

# Wendy Andersen

## Loving Life by Loving, Embracing and Redefining Normal

Although Wendy Andersen is an accomplished author, speaker, coach, and mentor, she is a wife and mother first. Having a special needs child taught Wendy the critical importance of setting up her world to fit the current expectations of her own family over those delivered by the expectations of others. For most of us, life doesn't go as we planned. It didn't for Wendy and her husband.

In less than 36 hours, their seemingly normal life was turned upside down when their oldest son was diagnosed with Tubercous Sclerosis Complex (TSC). When it happened, she and her husband chose to rise in love. They agreed to redefine normal with three broad actions—Loving, Embracing, and Redefining Normal Life.

Wendy's experience created a deep desire to redefine what normal looks like in her own life, and instilled in her a passion to help others Redefine Normal for themselves.

### Aligned Organizations for Wendy's Presentation

- Parenting groups
- Health and/or condition-related organizations
- Educators and schools serving special needs kids

Wendy Andersen lives her message of Redefining Normal, her own life experience with her family gives her the understanding and empathy to help other parents and families look at redefining normal in their own personal circumstances. She shares her own heart wrenching stories and then brings it right back to how to apply her lessons to your life and situation. You will walk away being inspired, having your perspective shifted and a new brighter hope for what is possible. She also provides tangible ways to make real lasting changes. Most importantly she helps you feel seen and heard and offers such beautiful support as you lean into your new normal.

- Chantelle

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## LEARNING TO REDEFINE NORMAL



Normal is traditionally defined by the expectations of others. However, most “others” don’t understand the intricacies of a special needs family.

Through her relatable, vibrant, and inspiring presentation, Wendy encourages families to redefine normal with these truths:

- **Get comfortable with being uncomfortable—that’s where growth happens**
- **Define what normal looks like for your family and situation—break free of external expectation, you know your family best**
- **Claim your power to make decisions and choices that support you and your family—it’s your life, make choices that work for you**
- **Adjust your expectations to fit your child and situation—understand that adjusting doesn’t mean lowering your standards**

**Wendy encourages participants to love and embrace their situation and teaches them how to find balance in their lives using some essential, and easily learned skills.** She will help you to identify and call in the best team to support your family (this includes educators and medical professionals)—you aren’t meant to do this alone. You will be able to deflect unsolicited advice knowing others mean well but don’t understand your situation—we can choose love, even when we may be angry. Learn simple ways to move from overwhelmed to grateful and through it all, learn to love your life by defining what normal is for you and your family.

*Creative, powerful and natural! Wendy’s expertise and experience offer valuable insight to her audiences of living a life with balance and purpose. She is charismatic, captivating, and compelling. A must see for your next event.*

*- Tracy*

*I am so glad I got to hear you speak. I needed to hear what you had to say because I felt alone for so long with the autism cloud in our lives. I think about everything in a different way. So, thanks for an inspiration.*

*- Teresa*

