

1-IN-3 AMERICANS WILL BECOME A CAREGIVER. ARE YOU TRULY PREPARED?

5 Steps to Successful Care Giving for Today's Family

TIMELY TIE-INS: National Care Giving Month, Cancer, Stroke and Brain Injury Awareness Months, the Holidays

TOP STORY IDEAS

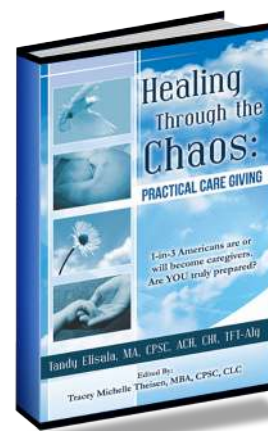
- **What every family CEO needs to know. 5 proven steps to successful family care giving with the P.E.A.C.E.™ System.**
- **What roller coasters and power of attorneys have in common.**
- **5 insider secrets to avoiding medical emergency mistakes** and how to put these ideas to work today.
- **From cherished family traditions to preserving family memories:**
Creating a legacy that honors your loved ones.
- **Will care giving make you SICK?**
- **FACT: 1-in-3** Americans will be a **caregiver.**
The quiz all future caregivers need to take.
- **Are you sandwiched? 75 million people are.**
5 insider secrets to avoid becoming a panini.
- **5 SIMPLE and guaranteed self care tips for life balance.**
- **Thanksgiving all year long:** Discover 5 proven ways gratitude changes lives.
- **How having an advocate saves lives!**
- **Assisted living due diligence:** 3 things you must consider.
- **Revealing the most selfless thing you can do for your family:** 3 important things you must have today to save time, money, stress and heartache.
- **The most important person to consider when giving care is YOU.**
- **Man's best friend:** Discover how ordinary dogs save lives.
- **When spirit speaks:**
Revealing the signs you can't ignore.
- **Healing through the grief:**
Exclusive tips from a Grief Coach.

Media Experience: Radio Appearances
Numerous Articles & Publications
National, Regional and State Boards and Committees



Tandy Elisala MA, CPSC, ACH, CHt, TFT-Alg
Care Giving Expert | Author | Coach | Consultant

Tandy Elisala is Founder of Center for Inspiring Greatness!™ LLC and creator of the proprietary P.E.A.C.E.™ system; a comprehensive family care giving training and coaching program. Tandy has 25 years' experience as a corporate executive, coach, and leader. In her book, "*Healing Through The Chaos: Practical Care Giving*," Tandy is helping to solve one of the biggest problems we face right now: unexpected care giving. 75 million adults today provide some level of care for a family member. She shares her unexpected journey as a care giver for both parents simultaneously while kicking cancer's butt a third time and raising three children as a single parent. She shares inspiring lessons learned through all care giving stages and includes a must have guide for current and future caregivers.



ISBN 978-1-62747-031-5
Paperback ~ \$19.99

New Release

Tandy@tandyelisala.com * www.tandyelisala.com * www.centerforinspiringgreatness.com * MBL 602.828.2188 AZ
Available as a last-minute guest * Nationwide by arrangement * Based out of Phoenix, AZ