

## **Praise for Gale Lyman, guest speaker**

---

*At TLC, we respect the confidentiality of our clients. Names are thus excluded, even when permission has been given.*

### **Praise from workshop and activity planners**

"Your presentation was of great interest to our members both professionally and personally."

"The audience loved your presentation style."

"Once again, Gale, you delivered fantastic presentations."

"We want to thank you very much for all you have done for our residents. They enjoyed all of your groups very much!"

### **Praise from workshop attendees**

"Dynamic speaker – committed to the path of practicing self-care"

"Gale is eloquent and the epitome of grace."

"I would recommend this program for all nurses."

"Excellent presentation! Gale, you have the most relaxing voice! Keep up the great work!"

"Excellent presentation. Offered many strategies for handling stress."

"Gale is very knowledgeable and (an) excellent presenter."

"I feel so refreshed, renewed, and cared for. I'm leaving with a sense of hope and tools for better self-care. Thank you."

"Gale is very relaxing to listen to and so knowledgeable."

"I am leaving with a much greater sense of peace and relaxation than I came with."

"The presenter was excellent. The exercises are helpful to self-care."

"The whole experience (was) very beneficial to my well being."

"Gale is a great speaker. Her voice is very soothing."

"Not just a sit and listen! (I) liked doing the different activities."

"I would love to come back to this Caregivers group. It has been such a blessing to be here. I have not felt so cared for in such a long time. This allowed me to step aside from my caregiving to so many others, while allowing giving me permission to care for myself."