



Want a More Positive Caregiving Journey?

Learn the 5 Steps to Positively Navigate Your Caregiving Journey

Susan J. Ryan is a speaker, coach, founder of Our Journey of Love, and author of the best selling book *Our Journey of Love: 5 Steps to Navigate Your Caregiving Journey*. Sue's positive perspective on caregiving is the result of investing more than 30 years learning lessons in a variety of caregiving roles. Sue shares lessons learned and practical tips & tricks so you stay emotionally balanced, present and positive navigating your caregiving journey, while providing your care receiver with their most positive journey.

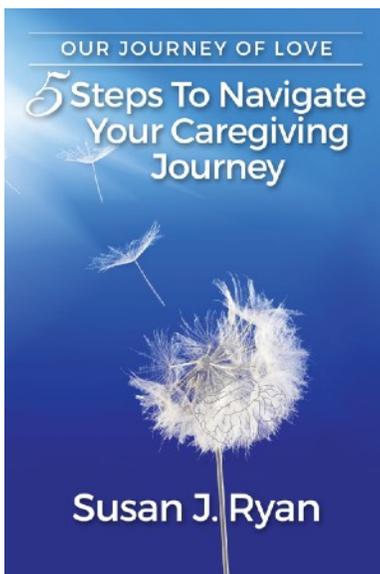
This inspirational and educational 45-minute program will guide you to:

- Reduce your stress and overwhelm in caregiving.
- Create more positive experiences for you and your care receivers.
- Clarity about different caregiving roles.
- Practice massive acceptance and radical presence so you live each moment from its greatest potential.



A few of the lessons Sue shares include:

- ◆ Reducing our overwhelm through navigating giving, receiving, and asking for help
- ◆ How massive acceptance helps us make wise choices in our lives and our caregiving
- ◆ Why compassionate truth serves us and our care receivers so well
- ◆ Learning who the best support resources are for different caregiving roles - and why
- ◆ Discovering our boundary between OK and Overwhelm so we stay healthier



"I've had the pleasure of welcoming Sue to our community and speaking with our population on the topics of caregiving and navigating physical and cognitive changes. Sue speaks with authority, is non-judgmental, and compassionate to the experiences of others. Several of our residents approached me after Sue has spoken and told me how much they loved Sue and the message she brought to them."

"As someone who is still walking the caregiving journey, Sue is a beacon of light for those who fear the uncertainty that dementia brings. The message she delivers is one filled with hope, support and love. Her book, *Our Journey of Love: 5 Steps to Navigate your Caregiving Journey*, describes her experience and is a wonderful resource. I recommend her very highly for any endeavor she chooses to undertake."

-Christine Douangsouri,
Social Services Manager,
Bentley Village

Contact Sue Today: 239.537.5828 sue@ourjourneyoflove.net OurJourneyofLove.net



Our Journey of Love



My name is Sue Ryan. I founded *Our Journey of Love* to help us take the best care of ourselves, and those who need us. My journey includes roles of care support as a granddaughter, daughter, wife, friend, and advocate.

During my early experiences I felt like I was on an emotional roller coaster - often blindfolded - and not knowing what to expect next. I wanted to help and what I was doing wasn't working. I felt overwhelmed, exhausted, frustrated, confused, fearful, and very disappointed in myself. I kept feeling I should be able to do more, and better.

I began searching for answers and learning from others who, like me and perhaps like you, began our journeys wanting to create the best experience for our care receiver, while struggling without answers.

Through professional speaking, workshops, individual, group and family coaching, *Our Journey of Love, 5 Steps to Navigate Your Caregiving Journey*, invites you into the consideration of what I've learned from others who share the lessons of their experiences, and from my experiences. You'll learn both what has and what has not worked. You'll have options to consider in your experiences and you'll have the opportunity to learn from the many stories and examples shared to give you context for your experiences.



The Caregiver's Affirmation

Susan J. Ryan



I'm always doing my very best with where I am at. I find coping mechanisms to support me staying emotionally balanced on my journey.

This is my journey. Beliefs are my compass. Intention is my guide. Self-care is my fuel. I only get lost if I travel someone else's journey.

I choose to care from a place of love.

I will never be alone. Help and care are all around me. I receive so I can give.

Massive acceptance and radical presence give me the gift of living each moment from its greatest potential.

The quilt of our lives tells our story. I create mine through the clarity of my experiences. When my care receiver can no longer create theirs, we create it together. We share its beauty.

When we step into the perspective of each other's experiences, we create our meaningful mutual experience—with purpose and love.

I am created to thrive in my life and feel great about myself, so I make my most positive impact in our world. When I make experiences bigger than I am, I am who I am created to be.

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