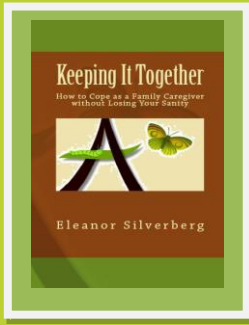
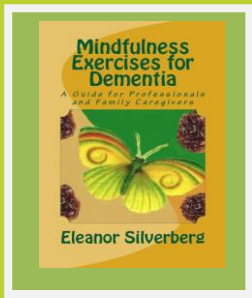


Keeping It Together



Mindfulness Exercises for Dementia



**A
Published
Author**



Jade Self Development Coaching

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Eleanor Silverberg

Helping You Cope
Through Situations of
Adversity and Loss

Social Work Services

A Coping Strategist

With keen interest, Eleanor started her own personal development journey at an early age. Over the years, she has followed self help gurus from Wayne Dyer and Gary Zukav to Thich Nhat Hanh and Michael Singer. In addition to mindfulness, Eleanor has coping methods accumulated from her enriching journey that she brings to you in her practice.

A Grief Specialist

As a child of Holocaust Survivors, Eleanor is not a stranger to grief, having vicariously experienced the the trauma that her parents experienced as war prisoners. Eleanor studied grief independently for over 20 years. Her innovative grief work has been academically published in developing the 3-A Coping Framework: *Acknowledge, Assess, Assist*. Eleanor will tell you **“Grief is not just about death.”**

Education

- Master of Social Work.
- BA, Psychology
- Certification, Bereavement Education
- 20+ yrs. Independent Grief Studies
- Extensive Mindfulness Training/Practice



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- **Coping Strategist**
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Empower Yourself to

**“Self Monitor
with
Self Awareness”**

Individual Coaching

Eleanor applies a transformative coping framework and shares a variety of supportive methods customized to help you get empowered to self monitor with self awareness through situations of adversity & loss. Situations may include relationship challenges, job loss, family illness, death or other life altering situation.

Her specialty is helping adults who are caring for frail or chronically ill family members so they may strengthen resiliency and prevent burnout.

Eleanor carries a vision for everyone to have the outer & inner resources so they may live the highest quality of life that they can.

To book or for further information
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