

# MY STORY

## About lifeWorkx stories

LifeWorkx assists employees, employee-caregivers, managers, HR - anyone who finds themselves living or addressing the employment, personal or lifestyle challenges of a caregiving role - Or supporting employees and others who are facing these challenges.

At LifeWorkx we understand that real stories pack a punch for those involved. They are engaging, informative, have an emotional impact – and provide gems of information, ideas, or other contacts and resources that can lead to life-changing, or workplace-changing action. They work equally well for Employers and Employee-Caregivers – and they even have an impact on policy makers such as politicians - everyone loves them.

LifeWorkx uses these stories in its information, presentations, workshops, books, blogs and other resources. While some of LifeWorkx information, stories and other resources are free for all through our website and many of our presentations, we must charge fees to access our *Employment In An Aging Society* library, and most of our workshops. These fees are often paid by companies/employers or Associations providing their Employees (Employee-Caregivers, Managers, other Employees or Team Members) with specialized training, resources, and other services provided by LifeWorkx.

Anyone can subscribe to our open website platform. This opens up a world of information, resources and support to everyone. Your story will become part of this amazing collection.

## Your permission

Thank you for agreeing to provide your story for use by LifeWorkx in any of its programs and resources. It is your story as an Employee-Caregiver, Employer, Manager or Carer – or someone who has a story to tell about the impact of becoming a caregiver on employment and lifestyle.

LifeWorkx undertakes our story effort with gratitude and respect. Any personally identifying information will be strictly confidential and used only by LifeWorkx in communication with you. You are only identified publically by the name you provide (MY NAME). You can update or withdraw your story at any time.

Please provide the information below to get started. It is best if you can send it to us as a computer document e.g. MS Word.

**LifeWorkx - My Personal Story Program**

**MY STORY**

**YOUR NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PREFERRED *“PUBLIC”* NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Please write the name you wish to use to identify you and your story.*

**HOW TO CONTACT ME**:

**Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mobile: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Text:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
*(Please provide your contact preference e.g. Email address, text, Skype, etc.)*

PLEASE SIGN AND DATE HERE:

I authorize LifeWorkx, Inc. to use my story in any of its programs and resources.

X Date:

## My story: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am: Employee-Caregiver Unpaid Family Caregiver Paid Family Caregiver

Employer HR Manager Other (please describe)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My Story:**

Please tell in your own words: What is your family/friend caregiving experience? What have been/ are the impact of caregiving on your employment, family, financial situation, close relationships, health, lifestyle… and any other impacts…

This is your story. There is no right way to write this. ***(Add more pages if you wish).***

**[[1]](#footnote-1)©MY BEST EMPLOYMENT/JOB ADVICE OR ACTIONS:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

### **MY BEST CAREGIVING advice or actionS:**

**EMPLOYMENT POLICIES OR PROCESSES THAT WORK… ANYTHING THAT IS HELPFUL FOR YOU!)**

**THANK YOU**

We are so grateful that you are sharing your story. Please email it to:

**Jeannette Galvanek, CEO, LifeWorkx, Inc.**

Email: [MyStory@lifeworkx2021.com](mailto:MyStory@lifeworkx2021.com) Website: [*http://www.lifeworkx2021.com*](http://www.lifeworkx2021.com)

BTW… We would love to hear from your family, friends or employer also. Please distribute this form to anyone who is interested. Their stories will make a difference to the lives of people such as you.

**THANK YOU FOR YOUR TIME AND GENEROSITY**

1. © LifeWorkx, Inc. 2018 [↑](#footnote-ref-1)