

THERESA CLOUD EAGLE NELSON

Helping Caregivers Give Care to Themselves



"You presented your information with such clarity and understanding. You allowed not just me but the entire participating audience to be a part of something that is greater than yourself."

— Robin L Smith,
Co-Pastor
In God's Hands Ministries

"Your topic was informative and engaging to the women in attendance. The women came away with understanding the importance of self-care even as they are caring for others."

— Diana Hoffman
President
Awesome Women In Business

"You were informative, engaging and presented the information with such clarity and understanding that our entire audience was able to take away something to put into action."

— Renee Belbeck,
President
National Association of W.O.M.E.N.

PRESENTATIONS

IMPORTANCE PRACTICES OF SELF-CARE FOR THE CAREGIVER

Self-Care is typically ignored as one goes through life. During this presentation, you will learn the importance of self-care through the eyes of preventative medicine as you are caring for others. You will learn simple yet powerful techniques to develop habits that energize and rejuvenate. You will learn how to guide your soul mind (intellect) to function consistently with your true essence. Based on *Nurture Your Soul: The Importance of Self-Care for the Caregiver* (formerly *What It Takes to Nurture Your Soul: The Importance of Self-Care*).

CAREGIVER'S GUIDE TO A LIFE OF CARE FOR THEMSELVES

You will learn to use components that I have found effective for close to 30 years. The benefits of these techniques which help caregivers to develop effective ways for caring for themselves; these tools will assist in the implementation of thought processes for clarity of mind, health and balance; learn how statements of power will help your desire for more peace and harmony; experiment with focused intention to help you navigate through choices to create healthy boundaries for healthy outcomes; how a better understanding of self allows you to see caregiving as a benefit to both you and the people you care for.

SELF-CARE SPECIALIST
and COACH
AUTHOR

EXPERIENCE CLIENTS

Theresa's adult experiences lead her to understand the important role self-care plays in sustaining a life of meaning, health, and happiness. As she became more knowledgeable through her pursuit of holistic things, Theresa's passion grew to be one of service for helping people learn more about the benefits of taking care of themselves. These benefits are paramount for the relief of stressful moments we all experience some point in life.

Over the years, Theresa's articles have been quoted and published on self-care. Theresa has conducted classes, workshops and keynotes on cruise ships, for health conferences, businesses and faith based organizations. In addition, she offers individual and group coaching sessions to those caregivers who want to delve deeper into the methods that provide the benefits to stress relief for self-care.

Theresa has been featured on:

ThisWeek

Good Day COLUMBUS

Magic 98.9
Talk for the Magic City
MyColumbusMagic.com

talktainment radio
Radio - The way it should be heard

Partial List:

- Elizabeth Blackwell Center
- Gahanna Area Chamber of Commerce
- Awesome Women in Business
- American Institute for Alternative Medicine
- Lewis Center Rotary Club
- National Association of W.O.M.E.N.
- Skin Perfect Personalized Image Discovery
- In God's Hands Ministries
- St. James Baptist Church
- Women's Living Expo
- Ohio Health Association
- Sea Angels Cruise & Inner-Wellness Conference

Important Practices of Self-Care for the Caregiver
Caregiver's Guide to a Life of Care for
Themselves

CONTACT THERESA CLOUD EAGLE NELSON AT 614.476.8680 FOR SCHEDULING