



Sophia Homeschool



Media Kit



Welcome to Sophia Homeschool's Media Kit

This media kit is designed to help you with general information about Sophia Homeschool. Here you will find background information about our company and founder, details about our products, suggested interview questions, and just about any background information you need to complete your story -- all in one convenient place.

For the most up-to-date information about our calendar of events, homeschool statistics and news, links to logos, videos and images, and a complete list of my speaking topics, stay connected at sophiahomeschool.com/mediaroom.

If we can be of any help, don't hesitate to reach out.



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Company Details

Company Name: Sophia Homeschool, LLC

Founder: Judith Jolma

Date Founded: 2018

What is SHS:

We teach parents how to homeschool. There are a lot of resources available for homeschool parents but not a lot of training. Sophia Homeschool is the guide parents need to become the hero of their kids' education — without losing their own life.

Company Blurb:

Sophia Homeschool teaches everything you need to create a successful homeschool.

What we Believe:

Homeschooling should not disrupt your lifestyle but complete it, and learning how to meet everyone's needs — including your own — should not be stressful.

What we do at Sophia Homeschool:

Through our Foundations of Homeschooling Masterclass, consultations, and other training, Judith Jolma shows parents how to get started, how to keep a successful program going, and what to do if you are ever struggling.

Contact Info:

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About Sophia Homeschool

Doctors get training. CEOs get training. Athletes get training. Tradesmen get training. But who teaches any of us to educate our children? (I don't mean simply teaching them to read. I mean also equipping them with study habits, thinking skills, emotional control, and social graces so they can mature into successful and happy adults.)

Many parents think they need the professionals to do it all for them because they simply don't know what exactly they are supposed to be doing. If they did, they would gladly step into the role of the hero of their child's education.

That is why I founded Sophia Homeschool -- teacher training for homeschool parents. I'll show you how to get started, how to keep a successful program going, and what to do if you are ever struggling.

We offer easy-to-follow, step-by-step training to learn absolutely everything you need to build a homeschool lifestyle that works. From how to start to how to prepare your student for college, create lesson plans, ensure you know how to choose the right curriculum for each student each year — it's all here, and much more.

In our training, I am going to show you how to create a homeschool structure and environment based on your family's needs so you can thrive. You will learn to work with your budget, schedule, learning style, teaching style, and resources so each member of the family has his or her needs met— including yours! You are going to learn to create a peaceful and joyful learning environment that lasts a lifetime. We will learn to identify learning differences and adapt your educational plan accordingly. We will also answer the question about how to teach multiple grades at once. By knowing what your needs are, you will save thousands of dollars, time, and energy on methods that do not work. We will end homework battles and restore your relationship with your child.



A Nod to Wisdom:
The Story Behind Our Name
By Judith Jolma



At an ancient crossroads of civilizations, stood a magnificent cathedral. Crowned with a dome rising 180-feet overhead and adorned inside with mosaics and colored marble, it was the seat of worship, learning, and government for nearly one-thousand years, and its name means “Holy Wisdom.”

The Hagia Sophia still stands in Constantinople (today called Istanbul in Turkey.) Before being conquered by the Ottomans in 1453, the Hagia Sophia would have been decorated inside with archers of silk, and fine woven rugs. Thick clouds of sweet-smelling incense would have filled the sanctuary where priests sang theologically rich worship skillfully composed over hundreds of years. The Hagia Sophia was designed for acoustics causing the music to fill its halls with the sounds of the liturgy.

This is where Eastern Roman emperors were crowned, scholars studied, historians wrote, artists embellished, and the average Christian prayed. It was the apex of culture, learning, government, and worship.

The name “Sophia Homeschool” is a nod to this great cathedral, which lives in the memory of Orthodox Christians as our beloved home on Earth. Although Sophia Homeschool serves all homeschool families regardless of faith or belief, in our home Holy Wisdom is our highest aim. As an Orthodox family, we live the liturgy fostering a domestic church that aspires to the truth, goodness, and beauty once on display in those great halls.

In 987 AD, Vladimir the Great of Russia sent envoys to study world religions hoping to discover a suitable national faith on which to build his government. Frustrated by what they discovered in other parts of the world, the envoy eventually traveled to what was at the time the capital of Christianity. In a letter to their emperor they wrote describing a majestic Divine Liturgy in Hagia Sophia: “Then we went to Greece [Constantinople], and the Greeks (including the Emperor himself) led us to the edifices where they worship their God, and we knew not whether we were in heaven or on earth. For on earth, there is no such splendor or such beauty, and we are at a loss how to describe it. We only know that God dwells there among men, and their service is fairer than the ceremonies of other nations. For we cannot forget that beauty.”

It is our humble prayer that our homeschool may also reflect the reality that “God dwells there among men.”





Who Do We Serve?

We serve families considering homeschooling, those new at homeschooling, and veteran homeschoolers who need to reinforce their homeschooling foundation and maybe get back on track if life is a bit as-cue.



The New Homeschooler who may lack confidence, I'm going to show you how to overcome self-doubt so you can know that the way you have chosen to homeschool is the right way for your family.

The Idealistic Homeschooler, who dreams great things for her children and family life: we are going to create a dream board for your family so you can be intentional about their academic, social, and spiritual development.

The Overwhelmed Homeschooler who has been homeschooling for years but never quite found center. Life is a series of reactions to crises with little time to enjoy the moment and way too many regrets. It is not too late to become intentional and create a homeschooling lifestyle that works! Let's make the most out of your homeschool budget, streamline your schedule, take advantage of your community and make the home your most powerful learning tool.

The Burned out Homeschooler who started strong but can't quite get motivated anymore. We are going to learn how to fill your cup. End the homework battles, and return joy to your child's education.



Our Products

The Foundations of Homeschooling Masterclass



[Sophiahomeschool.com/masterclass](https://sophiahomeschool.com/masterclass)

Description: Learning how to homeschool should not be stressful. Learn anytime, anywhere, at your own pace. 35-year homeschool veteran Judith Jolma shows you absolutely everything you need to create a successful homeschool lifestyle.

Cost: \$97.00

Masterclass Package

- 8.5 hours of video content
- Bonus training from guest experts in homeschooling children with learning disabilities, public resources, and early childhood development
- A custom course workbook to record notes and create a homeschool plan that's just right for YOUR family.
- Our Must-Have, Go-To List of Resources

Course Contents:

- **Welcome to the Foundations of Homeschooling Masterclass!**
- **Know your Purpose** — Discover your mission statement. WHY you homeschool should determine HOW you homeschool. We help you match your homeschool tools to your homeschool mission as we design your homeschool dream board.
- **Know Yourself** — Don't try to teach like someone else. Discover your unique teaching style. This is your home and you are the teacher, so choose a method and materials that inspire you to stay engaged. Your children will love learning if you love teaching. Learn to fill your own cup first.
- **Know Your Child** — Learn how to observe your child to determine his developmental, academic, emotional, and spiritual needs. End homework battles by meeting your child's needs and create a custom education designed just for him.



- **Know Your Resources, Part 1** -- Your home, your skills and talents, your budget, support network, and educational approach are just a few that we will cover in this two-part class dedicated to identifying and learning to use the resources available to homeschool families.
- **Know your Resources, Part 2** -- We will walk you through the most popular educational methods so you can know the difference between classical, Charlotte Mason, unschooling, and more. We will also help you determine which method is right for you.
- **Synthesize and chart your course** -- Now it's time to do some serious thinking about how you're going to pull it all together. It's a little scary at first, but we think you'll quickly find it's fun, too!
All the work, observation, reflecting, and synthesizing lead to this. And don't worry, you are not alone. We will be by your side the whole way.

Three Pillars of Education:



Sophiahomeschool.com/ThreePillars

Description: *Scientist turned educator, Maria Montessori, believed that there were three pillars to a strong education: The Child, The Prepared Adult, and The Prepared Environment. Sophia Homeschool presents a pre-recorded series of webinars on these vital pillars of education.*

Cost: FREE

Package: Included with the Foundation of Homeschooling Masterclass

Course Contents:

- **The child** -- A teacher is not a teacher without the student. And a parent obviously cannot homeschool without the child. So the child is essential to education. But who is that child learning at your feet? As teachers, it is not enough to know the lessons, schedules, and academic disciplines. We must be students of the child. This 60-minute webinar will explore the symbiotic relationship between teacher and child as we honor the child's vocation.



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- **The Prepared Adult, Part 1** -- *Teachers tend to believe that children learn from books and materials. But children learn most intensely from the teacher -- her mannerisms, her patience (or lack thereof), her sense of wonder, etc. The most important work a teacher can do for her student is to prepare herself each day before greeting her students.*
- **The Prepared Adult, Part 2** -- *In this webinar, we will discuss practical ways to prepare yourself to be an exemplary model of maturity and joy for any child to study. How to manage your mindset, emotions, time, and tonality so you will be pleased to see your children mimic you.*
- **The Prepared Environment** -- *What did Aristotle and Maria Montessori have in common? They both knew that the environment was every bit as important as the lessons. Beauty, peacefulness and order, ease of access, and freedom of movement are just some of the features that create an ideal learning environment. This webinar will offer practical advice on how to set up your learning environment at home to enhance learning.*

The Complete Guide to Homeschooling Children with Learning Disabilities



Sophiahomeschool.com/homeschoolingchildrenwhostruggle

Description: In this series, you will learn to recognize the red flags associated with learning disabilities. Learn where to go for help and funding. Get practical tips about what can be done at home to help your child thrive. View your child from a holistic perspective -- body, mind, and soul -- to serve the whole child.

Cost: \$49

Package: Sophia Homeschool brings together a team of experts in this 8-part, pre-recorded webinar series.

Course Contents:



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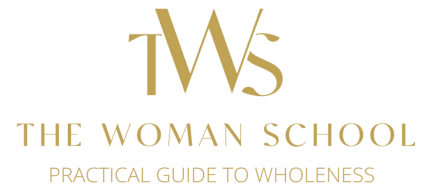
- **Educational Therapist** -- This presentation will be on special education, the big picture, and a holistic approach, that completes what homeschool families are already doing at home with their individualized instruction. The presentation is meant to bring understanding and hope to the daily struggles families encounter.
- **Panel Discussion** -- Get professional answers to your questions about when homeschooling is and is not advised for a child with learning disabilities, and what funding options may be available.
- **Licensed Clinical Psychologist** -- This presentation focuses on the definition of learning disorders, methods of diagnosis, and typical recommendations that emerge from a psychological and psycho-educational evaluation.
- **Nutritional Therapy Consultant** -- Much can be fixed by nutrition. Nutrition is always a piece of EVERY discipline within special education. Every parent struggling with special needs can and should address nutrition in the home along with any specific therapy.
- **Developmental Optometrist** -- In his talk "Vision and Learning Problems," Dr. Davis will discuss how vision deficits impact a child's ability to learn. He reviews the early childhood causes of vision problems, as well as the large impact these problems have in the day to day life including academics.
- **Occupational Therapy** -- Did you know your child's motor skills and sensory processing can impact their academic performance and confidence? By improving sensory-motor skills, you may increase your child's attention, engagement, confidence, and academic performance. Learn how all these factors play together to see what might benefit your child.
- **Speech-Language Pathologist** -- Elisabeth will be defining the scope of practice of a speech-language pathologist as it relates directly to learning challenges. She will also be discussing how learning and language are related and what to look for along the educational journey of 'home-schooling'. In addition, she will review important 'tricks of the trade' to assist with optimal learning and successful outcomes for those children who have difficulty with instruction and academics.
- **Mom-to-Mom Panel Discussion** -- We have spoken with all the experts but now we wanted to bring in the mothers and have an honest conversation about the challenges and rewards of teaching a child at home who may have deeper, underlying challenges. This panel discussion with mothers of special needs children is more of a candid conversation of mothers who can put a voice to the frustrations and solutions -- mom-to-mom



Woman School: A Practical Guide to Wholeness
sophiahomeschool.com/womanschool

Description: Sophia Homeschool teamed up with Woman School founder January Donovan because we believe that the primary educator needs to be whole in order to be effective. The Woman School is an online school dedicated to equipping women with practical skills to design a life of meaning and contribution; a life that is whole.

Cost: Referrals only



One-on-one Homeschool Consultations
sophiahomeschool.com/consultations

Description: Homeschooling is a highly personalized endeavor, which means every family has unique questions and challenges. Our support extends well beyond pre-recorded training. You will never be alone. One-on-one calls keep you from getting stuck. Find clarity, peace, and a plan for success. I am just a call away with a friendly answer for your most frustrating homeschool challenge.

Cost: *see website for pricing

The Sophia Homeschool Blog
sophiahomeschool.com/blog

Description: Ever the journalist, Judith draws from her experience as a reporter to bring homeschool families the most relevant and timely content in both written and video formats. The Sophia Homeschool blog is packed with tips, research-based content, and commentary aimed at equipping and encouraging homeschool families.





Testimonials

“Grateful for you! I really don't know how my kids would be doing if it weren't for your training. I learned so much. So many of us are just lost and don't even know where to begin. You saved my butt for sure.” -- Lindsey F.

“As someone who is feeling scattered and a little overwhelmed at the prospect of homeschooling, I found your presentation to be logical, straightforward, and even soothing!”
--Genevieve

“Before I met Judith and was introduced to Sophia Homeschool, I was so overwhelmed to the point where I felt like I was suffering from paralysis of the brain. I would watch my boys run around and play all day while I dreamed of having a working routine and order to my day. I felt so alone in my struggle until I met Judith.” --Emily

“The Foundations Workshop has challenged my methods and approach to homeschooling my children. I have been homeschooling my daughters for four years but felt that we needed a reboot.

This course has made me delve so much deeper into what I want and expect out of homeschooling. For example, I'd never thought about taking my own learning styles into consideration when planning a curriculum for my children.

This course has made me realize the importance of bringing my own strengths and interests to the table and utilizing them to make learning more fun for my kids!”

Judith has both a passion for and a wealth of knowledge in homeschooling solutions that she clearly and adroitly conveys to her workshop participants.

Her enthusiasm has reawakened in me that flame and desire to be the best educator for my children that I can be, and her suggestions and resources have given me the tools to help me.”

-- Sarah R.





“My (new) friend Judith Jolma of Sophia homeschool is AMAZING. I'm taking training course and smack dab in the middle and LOVING it. I told [my husband] after the first day that it had already been weelllll worth the money and commitment.” — Lindsey

“Thank you for the labor of love you do in serving parents in their role as primary educators of their children. What a joy to have such a wonderful online resource!

Personally, the most helpful part of the prepared series was the first section on The Child. Having over an hour on Montessori's 4 Planes of Development provides a wonderful overview for all adults to get an understanding of the goal of helping the child flourish in becoming his own self.

I also must speak in appreciation to the Prepared Adult section! Wow, it was almost soaking in a mini-spiritual retreat on self-knowledge and our relationship to God's plan for us as adults. Truly inspiring!” -- Bridget W.

“When COVID-19 happened, I found myself ‘trauma schooling,’ as I like to call it, all three of my children.

The experience pushed me to consider homeschooling next year... but I didn't know where to start. How can I teach 3 kids in 3 different grades, one with an IEP, and what curriculum should I use? I had questions and needed some answers.

Luckily I found Sophia Homeschool's Foundation Workshop. The sessions have been so valuable in organizing all of my thoughts and helping me define the goals and desires for my children.

I also love the community and have benefited from connecting with other moms and dads going through the course. I highly recommend Sophia Homeschool as a starting point if you are considering homeschooling.

It has given me the confidence to know I can give my kids a great education in my own home.”
-- Renee





About the Founder



Inspire, lead, teach!

As a homeschool parent, I have learned that the key to giving my children the best education lies in my ability to inspire them with stories. The same is true for adults. That is why I bring the art and craft of storytelling to my professional coaching and strive to give parents the skills they need to be the best home educators they can be.

I fell in love with the story early in my career as a cub reporter for The Washington Times. Every assignment — whether a weather story to a three-week-long sniper attack — was my opportunity to record the first draft of history.

Blessed with highly talented mentors, I learned to hone this craft carefully and professionally and apply it in all I did — from writing to public speaking to coaching and home education.

When I laid down my pen temporarily to welcome children, it was not the end of the book. Only a new chapter. I wanted to unlock the secrets hidden in these tiny and amazing people. So I began to study early childhood development.

Through the Montessori Method and Catechism of the Good Shepherd, I learned not only their stories but how to tell them the greatest story ever told — the song of the God who loves them and became a baby to live our story with us.

My family belongs to an ancient form of Christianity — Melkite Greek-Catholicism. We live the liturgy and protect our culture. And we share our beautiful story through home ministries and education, and my regular contributions to a children's Byzantine publication.

But most of all, I strive to inspire, lead and teach others so the story can go on.

You can learn more about my story and professional experience at my [LinkedIn](#) page





Family

(Husband) Christopher is a marketer, video editor, and entrepreneur. (Children) Joseph, Kolbe, Cecilia, and Anna are all homeschooled and they love their dog “Zelda,” a 75-pound bernedoodle

Judith’s Bio:

- Wife
- Homeschooling mother of 4 little people
- Homeschool Consultant for the Institute for Excellence in Writing
- Co-founder Sophia Homeschool
- Journalist/ writer/ speaker
- Forming herself for the sake of the little souls she loves

As a homeschool parent, Judith knows that we can’t give what we don’t have. She inspires mothers to become whole for the sake of their children and husband. She is a journalist, entrepreneur, and regular contributor to children’s publications.

She is a homeschool consultant who was homeschooled k through 12th grade and now homeschools her own four children -- giving her more than 35 years of experience and the advantage of seeing home education through both the child’s perspective and the parent’s.

Judith is a student of childhood development through the Montessori Method and Catechism of the Good Shepherd. Knowing that successful homeschooling parents are the ones who invest in their own personal development, she founded Sophia Homeschool -- an online classroom that offers teacher training to homeschool parents.

Her family belongs to an ancient form of Orthodox Christianity — Melkite Greek-Catholicism -- which is the bedrock of their lives. They share their beautiful story through home ministries and education.





Media Requests

Thank you for your interest in Sophia Homeschool!

As a journalist and public speaker, I'm always happy to work with the media, speak at your conference, or be a guest on your podcast, retreat, or small group. If you haven't already, you can set up an interview or speaking event, at sophiahomeschool.com/mediarequests

You can also explore our Media Room for more links to videos, logos, images, and more.

Here are some recommended questions you may want to consider asking. Of course, any and all questions are welcome.





Recommended Questions

Background

- What was homeschooling like back in the 1980s?
- Do you feel like you missed out on anything having not attended a traditional school?
- What was so great about being a homeschool kid that you have now become such an advocate of it?
- Do you think homeschooling is for everyone?
- Was your mother a certified teacher or did she have other special qualifications for homeschooling?
- Did your mother make mistakes in her homeschool?
- What was the result for you and your siblings being homeschooled?
- You did not go to college?
- How did you become a reporter for one of the most widely read newspapers in the nation?
- Did you homeschool your own children from the beginning?
- You had four children in a five-year span and you talk about how difficult those early years of motherhood were for you. What made it so difficult and how did you find your way through it?
- Now you work for the Institute for Excellence in Writing. What is it like to work with Andrew Pudewa?
- As a full-time working mother and homeschooler, what advice would you give other mothers wondering if that can be done?
- As a homeschooled child and now a homeschool mother, you are able to address homeschooling from both the child's perspective and from the parent's perspective. Give us an idea of what that means.
- What is SOPHIA HOMESCHOOL

Why teacher training?

- Why teacher training
- Do home educators need training?
- What would you say to someone who has been a certified teacher? Do they need training?



- The training you recommend is not the same thing you would get if you had a degree in education?
- What skills do home educators need?
- Isn't raising kids all trial and error anyhow? What is at risk for not getting training?
- What advantage will homeschoolers get from the training?
- What is in the Masterclass?

Childhood development

- Your training places a significant emphasis on childhood development. Why do you think this is such an important topic for home educators?
- How will understanding childhood development and brain development help parents?
- What are the four planes of development?

The new culture within homeschooling

- Is the culture changing for home educators?
- Is distance learning the same as homeschooling?
- What advice would you give parents who feel forced into homeschooling but wish they didn't have to?

The three pillars of education

- The child, the prepared adult, and the prepared environment: why are these the three pillars of education?
- When you speak of the child you often refer to the symbiotic relationship between the child and adult. Can you unpack that a little bit?
- What does the prepared adult look like?
- The prepared environment: do homeschool families need a classroom in their home?
- What is the ideal prepared environment?

Homeschool without losing your own life

- A common complaint for families homeschooling centers around burnout but you say it doesn't have to be this way. What is your prescription for beating homeschool duodenums?
- When you choose to homeschool do you have to suddenly commit your whole life to teaching?
- Can parents keep their full-time jobs and homeschool?
- How about a mother who feels like she is struggling enough to manage her own life much less her children's education?
- What would you say to others who are feeling overwhelmed?



- As you know, you cannot give from an empty cup. What would you recommend to mothers who feel like they cannot homeschool because they are already living from a Place of depletion?
- What is the woman's school?

Homeschooling children with learning disabilities

- Is it true you did not read proficiently until high school?
- You grew up with a learning disability. Tell me about that.
- How would school have been different had you been properly diagnosed and treated?
- You were ultimately diagnosed. Tell me about that. How did it change your life?
- Does a learning disability affect more than learning?
- You speak also of the advantages of learning disabilities. Can you name a few
- How would a parent know if their child had a learning disability that required therapy?
- Learning disability or bad behavior: how can a parent tell the difference?
- What resources would you suggest for parents facing SPED?





Story Starters

Sophia Homeschool is pleased to provide media with a library of story ideas. Be sure to visit sophiahomeschool.com/storystarters for the most up-to-date list.

- Pioneer Homeschooling: What was it like in the early days?
- What is it like to be a homeschool kid?
- Is homeschooling right for everyone?
- Has distance learning changed homeschooling?
- Ooops: the 5 most common mistakes homeschoolers make
- Is there a “right way” to homeschool?
- SPED: Do parents need public services for struggling children?
- DOs and Don’ts of homeschooling through high school
- Homeschooling begins at birth
- What are the most common homeschool methods
- Are we educating creativity out of our children?
- Is the push for early childhood reading causing damage?
- What about socialization?
- Avoiding burnout: How to homeschool without losing your own life.





For the most up-to-date information about our calendar of events, homeschool statistics and news, links to logos, videos and images, and a complete list of my speaking topics, stay connected at sophiahomeschool.com/mediaroom.

If we can be of any help, don't hesitate to reach out.

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youtube.com/channel/UCzXEB9BHyP_olo-maqGKIBQ

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