



# MICHELLE CHOAIRY

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Speaker | Child Advocate





Meet

## MICHELLE CHOAIRY

Together let's create  
the best life for our complex kid

Michelle Choairy is the Founder of \*Collective Wisdom for Complex Kids\*, a support group dedicated to helping mothers with children who have disabilities. As an international keynote speaker and advocate, Michelle is passionate about guiding families from confusion to clarity, empowering them to prioritize and strengthen their family dynamics.

Drawing from her personal experience as a mother to a special needs child, Michelle has partnered with respected organizations like Apraxia Kids, March of Dimes, and Special Olympics, raising over \$30K and making a substantial impact. Her background as a Certified Athletic Trainer and her experience in dance allow her to coach young children effectively while supporting families in managing the unique challenges they face.

Through Collective Wisdom for Complex Kids, Michelle has created a supportive community where mothers find understanding, resources, and a sense of empowerment as they navigate life with complex children.

### SIGNATURE TOPICS

Balancing Acts & High Fives:

*Mastering Family Life While  
Cheering for the Wins"*

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"Building Your Dream Team and  
Finding Balance:

*How to Advocate for Your Child and  
Take Care of Yourself"*

### LET'S WORK TOGETHER

Please feel free to contact  
me on any concerns or  
questions

✉ [info@wisdom4complexkids.com](mailto:info@wisdom4complexkids.com)

☎ 714-421-0155

🌐 [wisdom4complexkids.com](http://wisdom4complexkids.com)

## BALANCING ACTS & HIGH FIVES:

# MASTERING FAMILY LIFE WHILE CHEERING FOR THE WINS

### PROGRAM BIO

We all want to be rockstar moms, right?

But let's be honest, raising amazing children can feel like we're constantly fumbling in the dark. We desperately want the best for them, but the answers and support seem to be hidden! We're overwhelmed, unsure how to truly care for them, and advocating for their needs feels impossible. Maybe you've heard the well-meaning advice, "Oh, they'll grow out of it." But your mama gut knows better.

In this keynote, Michelle explores the delicate balance parents of complex kids must strike between caregiving, maintaining family relationships, and celebrating every small achievement along the way. Drawing from her personal experience, she provides a roadmap for parents to create a harmonious family dynamic while staying connected to their children, partners, and themselves. Michelle's message is clear: every small step forward is a win worth celebrating.



### Key Takeaways

At the Conclusion of This Presentation, Your Audience will walk away with:

- Finding Balance: Learn practical strategies to balance caregiving responsibilities with maintaining strong relationships within your family.
- FAMILY Communication Framework: A simple, effective tool to enhance communication with partners, children, and extended family to reduce friction and foster understanding.
- Celebrating Wins with the CELEBRATE Acronym: Empower parents to recognize and celebrate even the smallest progress, building resilience and positivity for both the child and parent.
- Self-Care as a Priority: Understand how self-care is essential in providing the best possible care for your child and your family.

## BUILDING YOUR DREAM TEAM AND FINDING BALANCE:

# HOW TO ADVOCATE FOR YOUR CHILD AND TAKE CARE OF YOURSELF

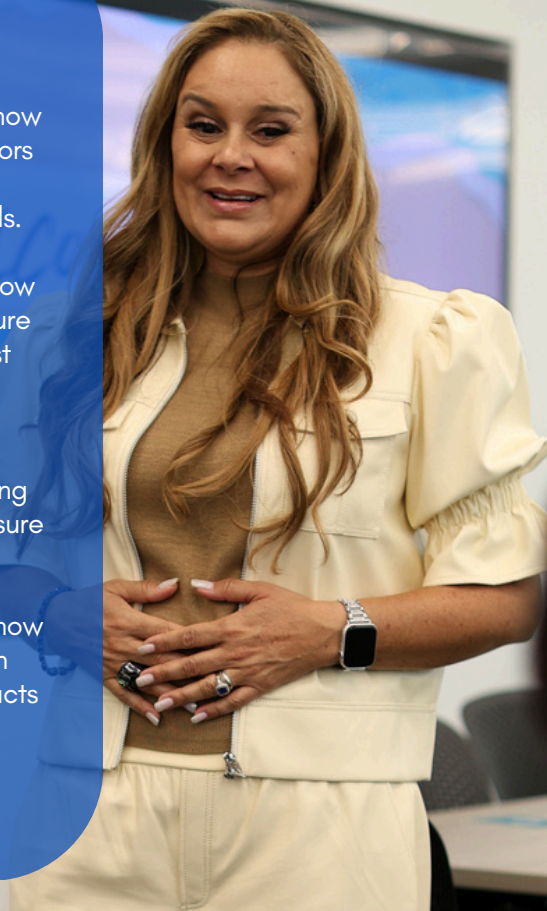
### PROGRAM BIO

In this keynote, Michelle Choairy shares her personal journey of building a comprehensive support team for her child with complex needs and teaches parents how to do the same. She offers practical advice on selecting the right doctors, therapists, and educators, while emphasizing the parent's role as the Team Captain. Michelle provides effective communication strategies, including her FAMILY framework, to help parents confidently advocate for their child's needs during IEP meetings, medical appointments, and therapy sessions.

Michelle also highlights the critical importance of self-care, reminding parents that nurturing themselves is key to being a strong advocate for their child. She shares actionable tips on how to incorporate self-care into daily routines, helping parents maintain balance and prevent burnout. This keynote empowers parents to build a cohesive, supportive team for their child while also taking care of their own well-being.

### *Key Takeaways*

- **Creating Your Child's Dream Team:** Learn how to build a team of professionals, from doctors to therapists and educators, that truly understands and supports your child's needs.
- **Your Role as the Team Captain:** Discover how to lead this team with confidence and ensure they are all working toward your child's best outcomes.
- **Effective Advocacy with the FAMILY Framework:** Master the art of communicating with professionals and educators to make sure your child gets the best care possible.
- **The Importance of Self-Care:** Understand how to balance your child's needs with your own well-being and how self-care directly impacts your effectiveness as an advocate.



# What Others are Saying



— Karen M.  
School District Administrator



"As an administrator, I've heard countless speakers, but Michelle Choairy stands out in a league of her own. She spoke to our district's educators and parents, and I was blown away by how she connected with everyone in the room. She gave parents practical steps to advocate for their kids, and our staff left with a deeper understanding of how to support complex families. Michelle doesn't just speak—she transforms the room with her insight, humor, and heart. She left us all inspired and equipped to make a real difference."



Carla De Conti

"I've known Michelle Choairy for many years and I'm excited to follow her in her new journey. She is truly wonderful! As a mother, she has fought for her son Drake with incredible strength, always seeking the best for him. She knows the paths to take to ensure he gets everything he deserves. Her posts provide guidance and comfort. Knowing there are others going through similar experiences is reassuring. The benefits of following her are undeniable. Don't miss the opportunity to feel included in this journey"



Bruna Smith

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"I just wanted to take a moment to express my deep appreciation for Michelle and all the incredible work she's been doing, especially over the past few months. She is an amazing speaker who truly inspires and touches my heart as a fellow mom. It's been such a privilege to follow her journey, and I've witnessed so much growth and seen firsthand the positive impact of her efforts. Getting to know her family on a personal level has only deepened my admiration for the dedication, energy, and commitment she pours into her work. Her project has already helped so many, and as her community continues to grow, it's clear the difference she's making in the lives of those around her. Michelle is truly an inspiration, and I feel incredibly fortunate to be part of this journey, learning from her experiences and wisdom."



## COMPANIES MICHELLE HAS WORKED WITH





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FEE SCHEDULE

## US, CANADA AND MEXICO

Local and virtual keynote	<b>\$2500</b>
60-90 Min Keynote	<b>\$5000</b>
Half Day (up to 4 hours)	<b>\$7500</b>

## NON-PROFIT AND EDUCATION

60-90 Min Keynote	<b>\$2000</b>
Half day (up to 4 hours)	<b>\$4000</b>

## IMPORTANT INFORMATION

Flat 25% discount for all Orange County, CA program are \$1500 travel buyout for airfare, ground and food for all US speaking engagements. Hotel to be booked and direct billed by client.

International engagements must include business class airfare, minimum of 2 nights hotel, ground transportation and food.

*Michelle Choairy*  
SPEAKER ADVOCATE



**HIRE**

*Michelle*

TO SPEAK AT YOUR NEXT EVENT



**CONTACT INFO**

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