

# Work-Life Balance as We Age: Tools for Improved Productivity While Regaining Quality of Life



**Pam Ostrowski**

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“Attendees went out of their way to tell us that Pam was one of the most informative and engaging speakers we’ve had and we’ve had some of the best!”  
~Greg Asher

## Available for:

- Keynote speeches
- Webinars/Working Sessions/Breakouts

## Signature Topics

- 7 Ways to Retain Your High-Achieving Employees as They Age
- The 5 Non-Obvious Ways High-Achieving Employees Are Failing
- 5 Ways High-Achieving Employees Can Have Work-Life Balance
- The 7 Ways to Help High-Performing Employees Regain Focus When Life Happens
- 9 Ways to Build Resilience and Better Mental Health for High-Achieving Employees

*Contact Pam for additional topics and fees*

As seen in:

Alzheimer's  
**TODAY**

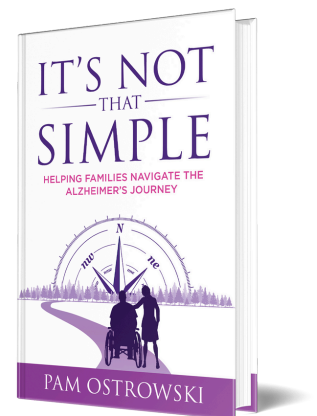
Alzheimer's Speaks  
**Radio**

UCI **MIND**

**CN** Cronkite  
News  
ARIZONA PBS



Author of the highly-rated caregiving guidebook



## 1 in 5 Americans will be 65+ by 2030. How will this impact your organization?

Pam speaks from experience based on her 14-year Alzheimer's and dementia journey with her parents and her extensive education in dementia caregiving. She walked away from a fast-track management position, moved 2800 miles, and became an individual contributor so that she could care for her parents. It was overwhelming, frustrating, and emotionally challenging. Your middle management and executives are probably feeling the same way.

Pam Ostrowski is a national Dementia Caregiving expert who works with organizations to provide implementable strategies for those in management roles who need to regain work-life balance.