

An extraordinary speaker for caregivers, educators, successful professionals and the nurturer in all of us!



RAE LUSKIN

Creative
Mindfulness
Mentor



As an artist, author, speaker, and teacher Rae is dedicated to raising awareness of creativity as a positive catalyst for health and healing.

RAE uses CREATIVITY to **ENCOURAGE, EQUIP, & EMPOWER** her audience to:

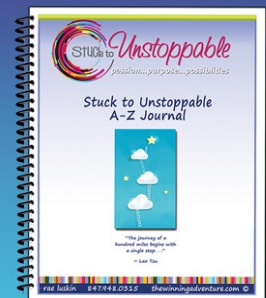
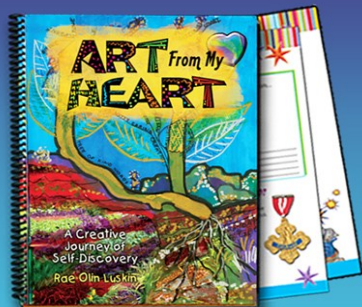
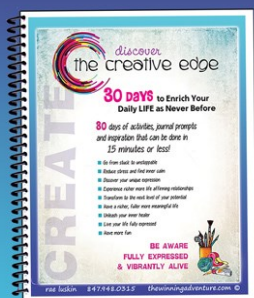
- ▶ Reduce stress and experience a healthy, vibrant and joyful life
- ▶ Open lines of communication without speaking a word
- ▶ Increase focus and productivity
- ▶ Be a pillar of strength for your family, friends and co-workers
- ▶ Take control of your life and achieve your dreams
- ▶ Bring fun, engagement, and enthusiasm to the work place

Creative expression helps us not only heal but to **THRIVE** in the face of life's challenges.

One-third of Americans alive today report living with extreme stress, bordering on *Burnout*. *Burnout* is one of the most debilitating conditions affecting the global workforce today, and it costs employers and employees billions in lost revenue, productivity and medical expenses each year. *Burnout* is more than just a bad day at the office, or feeling as if you just need a good night's sleep. *Burnout* impacts your health, hurts your relationships, strains your finances, zaps your energy and even rewires your brain - for the worse!

Rae Luskin's mission is to help those with fast-paced, emotionally and energy-draining jobs learn simple, yet highly effective techniques for preventing *Burnout* and lifestyle choices you can implement *NOW* to safeguard yourself or someone you love. Rae sets her audiences straight with her message of the importance of self-care with creativity at the heart of it all.

Rae has a Bachelor of Fine Arts from Roosevelt University and a Masters in Urban Planning from Loyola University. Rae openly shares her personal story of resilience and overcoming severe depression, suicidal thoughts and compassion fatigue. As an artist, Rae found that creativity was her lifeline, but it wasn't by creating a fine-art painting worthy of exhibition, it was scribbles and doodles. Creativity is a form of inquiry. It allows you to approach daily challenges from a place of curiosity and possibilities, and the freedom to change and thrive.





First Bank of Highland Park

5 SEASONS ~
Chocolate
Creativity &
Connections



Child Care Business Success Conference



Visionboard
Magic



North Suburban Childrens
Business Network

RAE'S PRESENTATIONS

SCRIBBLE & DOODLE *Your Stress Away*

With all the pressures of work and family in our lives, it's easy to feel anxious, overwhelmed and stressed out. Scribbling, journaling or other creative activities calms the nervous system, boosts focus, productivity and happiness among working adults. If you can hold a crayon you will be successful.

VISION BOARDS *The Secret to an Extraordinary Life*

Maybe you would like more love, fun, and adventure. Maybe you are ready to change careers and bring more passion and creativity to your work. Define exactly what you desire, why you want it, and what you need to achieve it. Then create a collage with words and images to align your brain with the outcomes you want. (Oprah, Jim Carrey, Ellen DeGeneres, Katy Perry and many others, swear by Vision Boards!)

CHOCOLATE, CREATIVITY & CONNECTIONS

The Keys to Aging Well

In a 2006 *Creativity and Aging Study*, it was determined that senior citizens who are actively engaged in creative activities such as painting, dance, writing, and music had better overall health and cognitive abilities, fewer doctors' visits, a sense of purpose and less depression. This fun, interactive and delicious experience will help you tap into your passion and imagination. Experience more joy, radiant health and vitality. Live the sweet life now!

ARTS *In Health & Well-Being*

Research shows that the arts, both observing and hands-on activities, improve the immune system and contributes to long term health and well-being. Hear how hospitals around the country are incorporating the arts into medicine to reduce pain, relieve stress, handle loss and connect staff, patients and caregivers to the outside world. Learn how to create a healing environment at home and at work that supports calm and inner peace. Create a self-care plan that promotes balance between work and personal life. Caring for caregivers matters!

CREATIVE ACTIVISTS *Effect Social Change*

Discover how community based arts programs promote a better quality of life, healthy development and healthy behaviors. Learn what you can do to promote thriving communities and initiate dialogues on diverse topics including sex trafficking, prison reform, literacy, peace, cancer, disabilities or memory loss. Inspire and mobilize people to ACTION!

Presentations are ALWAYS customized for your audience's needs and suitable for breakout sessions. Contact Rae to BOOK NOW at:

WHAT PEOPLE ARE SAYING



RAE LUSKIN

*"Art washes
from the soul,
the dust of
everyday life ."*

~ Picasso

"Rae Luskin spoke at our 2016 Association of Natural Health Care Conference and inspired our audience, of natural and complementary practitioners, to consider creativity as a tool to keep themselves and their clients healthy. Her presentation was refreshing and genuine and it resonated with our audience."

Camille A. Carlson Gehrlich, Publicity Director, Association of Natural Health

"What a great experience! Rae brought a refreshing approach to employee development programming and was able to find the perfect balance between meeting my needs and adding her creative touch. When working with Rae it's easy to see that she genuinely cares about the message she is sending. She is professional, organized, has great visual tools with handouts and slides, and delivers her message with insight and compassion. If you need to freshen up some training topics, I definitely recommend working with Rae Luskin!"

Lynn M. Urbán, PHR, SHRM-CP Midwestern University

"It was time to get in touch with my creative side - the one that helps me to live my life more freely and joyfully. Rae Luskin allowed me to open my heart and express myself in a 'pure' and delightful way...using paints, crayons, markers and all that cool stuff."

Jeanne L Malnti LCSW The Culture Group



"Rae is an inspiration. She opened my eyes to a simple yet effective method of stress relief; scribbles and doodles! I cannot wait to implement the strategy with not only my staff but my family as well. Thank you."

Kathryn Fischer, Munchkin Manor Webcam

**Creativity is your
HEALING FORCE
and your
SUPERPOWER**

SEE RAE IN ACTION

*See the Audience's
Reaction!*

- ▶ <https://www.youtube.com/watch?v=BLGDYqTp0s&t=113s>
- ▶ <https://www.youtube.com/watch?v=pN80oaherYg&list=UUIm4ToP8MtJUDrFQVZL6N4Q&index=18>
- ▶ <https://www.youtube.com/watch?v=Efljefp4Xv8&index=13&list=UUIm4ToP8MtJUDrFQVZL6N4Q>
- ▶ <https://www.youtube.com/watch?v=PkHL-zSTIXQ>