

Ring & Reach Seminar

Tuesday, May 29, 2018

7:00PM - 8:30PM

Saskia Jennings

Founder and CEO of Creating Being Well (Caregiver Coach, Holistic Life & Wellness Expert) is an experienced coach for busy professionals whose life, health and career are affected by the ongoing challenges of caring for aging parents. She provides coping strategies that help find relief from personal resentment, guilt and stress that may lead to burnout.



THE RIPPLE EFFECT OF COMPASSIONATE COMMUNICATION

What is compassionate communication? How can it help you make your caregiving journey more effective and fulfilling? How does it help the person you care for? In this webinar you'll learn essentials of compassionate communication that are easy to apply in your daily caregiver life and will help you:

- understand your own needs and the needs of your loved ones
- know how and when to reach out for support
- make better decisions and choices, and
- find the right resources.

Do you often feel you're lacking patience? Saskia will teach you a simple exercise: From "Impatient" to "I'm Patient" in five seconds flat.

This exercise has been proven to be helpful to keep your mind clear, feel calmer and improve confidence and focus. Practising patience will be easy with this exercise and it is highly effective at work, while caregiving or dealing with family dynamics. Saskia will provide a handout for you to keep.

Register at www.events.huddol.com/vha
For more information contact Malak Sidky at
416-459-0266 or at ringandreach@vha.ca
Space is limited, so register now!