



Janet Edmunson

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Presents:

FREE WEBINAR

Persisting in the Face of Caregiver Difficulties: Moving from pessimism to optimism

Join us for a FREE Webinar on June 5, 2018

**Persisting in the Face of Caregiver Difficulties:
Moving from pessimism to optimism**

by **Janet Edmunson, M.Ed.**

For family and professional caregivers

Tuesday, June 5, 2018

(The webinar also will be recorded for viewing later)

7:00 p.m. (Eastern)

6:00 p.m. (Central)

5:00 p.m. (Mountain)

4:00 p.m. (Pacific)

Webinar will be approximately 30-40 minutes in length.

Register online today by clicking the link below. Or paste the link into your browser.

Registration Link: <https://tinyurl.com/persistwebinar>

Webinar Description: Some caregivers, when faced with a setback or challenge, tend to blame themselves and feel like this difficulty is pervasive and permanent. That describes a pessimistic explanatory style. However, it doesn't serve us well and only deepens the hole we may feel we are in. Learning how to adopt an optimistic explanatory style can lift us out of that funk and toward motivation to persist in the face of our day-to-day difficulties as caregivers. Learn the science and practical application of switching from pessimism to optimism.

About Janet: Janet has over 30 years' experience in the health promotion field. She retired in May 2007 as Director of the Prevention & Wellness for a staff of 20 at Blue Cross Blue Shield of Massachusetts. Since retirement, as President of JME Insights, she is a motivational speaker, consultant and trainer, having spoken to hundreds of groups across the U.S. While working full-time, Janet took care of her husband, Charles, during the five years he fought a movement disorder with dementia. Janet wrote about her experience in her book, *Finding Meaning with Charles*. Janet has a Master's degree from Georgia State University. For more information about Janet, see her website at www.AffirmYourself.com.

If You Can't attend on the Webinar Date: The webinar will be recorded. If you register for the webinar, you will receive a notice with the link to view the recorded webinar a day or two after the webinar. You then have about a month to watch the video at your leisure.

Webinar Format: You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

Once you register, you will receive an **email from Janet Edmunson or Transformation Consortium** confirming your registration with information you need to join the webinar.

Space is limited and registrations are taken on a first come first serve basis.

For Additional Information: You can contact Janet at janet@janetedmunson.com with any questions you have about participating.

System Requirements:

Use this link to learn the system requirements for your computer or phone:
<https://support.logmeininc.com/gotowebinar/help/system-requirements-for-attendees-g2w010003>