

The Stepfamily Summit 2020

September 16 to 18

www.TheStepfamilySummit.com



Claudette Chenevert
Your Host



Naja Hall



Ron L. Deal



Christy Borgeld



Laura Petherbridge



Anna De Acosta



Tracy Poizner



Brenda Ockun



Ali Wilks



Craig Morgan



Heidi Farrell



Bobbi Wilcox



Lori & David Sims

Table of Contents

Welcome to The Stepfamily Summit 2020	2
Participating In The Summit.....	5
How To Use This Workbook To Help You Create The Life You Want	7
The Stepfamily Summit Schedule At A Glance	8
What I Really Want to Remember – Christy Borgeld	9
What I Really Want to Remember – Naja Hall	10
What I Really Want to Remember – Bobbi Wilcox	11
What I Really Want to Remember – Ron L. Deal	12
What I Really Want to Remember – Lori & David Sims	13
What I Really Want to Remember – Tracy Poizner	14
What I Really Want to Remember – Laura Petherbridge	15
What I Really Want to Remember – Heidi Farrell	16
What I Really Want to Remember – Brenda Ockun	17
What I Really Want to Remember – Anna De Acosta	18
What I Really Want to Remember – Craig Morgan	19
What I Really Want to Remember – Ali Wilks	20
What I Really Want to Remember – Claudette Chenevert	21
Putting It All Together	22
What Next?	23

Welcome to The Stepfamily Summit 2020

Hi and welcome to our first Stepfamily Summit.

I'm very excited and honored that you've taken time to be a part of our event. I know and realize that you have options of doing other things and attending other events. I'm glad you chose us.

2020 has been a really tough year for most of us. Covid-19 has impacted people around the world in different ways:

- loss of loved ones
- feelings of isolation
- loss of income and way of life
- changes in custody
- challenging conversations
- difficult decisions around school and visitations
- and not to mention health and wellness concerns

The impact of this pandemic has magnified our feelings of being alone, misunderstood, and unappreciated.

And now more recently, we're dealing with devastating fires in the western parts of the U.S.A. We're all going through various hardships, around the world.

One way that's helped us in dealing with the feelings and emotions we've had to face, was to get together with like-minded people, other stepparents, that get and understand what we're going through. Unfortunately, getting together in groups or attending live events is not an option for most of us this year. In-person events that had been on the agenda got cancelled because of coronavirus.

Holding a virtual summit for stepfamilies is needed now more than ever. We all need to find inspiration, motivation, and hope. And so, the theme of this year's summit is "building and creating stronger and healthier stepfamilies, one STEP at a time."

So what does that mean exactly?

A stronger and healthier stepfamily means we look for solutions to the problems we face, rather than avoiding issues in our home. We find the good in people in our lives rather than focus on the bad. A healthier stepfamily focuses on the long term rather than immediate gratification.

This doesn't mean we don't have issues or problems. It means we're willing to work towards finding positive ways in the growth and wellbeing of each member of our family. We also know and realize that this is a lifelong journey and not something we do once or twice, but continuously.

In case this is the first time we meet, let me introduce myself:

- I've been a mom for 37 years and a stepmom for 30
- Like most of the speakers here, my work started out of my own need to find answers and get help
- At 35, I went back to school and studied everything I could around stepfamily dynamics, communication, and conflict resolution, spending years researching and understanding what I was doing wrong and what I got right
- In 2006, I started my coaching practice. I've worked with hundreds of stepmoms over the years and touched the lives of thousands, all over the world.

You're not alone on this journey. We get you. We've got your back.

We kick off this year's summit on National Stepfamily Day, and yes, it's a real thing. You'll learn more about this special day from our first speaker.

Over the next three days, we have 13 Stepfamily Experts and Professionals with firsthand knowledge on what it's like to be in your shoes – as stepmoms, stepdads, partners, spouses to a stepparent as well working with stepfamilies. They bring their wisdom, knowledge, and experience to help you create the kind of stepfamily you want and desire.

Each day, you'll be able to listen and view four or five speakers for free for a period of 24 hours.

Along with the 13 presentations we have for you, there is this companion workbook to help you remember the key points from each presenter and their generous offers for you. Take a moment to familiarize yourself with it.

I understand there's a lot of information available on the web and well to be honest, not all of it is helpful or wise. In some cases, I've seen posts and articles that are destructive to the health and wellbeing of stepfamilies. It's easy to be overwhelmed with too much information which can lead you to not knowing where to start.

This is the purpose of this workbook - or guide - if you wish.

Under each presenter, you have plenty of room to jot down notes and your key takeaways and your next action steps. Believe me, this part will become your own personal roadmap into creating a stronger and healthier stepfamily, one STEP at a time. At the bottom of the page, you will have a link to their offer. I encourage you to check it out.

Included with your sign up and participation, you have access [to The Stepfamily Summit Facebook Private Group](#). Follow the link, click on the "join group" button.

You also have access to the Stepfamily Summit Online Platform. Check your inbox for your welcome email and login details to view the sessions.

My commitment to you is to offer you educational, informational, and high-quality resources, mixed with a bit of humor that you can use today and in the future. My goal is that you leave this summit feeling hopeful, validated, energized, but most importantly with new resources and skillsets that you'll be able to apply to your situation today.

I realize that you might not be able to listen to all 13 of our speakers. So here is my offer to you:

I want you to have access to a library of content that you'll be able to refer back to when you need it most. There are two upgrades that I want you to take advantage of today if you haven't already done that when you first signed-up.

- **Premium Bundle:** [Lifetime access to the audio replays of all the sessions.](#)
- **VIP Bundle:** [Lifetime access to the audio replays of all the sessions, lifetime access to all the video replays, PDF transcripts of all sessions PLUS high-value bonuses offers from the expert presenters](#) – that are only available with the VIP Bundle.

As you're listening to our speakers and like what you're hearing, remember that you can own the recordings and transcripts of your favorite presentation, not to mention all the extras that were generously offered by our speakers.

Now, take out your pen and workbook and be ready to be inspired and motivated in creating and building stronger and healthier stepfamilies, one STEP at a time.

Participating In The Summit

There are three ways to participate and digest the training we're offering.

- **FREE** – It's always great to know that you can get access to valuable training for free. Don't think for a minute though that we've skimped on the value. In fact, our speakers gave some of their best tips and strategies to help you on your stepfamily journey. Even if you only picked the free pass, you'll have **access to the videos for 24 hours before they disappear**. Included with your free pass is this workbook which includes additional information about each speaker, a brief description of their talk and a worksheet for you to use during the talk.

All have access to these generous offers made by our speakers:

- **Naja Hall** – [eBook: BLEND: The Business Of Blending](#) PLUS Discount to her membership (coupon inside her eBook)
 - **Bobbi Wilcox** - [FREE Guide to 5 Steps for Stepcouples to Reduce Stress](#)
 - **Ron L. Deal** - [A Guide to Building Love with the Five P's of Stepparenting, Ron Deal and Gary Chapman](#)
 - **Lori and David Sims** - [20% off your first month of Nacho Kids Academy](#) – Coupon Code – summit2020
 - **Tracy Poizner** - [Beyond Words: Using the 5 Love Languages to Get Through To Your Alienated Child](#)
 - **Laura Petherbridge** - [Seeking a Silent Night: Unwrapping a Stepfamily Christmas](#)
 - **Heidi Farrell** - [Ebook - How to Add a Baby to Your Stepfamily Without Letting Resentment Get in the Way](#)
 - **Brenda Ockun** - [30 Day FREE Trial to StepMom Magazine](#) (Includes access to the Private Group Forum) **PLUS 4 FREE Articles for Stepmoms**
 - **Anna De Acosta** - [22 Affirmations Freebie For Stepmoms](#)
 - **Craig Morgan** – [PDF Download of Ten Commandments for Blended Families](#)
 - **Ali Wilks** - [Script on How to Navigate Tough Conversations with your Spouse](#)
 - **Claudette Chenevert** - [BOUNDARIES: The Ultimate 5-Step Cheat Sheet To Help You Stop Walking On Eggshells and Reclaim Your Life](#) ACCESS Code – CC2020
- **Option 1:** Own the audio version of this series which included this workbook and the presenters' offers. (Available starting September 19, 2020)
 - **Option 2:** Upgrade to our special VIP bundle which includes everything in Option 1 PLUS the videos, the transcripts, AND special bonuses only available with this option. (Available starting September 19, 2020)

Only those who purchased the VIP bundle will have access to the following bonuses:

- **Anna De Acosta** - Meditation Album for Stepmoms
- **Brenda Ockun** - A Stepmom's Guide to Anxiety and Depression
- **Laura Petherbridge** - *How to Start A Support Group For Stepmoms*
- **Lori and David Sims** - 33 % off your first month of Nacho Kids Academy
- **Heidi Farrell** - 50% off 4-week group coaching session (Expires 12/31/20)
- **Bobbi Wilcox** - Webinar - Reducing Stepcouple Stress With 3 Simple Steps
- **Craig Morgan** - FREE Chapter of Building Blocks to Making the Family WHOLE Again
- **Tracy Poizner** - 90-minute Master Class entitled "Helping Your Child Cope With Toxic Parenting"
- **Ali Wilks**: Webinar: Confident Communication for Couples: Removing the Major RoadBlocks
- **Claudette Chenevert** - 1 Hour coaching session on the topic of your choice (one per VIP Bundle purchase)

How To Use This Workbook To Help You Create The Life You Want

This workbook will help transform your life and here's how.

Let's start with a bit of housekeeping

- Print out this workbook to help you take notes
- Mark your calendar with the time and dates of the speakers you wish to listen to
- Find a quiet place with minimum distraction, turning off any unnecessary bells, dings and popups on your mobile devices or your computer
- Sit back, relax, and keep an open mind as you listen to these stepfamily experts share their knowledge, information and resources help you create the life you want

Each interview was intentionally created to last between 30 to 40 minutes. I know and understand that you've busy with other things such as the step/kids, work, home, and life in general.

At the end of each day, go back to your notes and circle which takeaways was the most meaningful or impactful for you.

In the section, putting it all together, jot down what those takeaways were and any other thoughts or ideas that came to you during The Stepfamily Summit.

Decide and commit in taking ONE action from what you've learned here by writing it down on your paper and sharing in the [Facebook Group](#) or the Stepfamily Summit Online Platform. This is your very own guide and roadmap into creating the stepfamily and life you want.

As an additional bonus, download these two worksheets to help you decide where to start in making the changes needed to improve on your life.






- [Wheel of Life](#)
- [Personal Checklist](#)

Remember that change happens by taking small steps towards what you want most. Be gentle with yourself. Reward yourself when you need a break and know that you're not alone on this journey.

Be sure to join other like-minded stepmoms, stepdads and parents on the private [Facebook Group](#) and the Stepfamily Summit Online Platform for community support and encouragement.

The Stepfamily Summit Schedule At A Glance







Day 01 - Sept 16, 2020

 <p>9:00 AM EDT Claudette Chenevert Welcome To Day 01 Of The Summit</p>	 <p>9:15 AM EDT Christy Borgeld Celebrating Second Chances</p>	 <p>11:00 AM EDT Naja Hall Stepfamily Conflict And How To Fix It</p>	 <p>2:00 PM EDT Bobbi Wilcox 5 Steps You Can Take Today To Prevent Blended Family Stress From Overwhelming Your Marriage</p>	 <p>4:00 PM EDT Ron L. Deal 5 P's of Stepparenting</p>	 <p>4:45 PM EDT Claudette Chenevert Recap and Highlight Of The Day's Event.</p>
---	--	--	--	--	---

Day 02 - Sept 17, 2020

 <p>9:00 AM EDT Claudette Chenevert Welcome to Day 02 Of The Summit</p>	 <p>9:15 AM EDT Lori & David Sims Can You Ever Become A Real Family If They're "Nacho" Kids?</p>	 <p>11:00 AM EDT Tracy Poizner Brainwashed Or Gaslighted: How To Get Through To Your Alienated Child</p>	 <p>2:00 PM EDT Laura Petherbridge The Childless Stepmom – Overcoming The Social Stigma They Face</p>	 <p>4:00 PM EDT Heidi Farrell Is Resentment Stealing The Joy Of Adding An "Ours Baby" To Your Family?</p>	 <p>4:45 PM EDT Claudette Chenevert Recap And Highlight Of The Day's Event.</p>
---	--	--	---	---	---

Day 03 - Sept 18, 2020

 <p>9:00 AM EDT Claudette Chenevert Welcome to Day 03 Of The Summit</p>	 <p>9:15 AM EDT Brenda Ockun 10 Things ALL Stepmoms Need To Know</p>	 <p>11:00 AM EDT Anna De Acosta How To Help Your Stepkids By Putting Yourself First</p>	 <p>2:00 PM EDT Craig Morgan Insights From A Stepdad</p>	 <p>3:00 PM EDT Ali Wilks Practical Tips For Successfully Navigating The Toughest Conversations With Your Spouse</p>	 <p>4:00 PM EDT Claudette Chenevert Stop Walking On Eggshells And Reclaim Your Life</p>
---	--	---	--	--	---

4:45 PM EDT
Claudette Chenevert

Recap and Highlight Of The Day's Event



What I Really Want to Remember – Christy Borgeld

Speaker/Topic: Christy Borgeld – *National Stepfamily Day and Week – Celebrating Second Chances*

Date/Time: Sept 16 @ 9:15 am EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Christy's Website: <https://www.facebook.com/NationalStepfamilyDay/>

What I Really Want to Remember – Naja Hall

Speaker/Topic: Naja Hall - Stepfamily Conflict And How To Fix It

Date/Time: Sept 16 @ 11:00 am EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Naja's Website and Offer: <https://www.blendedandblack.com/>

FREE Offer: eBook: [BLEND: The Business Of Blending](#)

(Note: Naja added her eBook: BLEND: The Business Of Blending as part of this offer. Please look for the coupon code inside the eBook)

What I Really Want to Remember – Bobbi Wilcox

Speaker/Topic: Bobbi Wilcox - 3 Steps You Can Take Today To Prevent Blended Family Stress From Overwhelming Your Marriage

Date/Time: Sept 16 @ 2:00 EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Bobbi's Website and Offer: <https://www.blendedfamiliesunited.com/>

FREE Offer: [FREE Guide to 5 Steps for Stepouples to Reduce Stress](#)

Update for this VIP Bundle: Webinar - Reducing Stepouple Stress With 3 Simple Steps

What I Really Want to Remember – Ron L. Deal

Speaker/Topic: Ron L. Deal – 5 P's of Stepparenting

Date/Time: Sept 16 @ 4:00 pm EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Ron's Website and Offer: www.RonDeal.org & <https://smartstepfamilies.com/>

Free Offer: [A Guide to Building Love with the Five P's of Stepparenting, Ron Deal and Gary Chapman](#)

What I Really Want to Remember – Lori & David Sims

Speaker/Topic: Lori & David Sims - Can You Ever Become a Real Family if They're "Nacho" Kids?

Date/Time: Sept 17 @ 9:15 am EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Lori & David's Website and Offer: <https://www.nachokids.com> and <https://nachokidsacademy.com/>

FREE Offer 20% off your first month of Nacho Kids Academy – Coupon Code – summit2020

Upgrade For This VIP Bundle: 33 % off your first month of Nacho Kids Academy

What I Really Want to Remember – Tracy Poizner

Speaker/Topic: Tracy Poizner – Brainwashed or Gaslighted: How to Get Through to Your Alienated Child

Date/Time: Sept 17 @ 11:00 am EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Tracy's Website and Offer: <http://essentialstepmom.com/>

FREE Offer: [Beyond Words: Using the 5 Love Languages to Get Through To Your Alienated Child](#)

Upgrade for this VIP Bundle: Master Class: Child-Friendly Tools For Coping With A Toxic

What I Really Want to Remember – Laura Petherbridge

Speaker/Topic: Laura Petherbridge – The Childless Stepmom – Overcoming The Social Stigma They Face

Date/Time: Sept 17 @ 2:00 pm EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Laura's Website and Offer: www.TheSmartStepmom.com

Free Offer: [Seeking a Silent Night: Unwrapping a Stepfamily Christmas](#)

Upgrade for this VIP Bundle: *How to Start A Support Group For Stepmoms*

What I Really Want to Remember – Heidi Farrell

Speaker/Topic: Heidi Farrell – *Is Resentment Stealing The Joy Of Adding An “Ours Baby” To Your Family?*

Date/Time: Sept 17 @ 4:00 pm EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Heidi’s Website and Offer: <http://www.notjustastepmom.com>

FREE Offer: [Ebook - How to Add a Baby to Your Stepfamily Without Letting Resentment Get in the Way](#)

Upgrade for this VIP Bundle: 50% off 4-week group coaching session

What I Really Want to Remember – Brenda Ockun

Speaker/Topic: Brenda Ockun – *10 Things ALL Stepmoms Need to Know*

Date/Time: Sept 18 @ 9:15 am EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Brenda's Website and Offer: www.StepMomMagazine.com

FREE Offer: [30 Day FREE Trial to StepMom Magazine](#) (Includes access to the Private Group Forum)

PLUS [4 FREE Articles for Stepmoms](#)

Upgrade for this VIP Bundle: A Stepmom's Guide to Anxiety and Depression

What I Really Want to Remember – Anna De Acosta

Speaker/Topic: Anna De Acosta – How to Help Your Stepkids By Putting Yourself First

Date/Time: Sept 18 @ 11:00 am EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Anna's Website and Offer: <https://www.annadeacosta.com/>

FREE Offer: [22 Affirmations Freebie For Stepmoms](#)

Upgrade for this VIP Bundle: Meditation Album for Stepmoms

What I Really Want to Remember – Craig Morgan

Speaker/Topic: Craig Morgan – *Insights From A Stepdad*

Date/Time: Sept 18 @ 2:00 pm EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Craig's Website and Offer: <https://blendedtogether.org/>

FREE Offer: [PDF Download of Ten Commandments for Blended Families](#)

Upgrade for this VIP Bundle: FREE Chapter of Building Blocks to Making the Family WHOLE Again

What I Really Want to Remember – Ali Wilks

Speaker/Topic: Ali Wilks – *Practical Tips for Successfully Navigating The Toughest Conversations With Your Spouse*

Date/Time: Sept 18 @ 3:00 pm EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Ali's Website and Offer: <http://www.stepcoupling.com/>

FREE Offer: [Script on How to Navigate Tough Conversations with your Spouse](#)

Upgrade to VIP Bundle: Webinar: Confident Communication for Couples: Removing the Major RoadBlocks

What I Really Want to Remember – Claudette Chenevert

Speaker/Topic: Claudette Chenevert - *Stop Walking On Eggshells and Reclaim Your Life*

Date/Time: Sept 18 @ 4:00 pm EDT

Notes:



Takeaways:

-
-
-

Key Points that apply to me and my family:

-
-
-

Claudette's Website and Offer: <https://www.stepmomcoach.com>

FREE Offer: [BOUNDARIES: The Ultimate 5-Step Cheat Sheet To Help You Stop Walking On Eggshells and Reclaim Your Life](#) ACCESS Code – CC2020

Upgrade for this VIP Bundle: FREE 1 Hour coaching session on the topic of your choice (one per VIP Bundle purchase)

Putting It All Together

Now what to do with all the notes you took from this summit? Great questions.

Take a look at what stood out for you, any recurring themes that seem to repeat through the summit?

Pick ONE area that you feel you could tackle without feeling too overwhelmed. Relisten or review the speakers' messages that resonated the most with you. What is ONE thing that you can do today that will help you move towards your goal, your vision?

Write down that step. Be specific.

By when do you plan on completing this action step?

What might be some stumbling blocks you might encounter? Who can you ask for help? (remember to join the Facebook group or the Stepfamily Summit online platform to ask for support.)

What are some of the thoughts that are going through your mind at this moment? Are they supportive? Helpful? Negative?

When you've completed your action item, take the time to acknowledge yourself. Take a moment to validate your efforts. This is important.

When you're ready (but don't wait too long), set your next action item on your list and repeat the process.

Need help? Reach out to any or all of the speakers. They are trained and experienced in stepfamily issues and challenges. Don't wait until it's too late. The sooner you work on building and creating the stepfamily life you want, the sooner you'll feel peace and harmony in your home and life.

Warmly,
Claudette Chenevert
The Stepmom Coach

What Next?

Thank you for being a part of The Stepfamily Summit 2020

I want to also thank our speakers who participated in this event and for their offers and bonuses. Be sure to check out their offers. Information is in your handout.

Please fill out a short survey about the summit that you can find at
<https://thesteppfamilysummit.com/survey/>

We look forward in having you attend our next Stepfamily Summit next year.

Be well and stay safe.

Claudette Chenevert
Host of The Stepfamily Summit 2020

The Stepfamily Summit
2020