

CARE FOR THE CAREGIVER

A PROFESSIONAL TRAINING WORKSHOP WITH THOM RUTLEDGE, LCSW

Caring for others, personally or professionally, can be exhausting. Those of us in the people-helping business do not need to be told that, but we often do need to be told that sacrificing our own self-care in order to attend to others' needs is not necessary. Or more realistically, it is not necessary nearly as often as we think it is. In our culture, no one teaches us that there is such a thing as positive selfishness but there really is -- and learning to implement that positive selfishness into our day-to-day lives can make a night and day difference in how we feel and function.

Care for the Caregiver is an in-service workshop for any health-related organization that understands that taking good care of staff is instrumental in maintaining positive morale and creating a work environment that is energizing rather than draining to employees. If you are the owner or director of a health care organization and see the advantage of offering what are essentially practical lessons in how your employees can take better care of themselves, then please consider bringing Care for the Caregiver to your organization.

Thom Rutledge has been in the people-helping business for over 30 years and attributes his own lack of burnout to an ever-evolving daily practice of compassion and gratitude and a personal commitment to find some fun in as many days as possible. With Care for the Caregiver, Thom brings not only the content of his own INTRApersonal Change Process™ but also his creative way of making each workshop a unique experience, adapting the presentation to each individual audience.

Thom is the author of several books, including *The Self-Forgiveness Handbook*, *Earning Your Own Respect*, *Embracing Fear* and *The Greater Possibilities*. He has been featured on NBC's Today Show, The Fox Network, CNN's Anderson Cooper 360, Australia's Channel 10 and has consulted for The Dr. Phil Show.

Your employees will learn ...

- *Thom's 8 Steps to Going Sane*
- *The 5 essential ingredients to strong personal motivation*
- *How to identify 4 distinctive patterns of self-sabotage*
- *How to discover and empower the inner voice of wisdom and strength*
- *What happens when fear & shame are in charge and techniques for turning that around*
- *How to identify, confront and move beyond personal blocks to self-compassion*
- *How to create a powerful, practical & personal daily practice of self-compassion and self-respect*

What workshop participants have said...

I learned some powerful techniques that I really do use -- and I had fun.

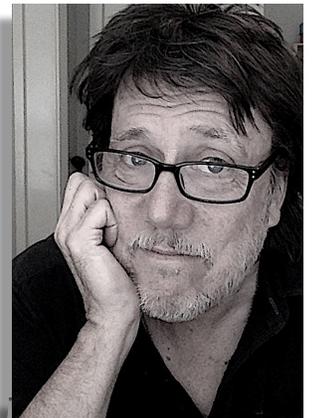
Thom is the most down-to-earth practical teacher I have ever experienced. Nothing wasted.

I brought my knitting and never even took it out of my bag.

I understand now that reaching out for the help I need is about strength, not indication of weakness.

I learned some new ways to think about the work that I do --- ways that are helping me to revisit some decisions on my career path. Big thank you, Thom!

For more information and/or to schedule a workshop for your organization, email thomrutledgeauthor@gmail.com. For more information about Thom, his books, clinical practice and workshops, visit www.thomrutledge.com



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Your
Own
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EMBRACING
FEAR
How to Turn What
Scares Us into Our
GREATEST GIFT

The
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