



Re-Sourcing for Healthy Caregiving:

A PROGRAM FOR HEALTH CARE PROVIDERS

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Transformational Teacher, Coach & Author

By caring for yourself, you better serve others.

Re-Sourcing is drawing upon your endless supply of dynamic, creative energy, thus enabling you to more effectively care for others.

Re-Sourcing practices for self-care and improved caregiving:

- Breathing and simple meditation
- Shifting your perspectives about yourself and those you serve
- Expressing yourself and listening authentically
- Balancing work and other areas of your life
- Taking care of your body and health
- 10 real-time remedies for reducing stress
- Addressing your immediate concerns

To learn more about this program and other services:

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