

# BARBARA RUBEL

MA, BCETS, DAAETS



LIVE AND VIRTUAL KEYNOTES, INTERACTIVE BREAKOUTS, AND CUSTOMIZED TRAININGS

**B**arbara Rubel is a subject matter expert and nationally recognized keynote speaker who is passionate about helping organizations learn practical strategies of wellbeing and work-life balance. Barbara's engaging and thought-provoking presentations focus on an 8 pillar **FABULOUS** framework for resilience: **F**lexibility, **A**ttitude, **B**oundaries, **U**nderstanding job satisfaction, **L**aughter, **O**ptimism, being **U**nited, and **S**elf-compassion. Three weeks prior to Barbara giving birth to triplets, her father died by suicide. Barbara was featured in the Emmy award winning documentary, *Fatal Mistakes, Families Shattered by Suicide* narrated by Mariette Hartley. As Barbara shares her loss journey in an inspiring way, she touches every heart in the room and encourages her audiences to recognize how personal and professional losses impact their wellbeing.

## Most Requested Topics

### Workplace Burnout, Work-Life Balance, and Resilience

Participants will identify strengths to overcome occupational burnout and compare practical tools to manage workplace chronic stressors. Effective employment retention strategies keep employees motivated, dedicated, and productive. After discovering best practices that promote coping skills, participants will create an action plan to increase their quality of life, build resilience, and increase job satisfaction.

### FABULOUS Way to Manage Compassion Fatigue, Secondary Traumatic Stress, and Vicarious Trauma

This interactive, high content program takes your audience through 8 pillars of resilience. Participants will compare secondary traumatic stress, vicarious trauma, and compassion fatigue. They will identify ways to put strengths into practice to respond to stressful situations at work. Leaders can develop a plan to change their organizational culture that engages with employees in their health and wellbeing.

### How to Support Employees Dealing with Personal or Professional Grief

Employees are dealing with personal and professional losses, and their Palette of Grief® impacts productivity. This program summarizes factors that complicate grief, and examines ways to support employees impacted by traumatic loss. Participants will examine best-practices in grief-informed care. Supervisors and team leaders will develop a plan to help employees handle personal grief and professional grief in the workplace.

## WHAT MAKES BARBARA UNIQUE AS A PROFESSIONAL SPEAKER

Barbara is a Board-Certified Expert in Traumatic Stress and Diplomate with the American Academy of Experts in Traumatic Stress. Barbara received a Bachelor of Science in psychology and a Master of Arts degree in community health, with a concentration in thanatology from Brooklyn College. Barbara is the author of several books including, the must-read book for clinicians, *But I Didn't Say Goodbye: Helping Families After a Suicide* (3rd ed.). (2020).

Barbara has presented to over 500 groups since 1991, including corporations, state and national associations and non-profit organizations to increase employee wellbeing.

- Workplace transformation: wellness, work-life balance, resilient teams, and employee retention.
- Grief-informed Care: supporting those who are traumatically bereaved.
- Preventing burnout and creating healthier workplaces for individuals, teams, and organizations.
- The influence of compassion fatigue on healthcare and mental healthcare professionals.
- Vicarious-trauma informed care for victim service professionals impacted by secondary traumatic stress and vicarious trauma.

“Phenomenal speaker . . . Great presentation . . . so appreciated your sense of humor.”

“Great wealth of information . . . Would be the fabulous keynote on a variety of topics she’s skilled in.”

“Her enthusiasm is contagious and every one of the attendees raved about her compassion and wit.”

**EXPERT ON**

- Life Balance
- Employee Wellness
- Complicated Grief in the Workplace
- Increasing Job Satisfaction and Resilience
- Burnout and Employee Retention Strategies
- Compassion Fatigue and Vicarious Trauma

**EXPERIENCE IN**

- Healthcare / Medical
- Mental Healthcare
- Victim Services
- Associations
- Nonprofit
- Corporate



Previous Podcasts & media appearances



Contact Barbara to Book Her for Your Next Event

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