



PETE BARUSIC

Speaker | Physical Therapist | Wellness Life Coach |
Endurance Athlete | Podcaster

Empowering Caregivers and Leaders to Navigate
Life's Challenges with Strength

With over 30 years as a Physical Therapist and personal experience as a family caregiver, I blend clinical insight with a passion for helping others manage stress, build resilience, and thrive.

Rooted in faith and community, my talks draw from the lessons I've learned through caregiving, ultra-endurance sports, marriage, and walking alongside my wife through her breast cancer journey.

I share real stories and practical tools to help people stay grounded, connected, and present—even in life's most challenging seasons—encouraging those I come in contact with to prioritize well-being while supporting those they love.

As a lifelong caregiver, I've often felt drained, but Pete's talk showed me the importance of setting boundaries and practicing self-care. After Pete's session, my 'wetsuit' feels lighter, and I now know how to breathe and face the waves ahead with strength and intention. -Charneice Clapp

Achievements

- Professional/Family Caregiver
- Ironman Finisher
- UltraRunner
- Weathered Athlete Podcast - Host
- Certified Wellness Life Coach



Big thank you to Pete Barusic with In Between Seasons Coaching for leading such an informative, engaging, and open discussion. He created a space where we could be vulnerable, share, and truly connect.

-Caring Hands Home Health

Speaking Topic

Endurance Redefined: Navigating the Caregiver's Journey with Strength

Offerings: Keynote or Workshop Formats

Participants will recognize how their "caregiving wetsuit"—shaped by past experiences, expectations, and learned behaviors—may be contributing to stress and burnout. While this mental and emotional "armor" once offered protection, it can become restrictive over time. Participants will gain practical tools to set boundaries, prioritize self-care, and how to create an encouragement team, empowering them to navigate caregiving with more balance, clarity, and sustainable energy.

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