

# DEBORAH S. GREENHUT, PhD

## Author | Speaker | Caregiver Advocate

### Inspiring. Persuasive. Engaging.



#### \* S.O.S. for the Inadvertent Caregiver

This presentation reviews the hazards of plunging unprepared into a family caregiving assignment, tailored for professionals or for novice family members.

**Takeaways:** The business, health, and emotional issues you should consider before accepting the assignment. Based on Dr. Greenhut's forthcoming book: "Caring Conversations: Reflections for Inadvertent Caregivers."

#### \* How to Prevent Family Caregiver Premature Mortality

Globally, at least one-third of family caregivers are likely to die before their loved ones, usually of a stress-related illness. Rest and respite do not go far enough to maintain quality of life. When caregiving shifts from service to servitude, everyone loses.

**Takeaways:** How families can and must share the burden instead of imperiling the caregiver. How professionals can nurture that change.

#### \* How to Reframe Your Caregiving Commitment: An interactive Session to Reclaim Your Compassion

An interactive session designed for participants to complete a stress check and assessment of their personal goals apart from caregiving. While professionals may suggest reclaiming your time, it's difficult for kind caregivers to achieve.

**Takeaways:** Measure your stressors and create a heart map for a new path forward. An interactive, participatory session that shares stories and solutions to reinforce these new understandings of strengths and boundaries.

#### Deborah's Bio

Certified Professional Life Coach

Award-winning author speaks engagingly on difficult subjects in family mental health. Following more than 40 years as an educator, corporate trainer, keynote speaker, and consultant, Dr. Greenhut laser-focuses her attention on the global plight of family caregivers. Deborah speaks from personal experience and research to professional and familial caregivers to improve their quality of life.

Deborah will bring her care and commitment to a passionate keynote or retreat break to serve your group. As a frequent family caregiver, Deborah is a sought-after interview guest and a highly regarded adult facilitator of writing and goal-setting workshops.

#### PEOPLE ARE RAVING--

"What an incredible, powerful interview"—Ed Coombs, *Healthy Love and Money Podcast*

"Your grasp of relationships is top-notch"—*It Takes 2 with Amy and JJ—Fargo, ND Morning Show KFGO*

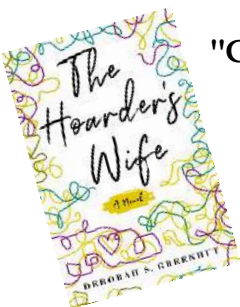
"Awesome chatting with you...you definitely helped me."—Glen Binger, host of *Betterism* and author of *Head Games: The Novel*

#### Critics buzz about *The Hoarder's Wife*:

"Greenhut's writing pops off the page"-- Cari Dubiel, for ALA's *Booklist* |

"An impressive debut novel"--Claudia Kalb, author of *Spark* and *Andy Warhol Was a Hoarder* |

\*\*\*\*\* "Finalist and Highly Recommended"-- *Reader's Choice Awards* |



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