community Events
- Interviews with Media
- Guest Speaker Engagements
- Workshops and Panel Discussions
- Book Signings
- Book Readings and Book Clubs in Person and Virtually

AUTHOR • SPEAKER • PODCAST HOST





WHAT PEOPLE ARE SAYING

Jackson, a bold and unforgettable story, follows a family's journey as they navigate the turbulent waters of mental illness.

Every parent wants the best for their child, and when something goes wrong, they find themselves grasping for any and all advice available. Canadian author Lynn McLaughlin, paints a loving, relatable and clear picture of the hurdles maneuvered by this family.

In this moving story, the honesty and beauty speak to McLaughlin's ability to weave an engrossing tale and to her unwavering empathy.

- MARY-ANNE MOUAWAD, MEd, BEd, BA

ABOUT LYNN MCLAUGHLIN

As a best-selling and award-winning author, Lynn has now teamed up with her niece, Amber Raymond, to co-author a children's book series titled, "The Power of Thought". Both are passionate about being proactive when it comes to children's mental health. When children learn to manage their emotions at a young age, they learn to problem-solve and find positive solutions to everyday situations.

Lynn's professional speaking experiences have been local, provincial, and international. She is passionate about children's emotional well-being and what we as adults must do to ensure our children have the skills, mindset, and strategies to be successful and happy in today's world.



Lynn McLaughlin has served in many roles as an educator ... Superintendent, Principal, Vice-Principal, Teacher, and Educational Consultant. In addition to her business, Lynn now teaches future Educational Assistants at her local College. She welcomes opportunities to interact with school and community organizations.

Dedicated to community causes, Lynn is a member of 100 Women Who Care Windsor/Essex and is a Rotarian. As a brain tumour survivor, she works tirelessly to support the goals of the Brain Tumour Foundation of Canada.

"The Power of Thought children's book series uses relatable and engaging stories to bring to life important and impactful coping skills. These books have the potential to be a powerful tool in supporting children with the development of emotional intelligence and psychological resilience. They are a unique and child-friendly way of demonstrating and teaching evidence-based strategies."

- JASMINE DEAN, PHD, C. PSYCH

JOIN US AS WE EMPOWER CHILDREN BY HELPING THEM DISCOVER THE ESSENTIAL STEPPING STONES THEY NEED TO STRENGTHEN THEIR EMOTIONAL WELL-BEING!



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**TAKE THE HELM
AND RIDE THE WAVES
TO CALMER WATERS**

**Cultivating confidence,
empathy, responsibility,
and self-awareness
in children so they can
regulate their emotions
in a positive way!**

LYNN
MCLAUGHLIN

