



# Caregiver Empowerment Workshop

## Overview

The Caregiver Empowerment Workshop transforms new and experienced caregivers by fostering a growth mindset and adopting world-class caregiving principles and practices around the globe.

Caregiver Empowerment equips caregivers with the appropriate mindset, skills, resources, and support to be sustainable and effective caring partners. It aims to improve caregivers' quality of life, enhance their caregiving effectiveness, and ensure they feel valued.

## Outcomes

This one-day or 4 x 2-hour workshop is more than just a learning opportunity; it allows caregivers to connect, share experiences, and grow together. By participating, caregivers will:

- Learn the world-class caring principles and practices for caring
- Develop compassion and self-compassion for betterment,
- Live a happier and more peaceful life,
- Acquire practical caregiving skills,
- Secure the resources to build resilience,
- Get hold of methods to regulate emotions for enhanced relationships.
- Form a supportive community to help them thrive in their caregiving journey.

## Objectives

- **Mindset Shift:** Encourage caregivers to embrace a growth mindset, focusing on their well-being, personal needs, self-care, and personal and social life while caring for their loved ones. Caregivers will strengthen their personal well-being, adaptability, agility, capability, and emotional regulation.
- **Skill Development:** Enhance caregivers' abilities to assess care needs, build effective care teams, and develop comprehensive care plans for self and the care receiver.
- **Self-Care Awareness:** Emphasize the importance of self-care, helping caregivers prioritize their well-being while supporting others.
- **Stress Management:** Provide strategies for managing stress and living in the present, enabling caregivers to maintain a balanced and fulfilling life. Gain knowledge to build resilience.





The Caregiver Empowerment Workshop provides a comprehensive curriculum of 4 modules; caregivers will gain essential skills and breakthrough strategies that enhance their caregiving capabilities while prioritizing their well-being.

### Module 1. Caregiver Essentials

- Understanding caregiver roles
- Sustainable and effective caregiving
- Forming a caring team
- Caring Needs Assessment
- Readiness, motivation, and competences
- Managing daily caring tasks



### Module 2. Practicing Self-Care

- Understanding self-care:
- Self-care techniques:
- Creating a self-care plan
- 9 areas of self-care

#### Who Should Attend

This workshop is ideal for new and experienced caregivers, including family members and professional caregivers, who want to enhance their skills and support their well-being while caring for others.

### Module 3. Building Resilience

- Growth mindset
- Understanding resilience
- Resilience-building strategies
- Support networks

### Module 4. Regulating Emotions and Mindfulness

- Emotional awareness
- Techniques for emotional regulation
- Building empathy
- Mindfulness breathing practices



**Join us to empower caregivers to make a lasting impact on their lives and those they care for!**