

DON'T LET CHRONIC PAIN, ILLNESS, JUDGMENT,
OR TAKING CARE OF OTHERS STEAL YOUR JOY

Reclaim your peace
AND BALANCE IN LIFE

Ellen Sichel presents talks and workshops to non-profits, community-based groups, and support groups. When facing chronic pain, illness, caregiving or daily stress, practical solutions are essential. Ellen's specialty is presenting with humor and participant interaction, providing quick, tangible tools for body, mind, and emotions. Simple, upbeat, and life changing!

Her most popular topics include:

The Caregiver Rollercoaster: How to Have a Smoother Ride with the Ups and Downs of Caring for Others

Mindful Resilience in a Chaotic World: Skills to reclaim your balance and calm throughout your day

Take Charge of your Stress, Pain & Illness: Learn how to Stop Waiting and Start Living!



"Ellen held their attention throughout the session, making participants feel at ease. In one participant's words, This session was so 'everyday' useful!"

Kristie Sharp, Atlanta Regional Commission

"Ellen's upbeat approach to dealing with chronic illness encourages her students to set realistic and attainable goals. Her remarkable ability to relate to her audience radiates a confident message of hope and empowerment."

**Teri Emond: President and CEO,
Lupus Foundation of America, GA Chapter**

"As I watched Ellen interact with each cancer patient we serve, I saw that little by little, she was changing everyone's world."

**Christy Andrews: Executive Director,
Cancer Support Community - Atlanta**



Read Ellen's book

Splash Into Calm is packed with bite-sized practices you can do anytime, anywhere.

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