



Susanne White

AUTHOR | SPEAKER | WEBINAR HOST

Caregivers are warriors.
Fearless and passionate about
protecting those they care for!

Speaking Topics

Survive the Caregiving Journey with Grace and Empowerment

Susanne believes that self-awareness and self-care are the keys to empowered caregiving. This speech is about the courage it takes to care for ourselves as we care for others. Susanne explores the path to wellbeing for the caregiver, offering actionable strategies for finding balance, grace and fulfillment.

Unmasking Caregiver Shame: Why we feel it and what to do about it

Join Susanne for an insightful presentation on the often-taboo topic of shame in caregiving. Drawing from personal experiences and professional insights, she'll guide audience members through a candid discussion on understanding, acknowledging, and overcoming shame as caregivers.

“ The Caregiver Warrior (Susanne White) provided a fantastic informative presentation to family caregivers. Family Caregivers related to her struggles and emotions that surface while caregiving. The Q&A segment allowed audience members to share their story and gain wisdom from other caregiver warriors.

Jessy Melchor, Passages Caregiver Resource Center

Susanne White is the Founder of Caregiver Warrior. She was faced with the opportunity to care for her parents and ventured out on a caregiving journey that would change her life. She blogs about this journey on her website, caregiverwarrior.com, sharing her experience, strength, and hope with others so that they, too, may navigate caregiving with grace and empowerment. Susanne shares candid reflections, practical advice, and heartfelt anecdotes, offering a lifeline to those feeling overwhelmed or isolated in their caregiving roles.

She is a dynamic, engaging, and articulate speaker, webinar host, and podcast guest, captivating audiences with her insightful commentary and dynamic delivery. White's latest book, *Self-Care for Caregivers: A Practical Guide to Caring for You While You Care for Your Loved One*, is now available at your favorite [bookstores](#).

Visit caregiverwarrior.com for more information from Susanne White, or follow her on [X \(formerly Twitter\)](#), [LinkedIn](#), [Facebook](#) and [Instagram](#)

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Book Susanne as a Key-Note Speaker, Webinar Host, TV, Radio, or Podcast Guest!



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