

# Nadine Roberts Cornish,



Gerontologist, Speaker, Author  
& Care Strategist

Nadine Roberts Cornish, CSA, is a highly regarded transformational speaker and author with 25+ years of experience as a family caregiver strategist, coach, healthcare consultant, and group facilitator. Nadine works with healthcare organizations, corporations, and faith-based communities to validate and amplify the experience of our nation's 60 million family caregivers and the people and professionals who care about them.

Nadine is the principal founder of The Caregiver's Guardian, a Denver-based consulting firm that provides training and strategic coaching services to family caregivers. Additionally, Nadine is the founding board member of the Colorado Alliance for Caregiving Youth (CACY), a nonprofit organization that provides resources, support, and education for youth caregivers.



## SIGNATURE TOPICS

- ✓ Caregiving Today and Beyond.
- ✓ Tag, You're It! - Suddenly a Caregiver, NOW WHAT!
- ✓ Youth Caregivers- A Growing Population.
- ✓ The 5 Steps of Conscious Caregiving.
- ✓ Radical Self-Care - Why it must be non-negotiable.
- ✓ The Sandwich Generation- Managing Family, Career, and Caregiving.

25+ YEARS

*Transforming the lives of family caregivers*

15+ YEARS

*California Health Services Consultant*

15 YEAR

*Caregiver to Her Mom*

AWARD-WINNING

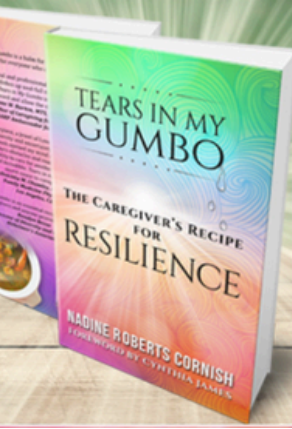
*Author of "Caregivers Gumbo" Book Series*

NADINE'S MEDIA  
APPEARANCES:



THE DENVER POST

AND MORE...



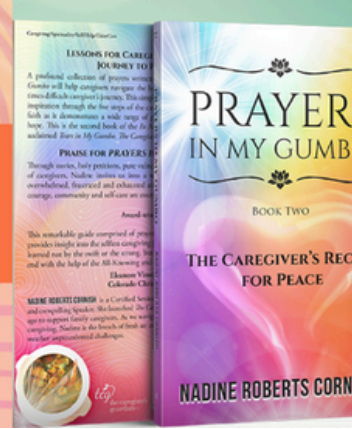
*“Comfort Food for the Caregiver Spirit.”*

-NADINE ROBERTS CORNISH, Acclaimed Author and Speaker



Available Now

nadinerobertscornish.com



**\*\*ATTENTION PRODUCERS\*\***

**FAMILY CAREGIVER TOPICS FOR YOUR VIEWERS:**

- Surviving **Your Caregiving Journey**
- **Self-care** is an Inside Job
- Tag, You're It - **When Caregiving Chooses You!**
- 5 Common **Mistakes Caregivers Make.**
- Caregiving - Eyes Wide Open or **Head in the Sand?**
- When **Children Become Caregivers.**
- Every day until 2030 - **10,000 people will turn 65.**
- **How Not to Die** Caring for a Loved One.

## PRAISE FOR NADINE

“Nadine has meant so much to my transformation of realizing I was a caregiver... I have truly grown through this experience, from the inside out.”

**-J. Durham, *Family Caregiver***

“Nadine's book, *Tears in My Gumbo*, Touches The Core of What It Means To Be Human.”

**- Amazon Book Review**

“Nadine's in-depth knowledge, expertise, and experience is undeniable. ...Her message to our company leaders to seriously investigate the impact, overwhelming stress, and adversity that caregivers face was powerful.”

**-RTI International**



## CONTACT DETAILS

Available for Media Appearances and Speaking Engagements.

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