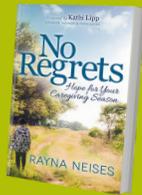




No one would have chosen the journey that was presented to Rayna Neises but she has found a way to live a life without regrets. Not because she's super-human, but because she learned early on how to focus on what matters most.

As an expert coach for professional women responsible for the care of their aging parents, she has a unique perspective on handling challenging seasons of life. Rather than having all the answers, Rayna encourages audiences to develop compassion and respect for themselves no matter what they are going through and to remain hopeful for what is to come.

Rayna released her book No Regrets in June of 2021. She also hosts a podcast for family caregivers offering hope for living, loving, and caring with no regrets.



### *What people are saying....*

Rayna reaches out to others with kind words and with loving actions that make all feel welcome. Her presentations are organized, informative, and well-researched, delivered with gentle, heartfelt respect for all those in attendance.

*Myra Jacobs* Director, Ministry with Persons with Disabilities  
Catholic Diocese of Wichita

Although she is quite knowledgeable, it is her compassion that makes this a wonderful workshop!

*Jenny Shipman* Care and Support for a  
National Nonprofit

## Signature Talks

### Making Room to Breathe, Even When Everyone Needs You

*The hurry and scurry of life isn't going anywhere. What will it take for you to take a deep breath and find that you are enough?*

When you attend this talk, you will:

- Learn to sit in whom God made you to be
- Gain clarity on your duties and responsibilities
- Understand how to intentionally engage in what matters most

You can catch your breath and experience peaceful contentment, even in the busiest phases of your life.

### Living a No Regrets Life- Moving from torn to pieces to experiencing peace

*Are you feeling stretched so thin, you fear you might break?*

*If you are like most women, everyone wants something from you. If you are not careful, when being pulled in so many different directions, you might just get torn apart.*

In this session, you will:

- Understand exactly how overwhelm shows up in your life
- Learn to say yes to the right things (and how to say no lovingly to the wrong things)
- Gain a new perspective on your current situation, so you can find peace even if nothing changes

There is hope for living with no regrets. Let's move towards peace together.

### Love Conquers All: Discover how love can fuel the life you want to live

*Love is patient, love is kind.... you know Paul's words describing love but how do you live out love in your life?*

After attending this talk you will know how leaning into love can empower you to:

- Grow your faith and relationship with the Lord
- Strengthen your relationship with your family
- Deepen your understanding of self-care

You will walk away understanding how leaning into love will help you to conquer resentment and regret.



### *Contact*

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