



Rita Schiano

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that may benefit)*



JME Insights Presents:
FREE WEBINAR

Managing Caregiver Stress Through Resilience

Join us for a FREE Webinar on January 13

Free Webinar

Managing Caregiver Stress Through Resilience

by guest presenter **Rita Schiano**

Tuesday, January 13, 2015

For family and professional caregivers

Register Online Today by clicking the link below.
Or paste the link into your browser.

Webinar will be 30 minutes in length.

All attendees will be entered into a drawing for a CD by Janet Edmunson, M.Ed.

7:00 p.m. (Eastern)
6:00 p.m. (Central)
5:00 p.m. (Mountain)
4:00 p.m. (Pacific)

Registration Link: <https://www2.gotomeeting.com/register/481018322>

Webinar Description: Many caregivers are considered to be "hidden patients," for they fail to notice the signs of stress in their own lives. With their attention so focused on the care and needs of their loved one, their own potentially harmful symptoms go unnoticed. The warning signs of stress can attack so subtly and lead to an increase in physical and mental health deterioration.

In this webinar, stress management and resilience strategist Rita Schiano will focus on types of stressors predominant for caregivers. Topics include:

- Techniques to recognize when the body is under stress
- Exploring, uncovering, and discovering caregiver stress triggers
- Identifying the characteristics and factors that make for resilience
- Techniques for adopting and developing resilient skills and attitudes

About Rita Schiano: Rita Schiano is the founder of Live A Flourishing Life™, offering strategic programs that help people develop and tap into the skills and attitudes necessary to overcome personal and professional barriers, build resilience, and live a better life. As a speaker and featured presenter, Rita leaves her audiences in a motivated and inspired frame of mind. She is the author of several books, including *Live A Flourishing Life*, a stress management and resilience-building process workbook; the critically-acclaimed, semi-autobiographical novel *Painting The Invisible Man*, and *Sweet Bitter Love* and articles for *The Huffington Post / AOL Healthy Living*, the *Worcester Business Journal*, and guest blogger for *Psychology Today*. Rita is an adjunct professor at Bay Path University where she teaches teaching Philosophy, Leadership, and Stress Management courses. She is a Professional Member of the National Speakers Association. You can learn more about Rita at www.RitaSchiano.com.

Webinar Format: You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

Once you register, you will receive an **email from Transformation Consortium** confirming your registration with information you need to join the webinar.

System Requirements:

PC-based attendees

Required: Windows® 8, 7, Vista, XP or 2003 Server

Mac®-based attendees

Required: Mac OS® X 10.6 or newer

Mobile attendees

Space is limited and registrations are taken on a first come first serve basis.

For Additional Information: You can contact Janet at janet@janetedmunson.com with any questions you have about participating.