

Hello Everyone!

On Thursday at 5:00 pm we will explore the fascinating topic of "CARE" with Elyse Killoran.



Elyse Killoran is a Personal Coach who began her training with the original Coaching Training school, CoachU, in 1997. Since that time she has explored the field of coaching from multiple perspectives and has amassed powerful tools to support individuals who wish to live their most authentic lives.

Her current fascination is "Relatefulness," which is why she has chosen this week's topic to be:

An Exploration of Care

--What do we know about care?

--What are the things we miss or do not see that hijack our attempts to give care?

--Are any of us suffering from "compassion fatigue" (caused by overcare)?

And for fun, Elyse will help all of us discover our own--and our partner's--hidden love language.

Ultimately, we'll get a better sense of how we can offer care in the optimal way--receiving maximum benefit for minimal effort.

See you all on Thursday at 5pm.

Here is the Zoom

Link: <https://us02web.zoom.us/j/2128260907?pwd=TmszcnVJcE5ZVk1kRENUTlhwK2oxQT09>

The passcode is 12345 (If needed)

Stay Safe and Keep Moving!

John Kolaya

Parkinson's Patient Advocate

john@jfkpdadvocate.com

Text/cell (914) 837-6910

www.jfkpdadvocate.com



— The JFK —
Parkinson's Advocate

— WE WILL NEVER QUIT! —

Supporting JFK by enhancing the patient experience