



WE ARE SHARING THE SUN

Balancing work and family obligations is often easier said than done, but essential for a healthy lifestyle. *We Are Sharing the Sun* provides a range of caregiving, wellness and professional development workshops to encourage and support individuals facing the challenges of modern life.

TOPICS

FAMILY CAREGIVING

- › Working & Caregiving Overview
- › The Caregiving Years: Six Stages to a Meaningful Journey (*CEU's provided*)
- › Manager Caregiver Sensitivity Training
- › Understanding Compassion Fatigue
- › Options and Resources for Older Relatives
- › Facilitated Caregiver Support Group(s)

WELLNESS & PROFESSIONAL DEVELOPMENT

- › Stress Management
- › Managing Priorities
- › Learning to Relax
- › Sleep Well, Be Well
- › Effective Presentation & Public Speaking
- › Managing Up
- › Waiting to Be Noticed

INSTRUCTOR DEVELOPMENT

- › Assessments
- › Delivering for Maximum Impact
- › Adult Learning Principals
- › Making the Connection: Sticky Learning
- › Honing Presentation, Facilitation & Coaching Skills
- › Generational Learning Differences

COMMUNITY OFFERINGS

- › Building Dementia Friendly Communities
- › Grief Share / Support Group(s)
- › Health Fair Support
- › Wellness Products

Pricing: All programs are grounded in practical solutions and tailored to the specific needs of the individual, group and company. A consultation will determine the exact price based on time, location, course materials, and the number of participants.

APPROACH

With over 20 years of experience in learning and development, Sarahbeth empowers individuals to communicate authentically and effectively about their situation. Clients appreciate her natural enthusiasm, pragmatic approach and benefit from content rich engagements. The result is a healthy dose of humanity infused back into the workday to help foster trust and engaged employees.