LIVING WELL

WITH FIBROMYALGIA

REAL PATIENTS, EXPERT ADVICE, PROVEN RESULTS

Imagine a life where fibromyalgia doesn't define you.

A life where pain and fatigue don't dictate every decision.

A life where hope and fulfillment are within reach.

VIP ACTION GUIDE

Bonus VIP Events — Mark Your Calendar!

As a VIP, you are eligible for bonus events that will happen on specific dates. We will record these, when possible, and include the recordings in your private podcast feed and VIP support group. Note that this will not be possible for some events, such as the film screening. Links to join these special events can be found in our VIP support group.

VIP Support Group

Through January 31st

Our private VIP support group on Facebook allows you to connect with Tami, our guest speakers, and fellow VIPs in a small, intimate setting. Ask questions and receive support in a positive, supportive community that truly understands you!

Exclusive VIP Zoom Session with Tami and Speakers

Thursday, January 23rd at 2 PM Pacific / 5 PM Eastern

Join Tami and our expert speakers, along with our other VIP members, for an exclusive VIP Zoom session! Ask questions, receive mini coaching, and get to know our expert speakers and other VIPs. This is your chance to connect personally and get tailored advice!

INVISIBLE Private Film Screening + Q&A with Director Nick Demos

Saturday, February 1st at 1 PM Pacific / 4 PM Eastern

Enjoy a live chat with filmmakers and fellow VIP attendees during a virtual screening of the fibromyalgia feature documentary, INVISIBLE. The screening will be followed by a Q&A session with Tami and Director Nick Demos.

Interactive LIVE Class with Tami

Tuesday, February 4th at 1 PM Pacific / 4 PM Eastern

As a VIP, you will get to vote on the topic of this live, interactive class where you will receive personalized action steps and experience firsthand one of Tami's training sessions.

Information given on this site should not be considered medical advice, nor is it intended to replace consulting with a qualified physician or other health care provider. Testimonials shown are actual students who have completed one of IFCI's training programs and are in no way a guarantee of results. Results quoted are either a) the actual results for that individual or b) average results for students who have completed the training. Since each individual and their medical situation is unique, results may vary.

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Welcome To Our VIP Summit Experience!

We are thrilled to have you join us to learn how to live well with fibromyalgia!

A fibromyalgia diagnosis doesn't have to define your life. There are many ways to improve symptoms and manage pain effectively.

Can we cure fibromyalgia? No, not yet. But it can be managed so well that it no longer controls your life!

How do we know this? Our guest speakers are real patients who have found ways to feel better. Some have even achieved remission, while others are making significant progress.

We've worked hard to create this summit experience for you. Get ready for engaging talks, interactive workshops, inspiring interviews, and special gifts. Enjoy every moment and remember, we're here to support you every step of the way in our exclusive VIP support group!

You will hear me say during the summit that simply listening to our talks won't change your life. What will make a difference is taking action on what you hear. This VIP Action Guide is designed to help you do just that. Inside, you'll find spaces to take notes, identify three key takeaways from each talk, reflect on what you've learned about yourself and fibromyalgia, and choose ONE new thing to try moving forward.

For those looking for even more personalized support, we're excited to offer a special coaching add-on. You can get three private coaching sessions with the coach of your choice for only $500. This is a fantastic opportunity to get tailored advice and guidance on your journey to wellness.

Here's to living WELL with fibromyalgia!

PS... I also want to remind you that the Free Gifts page closes February 14th. Be sure to grab your gifts before then!

Tami Stackelhouse

Summit Host

Tami Stackelhouse is an award-winning author, founder of the International Fibromyalgia Coaching Institute, and executive producer of the fibromyalgia documentary, INVISIBLE. Tami teaches fibromyalgia patients how to take back control of their lives and health using her signature Fibromyalgia Wellness Framework℠ — so they can break free from the prison their bodies have become and begin living lives they love.

FEATURED SPEAKERS

(All speakers are fibromyalgia survivors who have transformed their lives and now guide others to do the same.)

Dr. Robin Pfaff

Gisèle McDiarmid

Ann Garner

Micky Beaton

Kim Osborne

Deb Thompson

FEATURED SPEAKERS

Dr. Robin Pfaff

Dr. Robin Pfaff is a National Board Certified Health and Wellness Coach, Certified Fibromyalgia Coach®, and author of Living Your BEST Life with Fibromyalgia. As a licensed psychologist and professional counselor, she practiced psychotherapy for over 25 years, focusing on women's healing and transformation. Now, she helps women with fibromyalgia, especially those over 50, reclaim their health and purpose.

Having lived with fibromyalgia for nearly 30 years, Dr. Robin offers deep compassion and empathetic listening, guiding women to overcome chronic illness. She empowers them to revitalize their lives by uncovering hidden strengths, fostering post-traumatic growth, and finding meaningful ways to share their gifts with the world.

Gisèle McDiarmid

Gisèle is a Certified Fibromyalgia Coach®, Holistic Nutrition Coach, HCA-Registered Health Coach, and former neurology nurse with experience in both Canada and the USA, holding a BA in Psychology. Her background blends professional expertise with a personal 30-year journey of resilience and recovery. Having achieved remission from fibromyalgia, ME/CFS, and multiple chemical sensitivities, she understands firsthand the stress, isolation, and overwhelm women face while managing chronic illness and life's many demands. Through her compassionate and empowering approach, she helps women around the world reclaim their health, rediscover joy, and build a vibrant, fulfilling life that reflects their true potential and deepest desires.

Ann Garner

As a Fibro Family Coach and Life Coach living with her own fibro for over 24 years, Ann understands the challenges of balancing your own fibro, working, running a household, being a single mom of a teen with fibro, ME/CFS & POTS and helping an aging parent.

Together Ann will walk with you on your fibro journey, help you manage your day to day living and improve your life. She will help you find your voice, empower you to live your best fibro life! You are not alone on your fibro journey. Life can get better!

FEATURED SPEAKERS

Micky Beaton

Diagnosed 20 years ago, Micky spent many of them muddling through, searching for the answers that would help on a difficult yet deep and fulfilling journey to continue being self-sufficient and independent.

So in 2016, she certified as a Life Coach; in 2017, she obtained a Thanatology Diploma gaining a deeper understanding of the grief that accompanies health loss; and in 2018, she joined Tami's Advisor Course and then Coaching Program which became a game changer to radically improve her symptoms and change her career.

She now dedicates her time to help and support others who are struggling, sharing her knowledge gained through first-hand experience and training, focusing on mindset and self-care transformation with the firm belief these are essential for symptom relief and quality of life.

Kim Osborne

Kim lives outside Savannah, GA with her husband, Tim. They have grown children and get the joy of being Lolly & Papa to two beautiful granddaughters. Before her fibromyalgia diagnosis, Kim was the founder of a non-profit, Hope for Savannah, that worked alongside families of children diagnosed with cancer. Several years ago, she started a small wellness company, Turning North, to help others make small habit changes that promote a healthier lifestyle. Kim is a Certified Health Coach, yoga instructor, and currently training to be a Certified Fibromyalgia Coach®. Helping others has always been an important priority for Kim and coaching fibro clients helps to bring purpose to her own journey.

Deb Thompson

Deb is a Certified Fibromyalgia Coach® who empowers women with Fibromyalgia to live the life they want though one-to-one coaching. She is a mother and grandmother with 30 years experience as a teacher and has a Masters in Education. Deb fully understands the delicate balance of caring for family members, pursuing a career, and prioritizing personal well-being while living with fibromyalgia. She works especially with women who are chronically busy and overwhelmed with their responsibilities, often put themselves last, and prone to pushing through.

Welcome and Introduction

Tami Stackelhouse

Summit Host

Notes from today's talk:

Day 1
Breaking Free of Harsh Self-Criticism Through Mindful Self-Compassion

Dr. Robin Pfaff
Guest Speaker

Notes from today's talk:

Notes from today's interview:

Day 1 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 2

Understanding Multiple Chemical Sensitivities (MCS) in Fibromyalgia

Gisèle McDiarmid

Guest Speaker

Notes from today's talk:

Notes from today's interview:

Day 2 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 3

Navigating Life as a Fibro Mom: Managing Fibromyalgia While Raising a Chronically Ill Child

Ann Garner

Guest Speaker

Notes from today's talk:

Notes from today's interview:

Day 3 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

EMBRACE YOUR

fibromyalgia wellness style℠

Discover your unique Fibromyalgia Wellness Style℠ and unlock your natural strengths to reduce pain, boost energy, clear brain fog, and improve sleep in this exclusive science-based quiz.

Take control of your life and health with personalized guidance tailored to the unique needs of your Fibromyalgia Wellness Style℠!

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www.FibroQuiz.com

Day 4

Discover Your Fibromyalgia Wellness Style℠: Personalized Strategies for Better Health

Tami Stackelshouse

Host & Speaker

Notes from today's talk:

Notes from today's interview:

Day 4 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 5
The Transformative Power of Fibromyalgia Coaching

Tami Stackelshouse
Host & Speaker

Notes from today's talk:

Notes from today's interview:

Day 5 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Fibromyalgia pain getting in your way?

*Hackshaw, Kevin V., et al. "A pilot study of health and wellness coaching for fibromyalgia." BMC Muscoloskeletal Disorders 17.1 (2016): 457.

INTERNATIONAL FIBROMYALGIA COACHING INSTITUTE®

Research shows that the impact of pain on your life could virtually be cut in half by working with a coach.*

To find a Certified Fibromyalgia Coach® near you, visit FindAFibroCoach.com.

WWW. IFCINSTITUTE.COM

Day 6

Enhancing Fibromyalgia Treatment: The Crucial Role of Self-Care

Micky Beaton

Guest Speaker

Notes from today's talk:

Notes from today's interview:

Day 6 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 7

Fibro-Friendly Food Hacks: Simplifying Healthy Eating for Better Living

Kim Osborne

Guest Speaker

Notes from today's talk:

Notes from today's interview:

Day 7 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 8
Balancing Work and Fibromyalgia: Strategies for Success

Deb Thompson
Guest Speaker

Notes from today's talk:

Notes from today's interview:

Day 8 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 9

Managing Fibromyalgia Symptoms: Effective Strategies for Pain, Brain Fog, and Fatigue

Tami Stackelshouse

Host & Speaker

Notes from today's talk:

Notes from today's interview:

Day 9 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Day 10
Gentle Goal Setting for Fibromyalgia: Turning Insights Into Action

Tami Stackelshouse
Host & Speaker

Notes from today's talk:

Notes from today's interview:

Day 10 Reflection

1. What are three key takeaways from today?

2. What new things did you learn today?

3. What new things have you learned about yourself today?

4. How do you see yourself using this information?

5. What is ONE new thing you will try from today?

Use your fibromyalgia to help others

Want to make a difference in your community?

Consider becoming a Certified Fibromyalgia Coach® with the first exclusively fibromyalgia-focused coach training institute.

To see if you qualify, apply at IFCInstitute.com.

WWW. IFCINSTITUTE.COM

JOIN THE *Conversation*

TAKE BACK YOUR HEALTH AND
LIVE THE FIBRO LIFE YOU LOVE.

TUNE IN TO THE
FIBROMYALGIA PODCAST®!

In the Fibromyalgia Podcast®, Tami brings top fibromyalgia experts and advocates together with her own expertise, creating a virtual dream team in a talk radio format.

Subscribe and listen for free online at **FibromyalgiaPodcast.com**
Also available in your favorite podcast app

THERE IS SO MUCH THAT CAN BE DONE TO TREAT FIBROMYALGIA.

YOU CAN FEEL BETTER!

Keep in touch!
You can reach us via email at:
admissions@ifcinstitute.com