



Workshops & Presentations

by Courtney Long, Self-Care Specialist
MSW, Life Coach, Certified Hypnotherapist
Owner of *Caring for Your Spirit, LLC*



Courtney Long is available for hire to speak on a variety of topics related to self-care, stress reduction and overall wellness. All workshops are guaranteed to inspire and empower, whether in a small group setting or large conference.

TOPICS AVAILABLE

- **How to Thrive in Changing Times**
A reflection on how to best equip yourself to not only survive, but actually *thrive* in a constantly changing world. Learn simple tips to help you: (1) Decrease stress, anxiety, worry and depression, (2) Increase your energy and productivity, and (3) Feel great and increase your enthusiasm for life!
- **Had Enough Stress? It's Time to Rejuvenate!**
When you're stressed, exhausted, overwhelmed or frustrated, where do you go to refresh & rejuvenate? Create your own Rejuvenating Refuge through soulful journaling. You'll be guided through uplifting journal exercises where you can connect with your inner wisdom, release stress, guilt & frustration, and feel refreshed & rejuvenated.
- **Strengthen Your Shield Against Stress**
In today's fast-paced world, many of us face a great deal of stress. Unfortunately, ongoing chronic stress can lead to serious health issues—not to mention depression, anxiety, worry, restless sleep, etc. Come to learn simple, effective techniques to combat stress—including deep breathing, visualization, self-hypnosis, positive affirmations and more!
- **Tired No More—Simple, Effective Ways to Boost Your Energy!**
Do you feel exhausted or drained? Come to learn simple, natural and fun ways to boost your energy. Have more energy for caregiving, work, play, and for your life!
- **Finding Quiet in a Busy World**
With so much noise and activity around you, how do you feel a sense of quiet and stillness? Would you like to feel peaceful and calm rather than anxious or stressed? Explore ways to create peace & quiet in your life. Learn simple deep-breathing techniques and visualization exercises to create your own peaceful retreat—any time you wish!
- **Aging Parents—Finding the Right Care**
As your parents get older, how can you best help them? Come to learn: (1) How to discuss your parents' care, (2) "Normal" memory loss vs. Dementia, (3) How to detect changes in your parents' functioning level and determine what type of help they need, (4) Advance Medical Directives, (5) various community resources available, and more.
- **Your Life's Purpose—Are You Walking the Path?**
Do you know your life's purpose? Do you know your unique gifts and why you are here? Do you feel you are utilizing your gifts and fulfilling your purpose? Come to explore your gifts and purpose...and take steps toward living the empowered life you were meant to live!
- **The Transformative Power of our Thoughts**

Are you aware of the things you say to yourself? Do you know how influential and powerful these thoughts are in creating your life's experiences? Change some of your negative self-dialogue into positive affirmations, and watch your life change before your very eyes. Attract whatever you want or need—happiness, confidence, love, money, prosperity, time, rest, etc.

FOR CAREGIVERS

- **Filling Your Cup as a Caregiver: Techniques for Self-Care**
As a caregiver, you tend to put your loved ones' health, needs and well-being before your own. As you give, you pour from your cup. However, if you do not also fill your own cup, you can easily become frustrated, exhausted, stressed and possibly face significant health problems yourself. In this workshop, you will learn easy, effective stress reduction techniques and how to create your own self-care action plan. Learn how to keep your cup half full, so you can be healthy, energized, and an even better caregiver!
- **Are You Sleeping? Sleep Tips for Caregivers**
Do you experience difficulty sleeping at night? Is your sleep interrupted due to worry, stress or your loved one's wandering? Learn simple, effective ways to get a more sound and restful night's sleep—and how to cope when you haven't gotten your ZZZ's.
- **Creative Expression—Your Caregiver Journey**
How would you describe your journey as a caregiver? What feelings have you experienced? What sadness? What joys? What is your vision for your journey moving forward? How would you like the rest of your caregiving experience to look, to feel? You do have choices and power in this journey. Come to reflect, learn and grow as you create your very own Caregiver Vision Board. Option to share with one another. No art skills needed!
- **Your Caregiver Mission Statement**
As a caregiver and individual in this world, what do you value most? Is it love, generosity, security, family? Reflecting on what is most important to you and to your care recipient can help you set priorities, revealing what is worth putting time and energy into, and what to let go of. Your caregiver mission statement can also help you stay focused and positive—especially helpful on the more challenging days! Come for fun, reflection and growth.
- **Caregiver Relaxation Walk** (Available Fall—Spring in Phoenix, AZ)
Take a beautiful walk in nature while learning relaxation, breathing and present moment awareness techniques to use in your daily life. We will also have time for socializing and sharing with one another.
- **Empowered Self-Care Group for Caregivers (optional 6, 8 or 12 weeks)**
Ongoing group to support & empower caregivers in their own stress management and self-care. In a group setting, caregivers will reflect on their wants and needs--what they most need to be healthy, balanced and energized (ex. better sleep at night, respite breaks, nutritious foods, laughter, fun, spiritual support, etc). Caregivers will also establish their own self-care action plan and have opportunities to reflect with the group on challenges they face. They will learn how to support their goals through powerful, positive affirmations and visualization, and how to best support themselves in ongoing, long-term self-care. A combination of Life Coaching and Hypnotherapy (a.k.a. Guided Imagery) techniques are used in this group.

For more information, visit www.CaringForYourSpirit.com
Or contact Courtney at Courtney@caringforyourspirit.com or 480-292-2201



Mission Statement

Caring for Your Spirit, LLC supports and inspires caring, compassionate adults to love, support and nurture themselves. With compassion, encouragement and an uplifting perspective, Courtney Long teaches Caring Warriors the importance of self-care, provides vital self-care tools, and empowers Caring Warriors to live a life of balance, health, happiness and energy.