



# Barbara RUBEL

YOUR NEXT  
PODCAST  
GUEST

MA, BCETS, DAAETS  
8 FABULOUS Steps to Resilience



Barbara's father died by suicide while she was in the hospital awaiting the birth of her triplets. His suicide taught her about meaning making, posttraumatic growth, and putting strengths into practice. Barbara is a nationally recognized keynote speaker and best-selling

author. She has presented to over 500 groups since 1991, including corporations, state and national associations and non-profit organizations on burnout, compassion fatigue, and vicarious trauma. As a guest on your podcast, your listeners will learn techniques that lead to the results they want for managing chronic workplace stressors and loss. Barbara also offers strategies for employers to implement to manage grief in the workplace.

### Occupational Burnout

Barbara will talk about ways to lessen burnout caused by chronic workplace stressors. Get tips and strategies to manage this occupational phenomenon and achieve job satisfaction.

### Compassion Fatigue & Vicarious Trauma

Barbara will share 8 pillars of resilience. Identify the steps to put eight strengths into practice to mitigate the impact of compassion fatigue and vicarious trauma.

### Palette of Grief® at Work

Barbara will discuss the art of helping bereaved employees struggling with lost productivity and performance due to their grief. Get key takeaways to manage loss and grief at work.

Barbara Rubel is a best-selling author and nationally recognized speaker on employee wellbeing. Her programs focus on personal resilience, managing complicated loss, and work-life balance.

## BOOK BARBARA RUBEL NOW!



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[GriefWorkCenter.com](http://GriefWorkCenter.com)



[user/MsBRubel/featured](https://www.youtube.com/user/MsBRubel/featured)



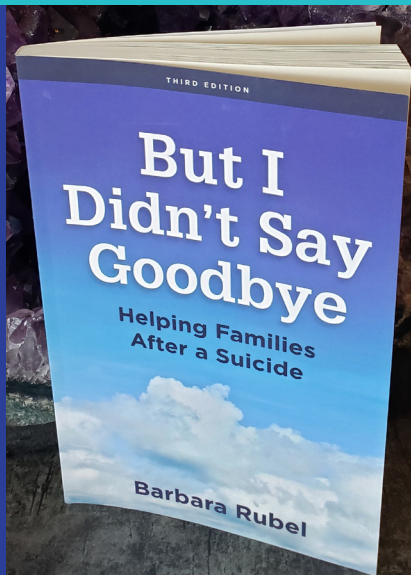
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