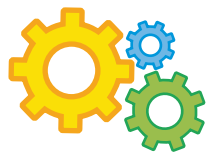
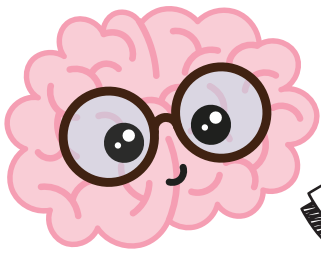
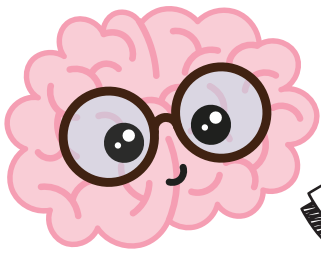
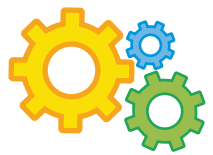


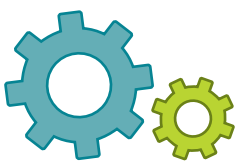
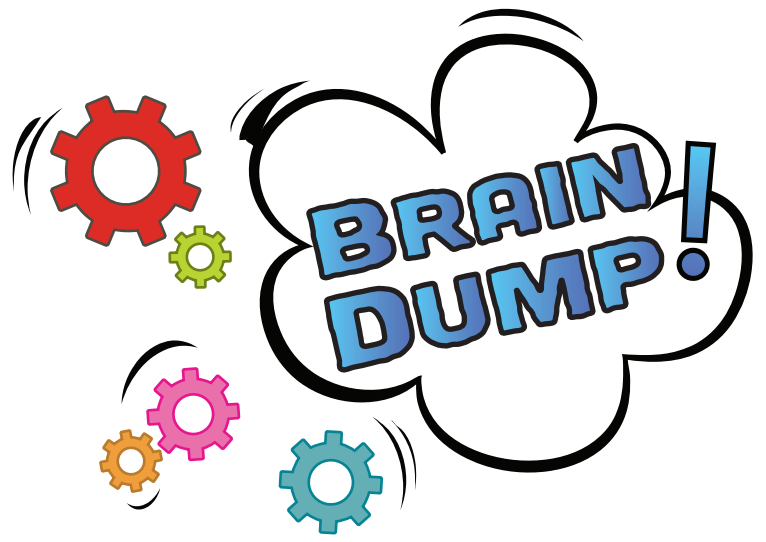
brain dump





A series of horizontal lines for writing, starting from the top right and extending down the page.





Brain Dump!



About Shannon



*Life can be a mess.
You don't have to be.*

Shannon Medisky is a teacher by trade, stress mitigation strategist by necessity, and soft skills educator by choice. Before becoming a mom, she taught hundreds of children as a teacher. Afterward, she taught herself how to maintain sanity and self while navigating life as a work-at-home mom and special needs parent. Shannon now shares anecdotes and helpful strategies to help people of all ages recognize, develop, and ultimately gain the soft skills they need to become their strongest selves, too.

To learn more and to download free resources, visit ShannonMedisky.com

Click an icon below to find me online:

