

Description of Benefits

www.addjourneys.com

❖ **Ask Sari (Questions advice column):**

Have a question for Sari? This is the place to ask! Sari will chose questions from members to answer. Look for this valuable feedback emailed to you in an audio or video postcard.

Available to: *Community Full Access Members*

❖ **Access to Store:**

Come visit Sari's Shop for books, CDs, and event tickets to special programming on the site. Write and read reviews and excerpts. Order autographed books and visitors can purchase special events tickets and gift certificates.

Available to: *Community Full Access Members and Visitor Limited Access Members*

❖ **A/V Postcard Messages from Sari:**

Everyone loves getting a postcard! These seasonal audiovisual messages seasonal from Sari are just what you need to fill your mind and heart with positive energy for your life's journeys!

Available to: *Community Full Access Members*

❖ **Creating Personal Webpages/Profiles:**

Have fun with the Members-Only feature! Here is a way to be creative and share your personality with other members – your own webpage and profile.

Available to: *Community Full Access Members*

❖ **Community Newsletter:**

Each month members will receive an online Community Center Newsletter updating all new activities and events of the site! This is also an opportunity to feature members and their accomplishments or questions.

Available to: *Community Full Access Members and Visitor Limited Access Members*

❖ **Discussion Forums:**

ADD affects all aspects of your life, and it's important to find support. Know that whenever you are logged onto SariSolden.com that there are others connecting with you from all around the world about a variety of topics.

Available to: *Community Full Access Members*

Description of Benefits

www.addjourneys.com

❖ **Downloadable In-You-Ear Reflections:**

Take Sari with you! These downloadable messages, called “In Your Ear” reflections, give you uplifting words to carry you through your day or week. Enjoy having Sari “*In Your Ear*”

Available to: *Community Full Access Members*

❖ **Encouraging E-Messages**

Folks can look for these uplifting and positive messages to come as a part of your membership! Great for printing out and posting for the day ahead.

Available to: *Community Full Access Members*

❖ **Find Buddy Support for Tasks**

Need help with something? Find another member to buddy-up with and get things done together that you might not be able to accomplish alone.

Available to: *Community Full Access Members*

❖ **Live A/V Broadcasts with Sari**

What a great feature! See or hear Sari LIVE via your computer! Members will have opportunities to take part in live broadcast sessions with Sari. These will be announced as *Special Events*.

Available to: *Community Full Access Members*

❖ **Original Audio from Sari**

Listen to Sari’s specially recorded perspective on a variety of ADD subjects for the site.

Available to: *Community Full Access Members and Visitor Limited Access Members*

❖ **Photo Gallery**

This gallery is a chance to both share your personal photos with other members as well as experience Sari as she travels to share her message.

Available to: *Community Full Access Members*

Description of Benefits

www.addjourneys.com

❖ **Private Messaging Availability**

Some members may prefer to send a private message instead of posting to the forums. Private messaging allows you to do this through the site. User preferences allow you to have private emails only visible on the site as opposed to clogging up your personal email INBOX. If someone sends you a private message, you will know the minute you log onto the site.

*****Please Note** Due to the volume of emails Sari receives she is unable to respond to private messages on the site. If you have a question that could benefit everyone please post on “Ask Sari” If you are seeking guidance for someone to work with in your area, please contact us at: admin@sarisolden.com and we can give you referrals.***

Available to: *Community Full Access Members*

❖ **Resources & Recommendations**

Stay in tune with up-to-date event information, calendar, and Sari’s suggested resources and recommendations.

Available to: *Community Full Access Members and Visitor Limited Access Members*

❖ **Sari’s Blogs**

Sari’s blog is a great way to keep up with Sari’s latest perspective on living successfully with ADD.

Available to: *Community Full Access Members and Visitor Limited Access Members*

❖ **Sari’s Presentations and downloadable products**

It’s as if you were there! Watch Sari in action as she presents to groups nationally and internationally! Available for downloading or viewing anytime!

Available to: *Community Full Access Members*

❖ **Teleclass Peer-Hosted Support Circle**

Members will be able to share with one another on the many aspects of ADD and life’s journey via phone or through a teleclass option on the site. Leadership opportunities will be made available to members who would like to host a session.

Available to: *Community Full Access Members*

❖ **UnVeg with Reg Video and Audio Sessions & Summaries**

This is a great way to spend 30 minutes of sharing tasks, projects, and other “to dos” that you need help with. We work together to cheer you on and suggest strategies for FORWARD MOVEMENT! Opportunities to work with Reggie in private coaching sessions for a fee (details to follow).

Available to: *Community Full Access Members*

Description of Benefits

www.addjourneys.com

- ❖ **Video Audio and Text Chats with Other Members**
Our site technology allows members to access web chatting – both audio and video – with one another. Enjoy this feature! Leadership opportunities will be made available to members who would like to host a session
Available to: *Community Full Access Members*

- ❖ **Access to Archived Materials**
Only available to members, Sari's archived material provides additional resources and materials to support your journey!
Available to: *Community Full Access Members*

- ❖ **ADDJourneys Help Line Access**
As a member of ADDJourneys.com you are free to email for help any time!
Available to: *Community Full Access Members and Visitor Limited Access Members*

- ❖ **Automatic Reminders about your Account**
No worries about billing! The site automatically emails members regarding their account status. You can join again, update, or unsubscribe at any time.
Available to: *Community Full Access Members*

- ❖ **Logging in for Unlimited Visits**
Visit the site and enjoy learning about the new ways to connect!
Available to: *Community Full Access Members and Visitor Limited Access Members*

- ❖ **Opportunity to take Leadership Roles (teleclasses or chats)**
We encourage our members to take leadership roles, helping host online/phone support groups and web chats. This is an excellent way to reach out to one another and become involved in the site!
Available to: *Community Full Access Members*

- ❖ **Orientation to Site**
Take an audio & video tour, and learn about the variety of ways to enjoy your stay!
Available to: *Community Full Access Members and Visitor Limited Access Members*

- ❖ **Social Network**
Connecting with others is powerful! Use this site as a way to reach out to other men and women with ADD for support, encouragement, networking, and humor.
Available to: *Community Full Access Members*

Description of Benefits

www.addjourneys.com

❖ **Support Groups**

Connect with others on the site for advice and insight on the many aspects of ADD and life's journey

Available to: *Community Full Access Members*

❖ **Free Live Seminars with Sari on Limited Basis**

Available to: *Community Yearly Full Access Members*

❖ **Excerpts from Sari's CD on Women**

Available to: *Community Full Access Members*

❖ **Interact with Sari & Reggie on Forums**

Available to: *Community Full Access Members*

❖ **Favorite Images from Sari's PowerPoints**

Available to: *Community Full Access Members*

Coming Attractions:

- ❖ Professional Forums and Professional Development
- ❖ Other Language Corners
- ❖ Spouse Forums and Support Groups
- ❖ Personalized Guidance Thru Journeys