



New York  
**OPEN CENTER**  
Inspired Learning at 30th & Madison



## **The Path to Caregiver Resilience and Well-being**



**Susan Luck and Janet Booth**

Caregivers in the field of healthcare and the healing arts often have a well-developed sense of empathy, but the demands of caregiving, including frequent contact with suffering, can lead to compassion fatigue and burnout and a need for more self-empathy. How might we sustain such meaningful work without sacrificing our health and well-being? This one-day experiential program focuses on self-care and self-awareness for professional caregivers, with the intention of creating a plan for greater resilience and well-being moving forward. Key areas of focus will be whole-person health, mindful awareness, practices of healing, the power of gratitude and forgiveness, compassionate presence, and intentional living.

A One-Day Workshop  
Saturday, June 23, 2018, 9:30 am - 5:30 pm  
Members \$140/ Nonmembers \$175  
[www.opencenter.org/caregiver](http://www.opencenter.org/caregiver) | 18SPS17S  
  
[www.opencenter.org](http://www.opencenter.org) \* 212-219-2527 Ext. 2

## FACULTY BIOGRAPHIES

**Janet Booth, MA, RN, NC-BC**, has focused her nursing career of over 30 years on quality of life and well-being, primarily through the lens of end-of-life care, health promotion, and caregiver support. Her current work is as an Integrative Nurse Coach around the practice of well-being in aging, illness, and dying, supporting people in navigating serious illness, helping families to talk more openly about end-of-life priorities, and providing health coaching for both professional and personal or family caregivers. She also serves as faculty for the International Nurse Coach Association certification program, and for the Companioning the Dying: Opening Fully to Living program in the Washington, DC area.

**Susan Luck, RN, BS, MA, HNC, CCN, HWNC-BC**, a clinical nutritionist, medical anthropologist, integrative nurse educator, and health and wellness nurse coach, has been practicing, teaching, and consulting in integrative healthcare models for over 30 years. She is co-director of the International Nurse Coach Association and core faculty for the Integrative Nurse Coach certificate program. As founder and director of the Earthrose Institute, Ms. Luck develops and leads programs to educate health care providers and communities on the impact of environmental and nutritional influences on women's and children's health. She has been a visiting faculty member at the University of Miami's Integrative Medicine Program in Clinical Nutrition. She is the clinical nutritionist at Mercy Hospital's Special Immunology Services and maintains a private practice in nutrition and wellness coaching in Miami, Florida.