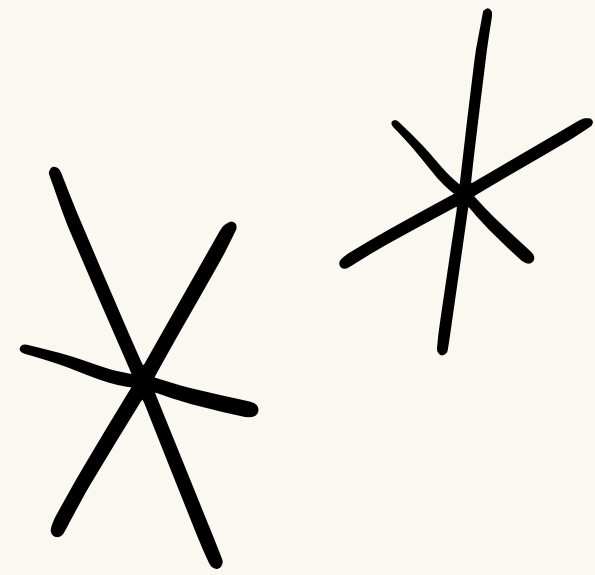


# Emotional AGILITY

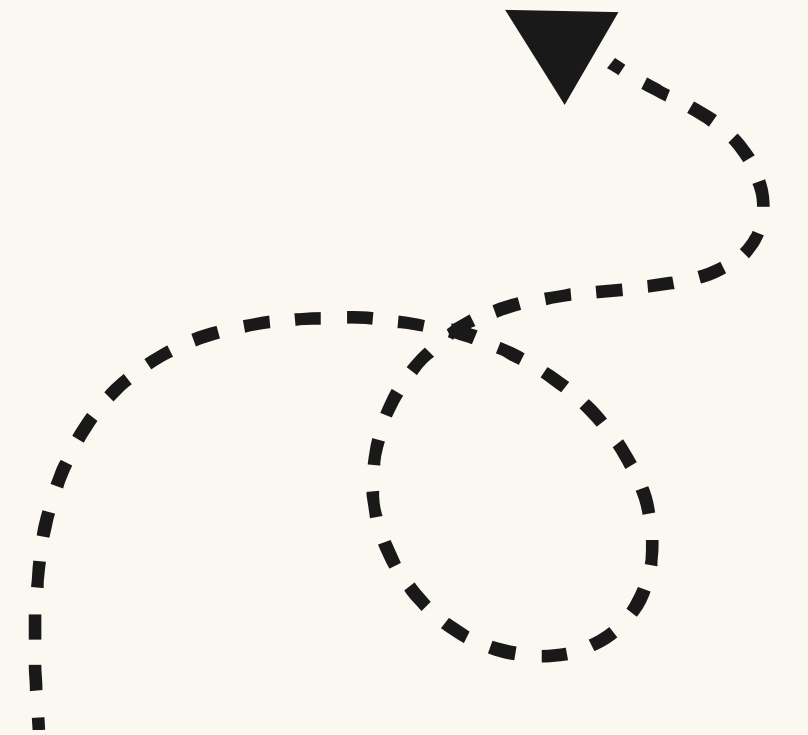




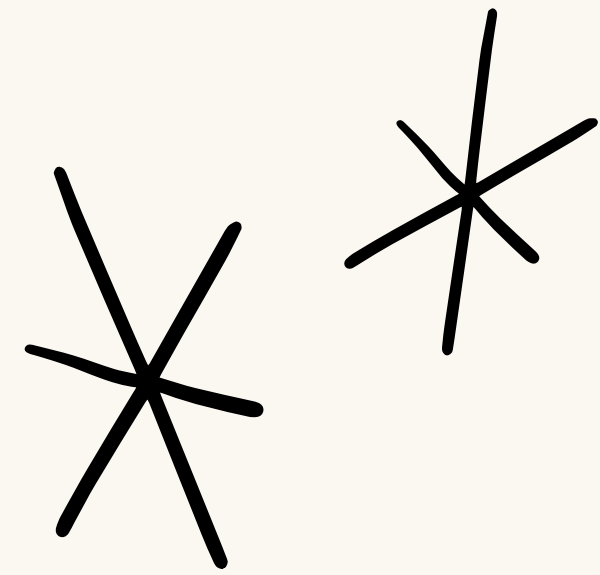
# My care giver story

PROGRAMME  
**Patients  
Partenaires** | **+3P** | **Proches  
Professionnels  
Public**

**HUG** Hôpitaux  
Universitaires  
Genève



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# Your own story



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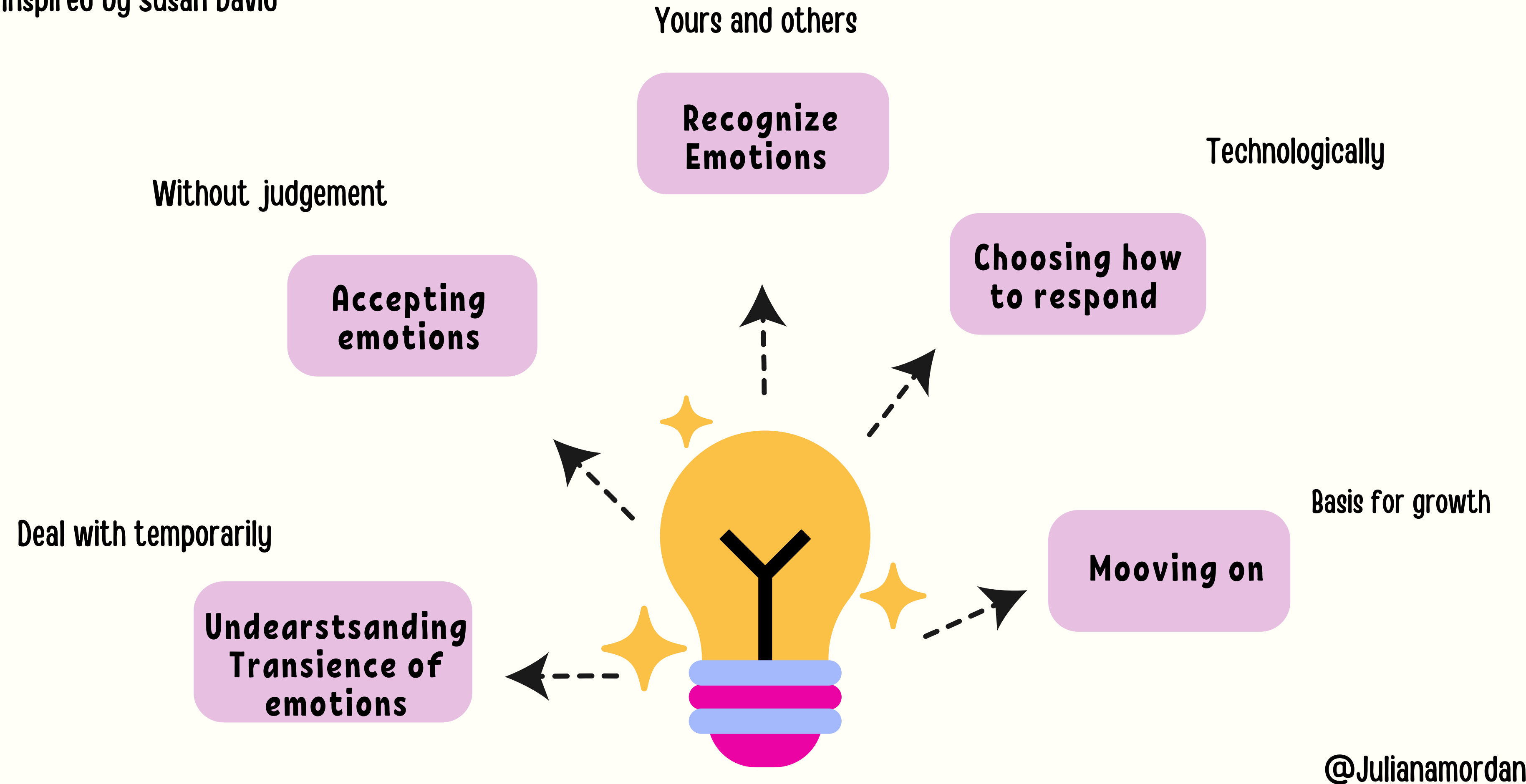
## To know

- 1 Eldest of her family
- 2 Major emotionnal event
- 3 Mental health impact
- 4 Loosing autonomy
- 5 Unable to use technology



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Inspired by Susan David





# Imagine aging



**LET'S PLAY**

What kind of  
emotions are  
you struggling  
with ?

Which elder are  
you ?  
What are your  
needs ?



# What do you see ?



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Hi there! I'm Juliana !



I'm a therapist, trainer and senior consultant in emotional agility. My care giver role guided me to learn more about relationship with the elderly and life ending people.

You want to talk about emotional aspects of your own field ?

Let's discuss ! [Juliana.mordant@cabinet.jm.ch](mailto:Juliana.mordant@cabinet.jm.ch)

