

Living Goldenwell's Speaking & Workshop Programs

Led & Facilitated by Kathleen Korpela, Eldercare expert helping professionals navigate caring for aging parents.

What It Is:

Living Goldenwell's speaking and workshop programs are a ready-to-go combination of keynote presentation + interactive workshop where participants gain learning, insights and inspiration!

Who It's For:

Professionals in the early stages of caring for aging parents, or getting close to that stage, and are seeking guidance on what it means and looks like to step into a caregiving role and navigate the world of eldercare.

Sandwich Generation family caregivers - professionals who are simultaneously raising children and caring for aging parents.

Delivery & Components:

1. Length: 60-90 minutes (can be structured for 60 minutes)
2. Format: Virtual
3. Topic presentation from Kathleen with group Q&A and dialog throughout
4. Questions for group discussion, reflection and learning
5. Downloadable digital workbook for participants to take with them
6. Information about Living Goldenwell's eldercare community

Signature Programs:

1) Caring For An Aging Loved One: Where To Begin

Description: When you notice changes in your aging parent, it can feel overwhelming when you're unsure what to do about it. Gain foundational knowledge and confidence to know when and how to step in!

Learnings:

- Planning and considerations when stepping into a caregiving role
- What to look out for with an aging loved one
- Key conversation topics; having constructive dialogue

2) *Balancing Career & Elder Caregiving*

Description: Caring for aging parents while maintaining a career affects a significant proportion of working adults today. How do professionals think about and approach navigating two critically important commitments in their lives - career and elder caregiving? It's a dual responsibility that requires knowledge, know-how and strategic planning.

Learnings:

- Tips for balancing work & elder caregiving
- Advocating for yourself & implementing the 5 step strategy for your work-caregiving balance
- Allyship & creating cultural shift
- Normalizing caregiving conversations in the workplace

3) *From Overwhelmed to Empowered: Caring For Your Aging Parent & Yourself*

Description: Supporting your aging parent(s) while juggling your own life is complex. In this session, tailored to the unique needs and experiences of women, learn how women caring for aging parents are transforming from overwhelmed to empowered by implementing key shifts that prioritize their wellbeing, equip them with advocacy knowledge, and provide sustainable strategies for balancing eldercare responsibilities with personal and professional growth.

Learnings:

- The 4 shifts that women who are thriving while caring for an aging parent have done to transform their lives from one of overwhelm and burnout to one of empowerment and confidence.
- The #1 thing women need to sustain themselves for the demands of stepping into help their parents.
- The top tools and strategies smart women are using to prioritize their own wellbeing while caring for others and advancing their careers.
- The critical and significant topics you need to know about to effectively advocate for your loved one and support their needs.

4) *Let's Talk Aging Parents: Crucial Questions & Conversation Series*

Part 1 Session: The 6 Foundation Conversations

Part 2 Session: The 6 Heart Conversations

Description: Supporting an aging parent while balancing your own career, family, and life can feel like standing at the edge of a dense forest with no map. You know conversations need to happen, but the questions, the family dynamics, and the

emotional weight make it hard to know where to start. With the right conversations at the right time, you can move from overwhelm and avoidance to clarity, confidence, and sustainable support for both your parent(s) and yourself.

Learnings:

- Navigate the 12 most important eldercare conversations before crisis hits
- Get your family aligned around care, roles, and responsibilities
- Learn how to advocate for your parent's health, safety, and wellbeing
- Build a foundation for long-term, sustainable caregiving support

5) Custom topics available upon request.

We're happy to discuss customization (or co-create content) based on your needs!

Pricing:

- Signature Programs: \$595 per 60-90 minute session (+ WA state retail sales tax for WA state based clients and applicable payment processing fees)
- Custom Program: pricing varies based on length, delivery format, depth or detail of topic(s), materials and content creation, and any travel, transportation and lodging costs. Scope of work proposal can be developed.

Outcomes:

Competitive Advantage in Talent Management: Elder caregiving is now a core workforce issue. As eldercare responsibilities affect increasing numbers of working adults, companies offering comprehensive caregiver support differentiate themselves in talent acquisition and retention markets.

Strategic Knowledge Acquisition: Participants develop essential competencies in eldercare navigation, including proactive planning frameworks, early intervention strategies, and systematic approaches to managing dual work-caregiving responsibilities. This structured learning replaces reactive, fragmented information-seeking that typically occurs during work hours.

Self-Advocacy & Workplace Integration Skills: Participants acquire tools to normalize caregiving conversations in professional settings, advocate for flexible arrangements, and contribute to cultural shifts that benefit the broader organization. This positions them as change agents rather than silent strugglers.

Community: Participation in a session offers the opportunity to connect with fellow caregivers, learn from shared experiences, and expand professional networks based on similar life stages & personal circumstances.

Inspiration & Morale: Fostering powerful "you're not alone" experiences energizes participants. Employees gain inspiration from peers who are navigating similar challenges, fostering optimism and resilience that carries into their daily work. Additionally, these workshops provide permission to acknowledge eldercare stresses and challenges openly, creating psychological relief that frees mental and emotional capacity for work engagement.

Organizational Impact & ROI: Organizations that support eldercare responsibilities retain experienced professionals who might otherwise exit during peak career years. This preserves institutional knowledge and maintains leadership pipeline continuity. Additionally, investing in this type of employee-caregiver education develops leaders who can effectively support diverse employee needs, creating more inclusive, adaptable organizational cultures that benefit all employees.

Contact For Booking:

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See and hear Kathleen in action: <https://livinggoldenwell.com/features>

Why Kathleen?

In a world where 53% of employees are juggling full-time careers with 20+ hours of weekly caregiving for aging parents—leading to burnout, productivity loss, and costly turnover—Kathleen delivers transformation that empowers your workforce to thrive in both roles.

With deep expertise in eldercare navigation, emotional resilience building, and sustainable caregiving strategies, she creates breakthrough moments where overwhelmed employees shift from "I can't handle this" to "I'm ready for whatever comes next"—guiding teams past uncertainty, guilt, anxiety, and second-guessing toward clarity, confidence, and greater capacity for balancing career and elder caregiving.





Kathleen empowers professionals who are family caregivers to step confidently into complex eldercare decisions - from dementia care to financial planning and healthcare advocacy - replacing uncertainty and overwhelm with the knowledge, tools, and emotional strength needed to provide exceptional care while protecting their own careers and well-being.

Living Goldenwell's Mission

Transform the eldercare experience by educating, serving and empowering family caregivers so they can better care for their aging parent and themselves.