



CAROL RICKARD, LCSW

AMERICA'S CAREGIVER WELLBEING AUTHORITY

KEYNOTE SPEAKER

Our Proven Approach to Sustainable Caregiving:
The Stress SMARTER™ System

KEYNOTE TOPICS

- Caregiver Wellbeing
- Stress Regulation
- Emotional Health
- Sustainable Caregiving
- Communication
- Leadership

KEYNOTE OPTIONS

Keep Your Superpower From Becoming Your Kryptonite

How to Care for Others Without Losing Yourself

When Caring For Others Costs You Yourself

How to Rebuild Your LIFE Without Caring Less

MEET CAROL

Carol Rickard became a caregiver at just fourteen years old after losing her father and helping care for her critically ill mother and younger brother.

That journey continued through a 34-year healthcare career, where caring for others became both her greatest strength—and eventually her greatest challenge. When stress-induced migraines nearly ended the career she loved, Carol realized her superpower had quietly become her kryptonite.

Today, Carol is a 2x TEDx Speaker, licensed clinical social worker, and creator of the Stress SMARTER™ Framework and Overflow Model™. She teaches caregivers the missing skill for sustainable caregiving: stress regulation.

TRUSTED BY:



Penn Medicine



THE SIGNATURE KEYNOTE EXPERIENCE



BEFORE THE EVENT

- Discovery & Planning Session
 - Promotional Video to Build Excitement
 - Customized Keynote Development
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DURING THE EVENT

- Interactive Learning Experience
 - Audience Engagement
 - Practical Tools Participants Can Use Immediately
 - Live Audience Feedback Survey
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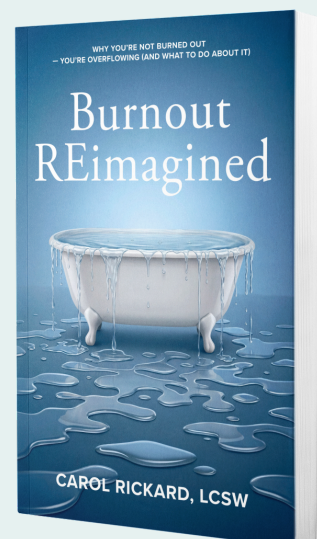


AFTER THE EVENT

- Audience Impact Summary
- Signature ToolCards to Reinforce Learning
- Participant Resource Guide
- Bonus Learning Resources
- Digital Books (Package Dependent)
- Post-Event Reinforcement Resources

AUTHOR OF BURNOUT REIMAGINED

A practical guide to understanding overflow, not burnout—and the proven system to Stress SMARTER™ so you can care for others without losing yourself.



Testimonials

“ We received an email from the COO, stating the presentation was "terrific", and that he is used to multi-tasking during things like this, but he found that what you were sharing was so interesting that he was able to put things down.

HR MANAGER, ROBERT WOOD JOHNSON FOUNDATION

“ Staff walked away with things they could use immediately. I love that! Not only do our employees give the training rave reviews on evaluations but to me personally.

TRAINING DIRECTOR, CATHOLIC CHARITIES

“ You held a captive audience with your energy & enthusiasm. You are great! I learned many tools to manage my stress.

WELLNESS DIRECTOR, NJ STATE POLICE



LET'S MAKE AN IMPACT TOGETHER



Every audience member leaves knowing how to continue caring for others without sacrificing their own health, joy, or identity.

*Because caring is your superpower.
Learning to protect it is the missing skill.*

LET'S CONNECT

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🌐 www.carolrickard.com

📍 Princeton, New Jersey
(Available for events nationwide)

WATCH CAROL IN ACTION



Speaker Reel
carolrickard.com/reel