



## Roger Smith, MD

AUTHOR, PRESENTER,  
PODCASTER

WORKSHOP SESSIONS

Focused on  
"Helping families thrive!"

[rogersmithmd.com](http://rogersmithmd.com)

# Dr. Roger & Jan Smith



The Smiths currently serve on the board for the National Alliance of Christian Home Education Leaders.

**Educational Commitment:** The Smiths are strong advocates for parents being involved in the education of their children. They chose to homeschool, finding it fostered deep family connections and a love for lifelong learning.

**Community Involvement:** They have dedicated themselves to various leadership roles in community organizations, such as 4-H, Boy Scouts, church, and local civic groups, showcasing their commitment to service.

**Family Focus:** Their four adult children are their greatest accomplishment, and the relationships they share are evidence of their commitment to family.

**Mentorship and Leadership:** Roger and Jan actively mentor in their church and community, as well as teach leadership across the country to groups of leaders.

**Content Creation and Outreach:** Roger, a published author, produces educational content through a video blog and podcast, focusing on parenting and family dynamics to inspire and support others.

## WORKSHOP SESSIONS

### Sessions by Roger & Jan jointly

#### Keynotes

- 3 Keys to Success in Homeschooling
- Maximizing Growth of Children in Your Home
- Transitioning from Controlling to Influencing Your Children
- Discipline That Draws Children Closer
- Inspiring Your Children to Be Great
- Discipleship at Home. Renewing Your Purpose.
- Prescription for a Healthy Marriage
- Fostering an Adventurous Spirit
- Help! The High School Years Are Coming!
- Managing the Relationship When a Child Chooses a “Different” Path
- Losing Control? Start Building Influence! ---Parenting Teens and Tweens
- Resolving Conflict in the Home

### Sessions by Roger Smith

- Dad’s Essential Role
- Tending to your Child’s Emotional Health
- Preparing Your Child to Face Foes

### Sessions by Jan Smith

- Managing Fear in the Midst of Chaos
- In Over My Head! What Was I Thinking?
- Is There a Different Way? Help Me Know My Options.
- What’s Next for Me After Graduating My Kids?
- 5 Ways to Increase Your Impact



# Leadership Topics



- The Power of Motivation
- Leading from Any Position
- Leading Through Change in Times of Uncertainty
- Ready! Set! Launch!—Taxiing for a Successful Takeoff!
- Passing the Baton to Emerging Leaders



“Great leaders don’t use people to win; they lead people so everyone can win together.”

# Bios

## 200 word Bio for Roger and Jan Smith

Roger and Jan Smith from Louisiana, married in college before entering medical school and beginning their family. Roger practices Internal Medicine and Pediatrics in a small community, while Jan runs the family businesses and horse farm.

The Smith's feel that their four adult children are their greatest accomplishment. Choosing to homeschool from the very start, and continuing through high school, the Smiths say this made all the difference in their family. The strong relationship the children share with one another and with their parents show the grace of God, and that homeschooling is worth the investment of time and energy.

Roger and Jan address groups about marriage, family, homeschooling, and leadership—things they have made a life study. Both Roger and Jan have been mentors at a local faith-based substance abuse program and at their church, and they are committed to a life of hospitality.

Roger is author of Parenting with Influence, has a weekly video blog on parenting (YouTube and Facebook @ParentingMattersNow), and has a podcast, Parenting Matters Now, that airs three times weekly, sharing parenting tips “a few minutes at a time.”

The Smiths currently serve on the board for the National Alliance of Christian Home Education Leaders.

## Bio Full Length (300 words)

Roger and Jan Smith, of Gilbert, Louisiana, were married in their college years at Louisiana Tech University before entering medical school where they began their family. After 4 years, of medical residency in Kentucky, they returned to Louisiana where Roger began his medical practice in Internal Medicine and Pediatrics. He continues medical practice, while Jan runs the family businesses and horse farm.

The Smith's feel that their four adult children are their greatest accomplishment. Choosing to homeschool from the very start, and continuing through high school, the Smiths feel that this made all the difference in their family. The strong relationship the children share with one another and with their parents show the grace of God, and that homeschooling is worth the investment of time and energy.

Roger and Jan address groups about marriage, family, homeschooling, and leadership. Learning to lead in home, family, and community has been a life study for the Smiths. They have served in leadership roles in numerous organizations (4-H, Boy Scouts, Homeschool Speech and Debate, Homeschool Louisiana, and the Chamber of Commerce) over the last 30 years. Both Roger and Jan have been mentors at a local faith-based substance abuse program and at their church.

Though their home now is referred to as an “empty nest,” it is often filled with guests, because they see their home as the center of their service and ministry to others. It is there that they find great pleasure in serving others and inspiring them to a deeper walk with their Lord, and a richer relationship with others.

Roger is author of Parenting with Influence, has a weekly video blog on parenting (YouTube and Facebook @ParentingMattersNow), and has a podcast, Parenting Matters Now, that airs three times weekly, sharing parenting tips “a few minutes at a time.”

Roger and Jan serve on the board for the National Alliance of Christian Home Education Leaders.

## Jan Smith bio:

Jan Smith loves people and speaks straight to the heart! She is mother of 4 adult children, manager of the family farm and businesses, and mentor of many young moms. Jan began homeschooling in 1989 in rural Louisiana where no one had heard of homeschooling. After 2 other families joined her, she began a 3-family co-op. Learning together at home was key to the strong family relationships the Smiths experience today. Upon graduation from homeschool, all 4 children completed university studies on scholarships. Because of the positive impact on family relationships, she works to protect freedom to home educate for future generations through her leadership on her state and national homeschool organizations, as well as by equipping others through speaking at conferences. She also loves teaching God's word at women's events. Jan mentors young mothers in her community through a weekly Bible study and monthly parties in her home for the couples. Playing keyboard at church, reading to the grandchildren, riding horses, and growing flowers and vegetables keep her life after homeschooling far from empty.

## Roger Bio:

Dr. Roger Smith, author of *Parenting with Influence*, is a primary care physician in rural Louisiana where he oversees the medical care delivered in four small town clinics. He is board certified in Internal Medicine and Pediatrics, and has a special interest the relationships in the home and community. His vlog, *Parenting Matters Now*, can be found on YouTube, Facebook, and [RogerSmithMD.com](http://RogerSmithMD.com). Dr. Smith speaks on parenting, marriage, education, and leadership, and offers parenting tips through his podcast, *Parenting Matters Now*.

Over the last 25 years, Dr. Smith has served in leadership roles in numerous organizations, including 4-H, Boy Scouts, Homeschool Speech and Debate, and the Chamber of Commerce, and has been a mentor at a local faith-based substance abuse program. He currently serves on the board of his state and national homeschool organizations

Dr. Smith, influenced by science education, spiritual teachings, psychosocial research, and personal experience, delivers insights with southern flare, applied with common sense.



“ In times of uncertainty, clear and frequent communication is the cornerstone of strength and stability. ”

# Sessions by Roger and Jan Jointly

## 3 Keys to Success in Homeschooling (keynote)

Unlock the door to feeling successful in your homeschooling journey. Often times we try extremely hard, but sense no progress. The 3 keys can help you move forward to achieve a sense of accomplishment. Don't worry! These simple truths will help you open the doors to less fear and more victory for both you and your children

## Maximizing Growth of Children in Your Home (keynote)

How are your children growing toward adulthood? Children have essential needs that enable them to grow up, and it is our job to help meet those needs. This session will identify the core needs that must be met to provide optimal growth toward maturity, and the Smiths will discuss how we, as parents, can effectively meet those needs. Home is the place where children grow the most. Be inspired to change your home environment resulting in a better outcome for all. Handout included.

## Transitioning from Controlling to Influencing Your Children (keynote)

Have you ever said, "My kids are out of control!?" The Smiths will show you why it is not such a bad thing, and will even encourage you to transfer more control for the good of the children, and for your own sanity. Though this is not a new idea, the way of thinking about it is foreign to most people. Having raised 4 children to lead productive lives as adults, the Smiths bring real-life stories from their past to illustrate both good and bad approaches to control in the family. You will be encouraged, and you will be inspired.

## Discipline That Draws Children Closer (keynote)

Conflict with our children can cause a great gulf between us. Discipline in the home is a must, but it need not create tension between us and our children. The Smiths will share how Biblical discipline is often misapplied, but more importantly, how we can pattern our family discipline after that of our Heavenly Father. Stories of parents doing it well will empower you to make needed adjustments in your approach to discipline.

## Inspiring Your Children to Be Great (keynote)

Children are dreamers from birth, but education seems to take it out of them, according to research. The Smiths will share ways that you can bring to life their ability to dream big, and to pursue their dreams. We all need to be inspired to be great, but it is your job to inspire your children to become something bigger than they are today. Gather ideas from this session that will help you be more inspirational. But be careful, your children may take you places that will stretch you.

## Discipleship at Home. Renewing Your Purpose. (keynote)

Preparing your children for success means giving them the best part of you, and that doesn't happen by accident. A combination of deciding what you think is important and discovering ways to clearly and effectively communicate it is core to discipling your children. The Smiths will share ideas for ways you can communicate your family values. Additionally, a key concept for establishing goals for each child will be shared from scripture, . . . and it could be a game changer!

## Prescription for a Healthy Marriage

If the children are the glue holding your marriage together, you are on the path to divorce. A healthy marriage has characteristics that lead to a thriving home. Bringing 43 years of experience in marriage to bear on the subject, the Smiths recognize that some stages are harder than others, while it is never too late to improve the health of the relationship. The Smiths will share several tools that can help to restore or invigorate a marriage in a busy home where no one seems to have any extra time. Leave this session with one or more ideas to make an immediate difference.

## Fostering an Adventurous Spirit

Having watched their children approach life with gusto, sensing few boundaries, the Smiths will share some of the things they think made it possible for their children to think outside the box, and live like it! Stories from others they know, and examples from scripture will be used to help make the ideas and approaches applicable to your home. We all want our children to be brave. This session will examine what that may look like in its development.

## Help! The High School Years Are Coming!

Many parents are confident managing decisions and educational choices through the middle school years, but shake with fear when looking ahead to the high school years. The issues do seem to have greater consequences, but Dr. Smith will show a mindset and approach that can energize you to make them the best years. Your emerging adults can become the one who praises you, instead of being your greatest critic. Together, you can not only save tons of money, but you can launch your teen to find own purpose.

## Managing the Relationship When a Child Chooses a “Different” Path

Having a child adopt a different persuasion can create a major strain on the relationship, especially if it is a matter of faith or values. The Smiths learned and lived many lessons in repairing and deepening a relationship with a child who is now very close to them. Interact with Roger and Jan about principles they have discovered regarding relationships with adult children and ways to avoid pitfalls.



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## Losing Control? Start Building Influence ---Parenting Teens and Tweens

We learn parenting skills when our children are small, but those skills are useless, even detrimental in the teen years. Learn from Dr. Smith, and his wife, Jan, how understanding child development will affect the relationship with your child, and how it should guide your parenting. They will share practical ways to move from a control-mindset to one of influence that will foster closeness in your relationship.

## Resolving Conflict in the Home

Communication patterns open, or close, the door to connectedness. Conflict is a normal part of every relationship, yet healthy conflict resolution is not common. Simple principles help us develop this skill that can be learned. This session will review some of the basic communication principles that are foundational to successful conflict resolution.

# Sessions by Roger

## Dad's Essential Role

What's a dad to do? In a busy home, dads often find themselves being dragged along in all the activity involving the children. But can it be another way? The influence of the father can be the thing that helps all the activity stay on course. Dr. Smith will share ways he and others have made significant contributions to the home in the midst of a busy career. This session will not be an attempt to produce guilt about failures, but will offer solutions and hope for increasing the influence of dad in the home, resulting in everyone being more happy.

## Tending to your Child's Emotional Health

Learn from pediatrician, Dr. Roger Smith, how stress and trauma affects a child's ability to learn and perform. Research on stress has yielded a better understanding of the biochemical and neurologic responses we see as "behavior." Parents can tap into this research to better guide their child through life's stresses. This session will review both the science and the social impact of emotions in the context of a Biblical worldview. Dr. Smith will transform scientific gobbledygook into layman's language with tangible application.

## Preparing Your Child to Face Foes

Bullies get too much attention. Foes take many forms, and we can help our children prepare to be resilient in the face of opposition or attacks. Understanding the mental and emotional needs of your child can help you equip them to be resilient in the face of difficulties, whether it be bullies or challenges. Children of all ages can be trained to face foes with strength and character, managing the fear that goes with it. Dr. Smith will discuss strategies for equipping your child, and yourself.



# Sessions by Jan

## Managing Fear in the Midst of Chaos

Fear can paralyze us in the pursuit of something good. Even avoiding fear does not eliminate it, so we must attack it a different way. In this session, Jan will share practical ways that we can manage the fear that arises and the chaos that accompanies it. A bit of humor will shed light on the fact that some of our fears are imagined, while other real issues escape our notice. Some time-tested tips offered here may help with the fear, even if the chaos remains.

## In Over My Head! What Was I Thinking?

Often falling on the heels of making a bold decision in your family, a little voice in your head cries out, "What was I thinking?!! I can't do that!" Even when we are obedient to clear direction, we can become insecure and fearful. Humorous stories will lighten your load if you are feeling the press to make changes, and will help you to stop listening to the accusations from within.

## Is There a Different Way? Help Me Know My Options.

When getting started, or when change is needed, it helps to know the options that may be a better fit for you and your child. This workshop will discuss several approaches (they all work) and review some of the curriculum providers in each category. Finding the one that is a best fit for you and your child will increase your success and reduce frustration. Information from this session will enable you to make more confident choices as you face decisions for education.

## What's Next for Me After Graduating My Kids?

As you have prepared your children for a successful life, you were being prepared for your next phase. Roger and Jan Smith will help you lift your eyes to the horizon to see where you may use the giftings and training you now possess to accomplish great things. The Smiths will share how speech and debate training and experience opened doors for them and others for greater impact. Catch a glimpse of what is next for you!

## 5 Ways to Increase Your Impact

Every homeschool mom thinks she is failing and wants guidance. Every one of them also can help another. Jan will give practical tips to finding a mentor or being a mentor. From child training to seemingly fruitless discipline, every mom needs a confidant for comfort and reassurance, or a new perspective. Get ideas from Jan's forty years of mentoring.



# Leadership Topics

## The Power of Motivation

Leaders must create a motivational environment. There are common reasons why people are unmotivated, but effective leaders can take steps to overcome these reasons in order to move their people to a place of making a difference. While many of these steps are simple, they are key to the success of any organization.

**Principles we will discuss in this session include:**

- The importance of mission, training, vision, and attitude
- The power of appreciation, celebration, and recognition/reward
- The value of relationship

## Leading from Any Position

Some changes are so important that the initiator cannot wait to become the recognized leader. It is essential to be able to lead from “the middle of the pack” in order to move the cause or organization forward. Forging relationships and honing communication skills are invaluable when one must lead from the middle. Great leaders don’t use people so they can win. They lead people so they can all win together. As an added bonus, learning to lead successfully at one level is a qualifier for being able to lead at the next.

**Principles we will discuss in this session include:**

- Lightening your leaders’ loads
- Being prepared when you take your leaders’ time
- Becoming a go-to player
- Being a friend
- Expanding your circle of acquaintances
- Letting the best idea win
- Seeing everyone as “10”
- Modeling the behavior you desire

## Leading Through Change in Times of Uncertainty

New or uncertain situations can cause the paralysis of an organization, or even worse—reactionary decisions. It is precisely during these times that leaders must increase the frequency and the clarity of communication in order to establish strength and stability. Never underestimate the value of your team members.

**Principles we will discuss in this session include:**

- Dealing effectively with different people’s responses to change
- Working through the idea of who gets the credit—and deciding if that is important
- Emphasizing the value of courage and vision
- Communicating the power of hope.

## Ready! Set! Launch!—Taxiing for a Successful Takeoff!

We all want our children to enter adulthood and accomplish something significant with their lives. Launching is a process that is difficult for both parent and child, but it is essential for early success. Relationship principles and a handful of tools will be discussed that can move them away from the jetway, down the tarmac, to the point of takeoff. Cheer them on as they take off and soar!

## Passing the Baton to Emerging Leaders

Everything rises and falls on leadership! If your club is to survive or thrive, it will depend on 3 things. These will be discussed in depth with tangible practices that can help your group thrive. After an humble beginning and many years of work, our local group is still producing national winners, and hundreds of effective workplace communicators. Your leaders today must be able to have an effective handoff for the work to continue providing winners.



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