



Janet Edmunson

(Please forward this to anyone who may benefit)



Presents:

FREE WEBINAR

Surviving Caregiving when Outside of Your Comfort Zone

Join us for a FREE Webinar on February 4, 2015

Surviving Caregiving when Outside of Your Comfort Zone

by **Janet Edmunson, M.Ed.**

Thursday, February 4, 2016

(The webinar also will be recorded for viewing later)

For family and professional caregivers

Register online today by clicking the link below.
Or paste the link into your browser.

Webinar will be approximately 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://attendee.gotowebinar.com/register/4356952633240792834>

Webinar Description: The way our brains work, any change causes discomfort. No wonder change is so hard. And caregiving launches us into huge changes that take us out of our comfort zone.

In this webinar, we'll explore these changes and identify which ones are uncomfortable for us. (They will be different for each of us.) Then we'll learn and practice ways to challenge our

assumptions and get a new perspective. We'll explore how to develop a "growth" mindset; decrease negative thinking that hampers our progress; and create habits to embrace the change needed. You'll walk away with some practical tips to use immediately to be able to effectively take those necessary steps outside of your comfort zone during caregiving.

About Janet: Janet has over 30 years' experience in the health promotion field. She retired in May 2007 as Director of the Prevention & Wellness for a staff of 20 at Blue Cross Blue Shield of Massachusetts. Since retirement, as President of JME Insights, she is a motivational speaker, consultant and trainer, having spoken to hundreds of groups across the U.S. While working full-time, Janet took care of her husband, Charles, during the five years he fought a movement disorder with dementia. Janet wrote about her experience in her book, *Finding Meaning with Charles*. Janet has a Master's degree from Georgia State University. For more information about Janet, see her website at www.AffirmYourself.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 Janet Edmunson or Transformation Consortium** confirming your registration with information you need to join the webinar.

If You Can't attend on the Webinar Date: The webinar will be recorded. If you register for the webinar, you will receive a notice with the link to view the recorded webinar a day or two after the webinar. You then have about a month to watch the video at your leisure.

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.