

Toni Gitles

Author | Speaker | Caregiver Expert



Speaker Kit 2023

About Heart of Caregiving



Caring for a family member is an act of love that comes from the heart. We can lose touch with our heart's connection to our care journey when the struggles and the challenges begin to outweigh the cherished moments and memories.

Heart of Caregiving strives to keep love at the forefront by helping caregivers embrace their role and thrive in their experience.

While caring for her mom for 14 years, Toni learned many lessons through trial and error and helps caregivers avoid the pitfalls and roadblocks that can derail their path to a meaningful journey.



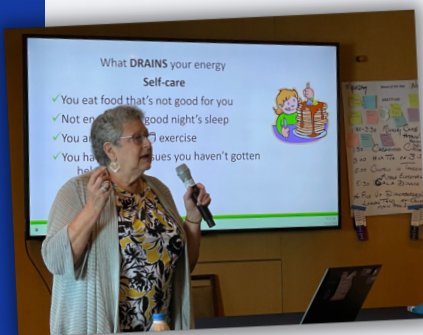
About Toni Gitles

Toni's career in the healthcare industry for over four decades and 14 years of caring for her mom positions her as an expert in caregiving and happy, healthy aging. She delivers caregiver conferences aboard dementia-friendly cruises for caregivers and their loved ones.

As a consultant, educator, and dynamic speaker, Toni trains businesses and provides group support and one-on-one guidance. The principles she shares transform the caregiving and aging experience into a journey of discovery and adventure.

Toni Gitles cared for her mother and understands the caregiver's journey, including the physical, emotional, and spiritual challenges. Toni's passion is to prevent caregivers from experiencing her one regret, which was not learning how to manage the overwhelming stress of caregiving.

- 14 years of lived experience caring for her mom
- 40 years of experience in the healthcare field
- Ten years teaching at the Baylor School of Medicine
- Award-winning speaker and author
- Author of 4 books on caregiving and lifestyle management



Speaking



Toni's workshops and presentations guide caregivers through the caregiving journey so that they are equally prepared for the challenging and the happy moments. Toni's approach allows the caregiver to appreciate the rich opportunities that can be experienced when we lead with our heart.

Toni has shared her knowledge with attendees at the **National Caregiving Conference and the Myasthenia Gravis Foundation of America Conference.**

"Being reminded to recognize and appreciate joyful moments.
Self comes first-very important for me to remember."

Cathy R

"Thank you for sharing from your heart."

Dorothy H

"Helpful guide through the six stages
of empowering the caregiver."

Dennis D

Presentations & Workshops

21 Mistakes Caregivers Make & How to Avoid Them

Toni draws from the information from her book, *21 Mistakes Caregivers Make & How to Avoid Them*, to share the common mistakes caregivers make and teach the superpower skills that enable them to thrive.

Learn to Lead & Follow in the Dance of Caregiving

Like a dance, caregiving requires coordination, rhythm, and adaptability between the caregiver and the care recipient. Toni will gently guide you through the mastery of steps so that both the caregiver and the care recipient learn to move together in harmony.

The Empowered Caregiver

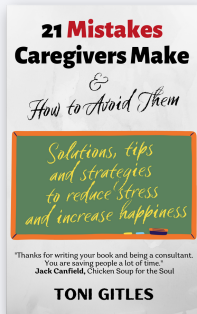
Toni offers strategies to help the caregiver create a healthier and more balanced caregiving experience. Empowered caregivers enjoy better relationships, less stress, and fewer regrets while confidently charting their caregiving journey.

Celebrate & Create Your Meaningful Journey

Join Toni in this presentation and let her be your event planner and show you how to create beautiful moments that will become meaningful, lasting memories.



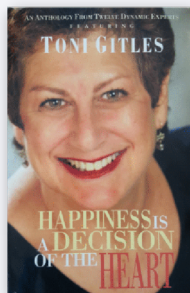
Books



21 Mistakes Caregivers Make & How to Avoid Them

Toni guides caregivers through common mistakes and empowers them to thrive in their roles with solutions, tips, and strategies to reduce stress and increase happiness.

As Admiral Hyman G. Rickover said, "Learn from the mistakes of others. You can't live long enough to make them all yourself."



Happiness is a Decision of the Heart

Gitle is joined by eleven other experts who offer a variety of relevant, inspirational, and informational strategies designed to help people from all walks of life find contentment, peace, and happiness in their daily lives.



Jumpstart Your _____, VOL III

This book is for anyone who needs a jump start in one or more areas of your life, business, relationships, health, mindset, and more! The 15 authors in this book have experiences and expert knowledge that can help you jumpstart just about any area of your life, health, relationships, and business or career.



Our Caring Difference

During a personal caregiving experience, we can feel overwhelmed by the tasks, responsibilities, and worries. We may overlook the difference we really make. In our book, Certified Caregiving Consultants™ look back at their experiences caring for family members and discover the difference they made and share insights into the difference.

Speaking Venues



2023 Advent Health Staff Training



2023 Connecting Caregivers Conference



Myasthenia Gravis Foundation of America
2023 MGFA National Patient Conference



Southern Caribbean & Panama Canal
Dementia Friendly Cruise Speaker



Co-founder and Trainer
Central Florida Dementia Friendly Dining



Faculty Member,
National Caregiving Conference 2018-2019



Distinguished Member, Toastmasters
International



Speaking Circles® Facilitator



Awards & Affiliations



Certified Caregiving Consultant™

Certified Caregiving Educator™

Certified Caregiving Facilitator™

Certified Caregiving Specialist™

**2022 Emerging Leadership Award,
Myasthenia Gravis Foundation of America**



**Dementia Care & Cure Initiative
Central Florida Task Force Member**



Co-founder Central Florida Dementia Friendly Dining

1 International Best-Selling Author

 **caregiving.com**

**Advisory Council,
Caregiving.com 2018-2019**



**Advisory Board,
The Center for Family Caregivers 2018-2019**



Former Instructor Baylor College of Medicine



Let's Work Together!

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