



Barbara RUBEL

YOUR NEXT
PODCAST
GUEST

MA, BCETS, DAAETS

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

Barbara Rubel has presented to over 1,000 groups since 1991, including corporations, state and national associations and non-profit organizations on burnout, compassion fatigue, moral injury, and vicarious trauma. As a guest on your podcast, your listeners will learn techniques for managing stressors and traumatic loss in the workplace.

Occupational Burnout

Barbara will share tips and strategies to manage this occupational phenomenon and achieve work-life balance and job satisfaction.

Compassion Fatigue & Vicarious Trauma

Barbara will share 8 elements of resilience to mitigate compassion fatigue, moral injury, and vicarious trauma.

Palette of Grief® at Work

Barbara will discuss the art of helping employees manage traumatic loss in the workplace.

Barbara Rubel is an award-winning author and nationally recognized keynote speaker and trainer on employee well-being. Her programs for first responders, law enforcement officers, prosecutors, judges, court service officers, victim service providers, corrections officers, mental health therapists, social workers, case workers, counselors, educators, healthcare professionals, and child care providers, focus on building resilience and work-life balance.

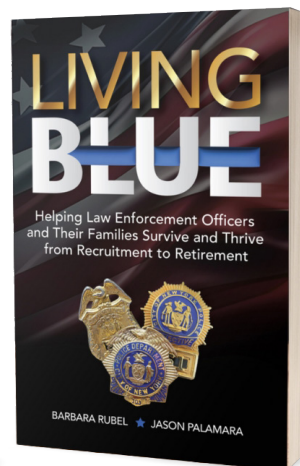
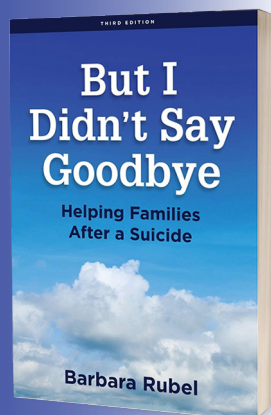
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