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Care professionals across the country have been asking us for a way to learn more from Clint Maun beyond just the various speaking engagements they may have attended in their specific locales. In response to this overwhelming demand, Clint has created the **Care Crowd VT**, a growing community of care professionals like you who share a *deep passion and commitment* for taking care to the **next level of excellence**.

Care Crowd VT is your virtual training access point to Clint's™ wealth of solution-oriented, team-based approaches to improving care nationwide. Furthermore, it is affordable for **any** care organization of **any size** to take advantage of this fantastic training value. For less than **\$1.65 per day** (even less if you are a *LeadingAge member*), **all of the employees** at your facility (including future new hires during the 3-year site license period) can have unlimited access to Clint's™ humor, experience and wisdom to help your organization **Improve Care from Within!**



Ready to learn more?

You can now try out the training first-hand with a **Free Trial!**

Visit the Care Crowd VT website today and enjoy a **free 2-week trial** so you can see for yourself how easy, yet very powerful, this training can be. *Imagine all your organization's staff being on the same page in providing the best care to your customers! Better still, at only pennies per day, **you can't find better***

training for your budget! Add on the fact that Administrators can even get **4.5 CEU credits via NAB** and the *value goes through the roof.*

Facility by facility, care professional by care professional, **Care Crowd VT** is amassing a large, vital community of people who strive to change the face of care **from within**, rather than wait for the various *external forces* to magically align for positive change. **Become a Care Crowd member today!**



Food For Thought

Do You Suffer from FOMO?

Fear of missing out or FOMO, is a phenomenon sweeping the nation. Just as the name describes, those plagued with FOMO are constantly worried they're missing out on what other people are doing. Contributing (or perhaps one of the root causes) to the problem is our fascination or even addiction to social media. FOMO is especially strong for those hooked on social media because they're constantly aware of what others are doing.

If you're feeling anxiety and a sense of missing out, here's what you can do to keep things in perspective:

- **Remind yourself that no one has a perfect life.** Although posts and pics may portray a fairytale life, no one has a problem-free existence.
- **Stop comparing yourself to others.** It will only stir up anxiety. Focus on your blessings and all that you have—not on the new car or vacation your friend

just had.

- **Set limits.** Give yourself 10 or so minutes to catch up on social media and then promise not to look again until the next day. If you spend all your time looking at what others do, you will miss out on your own life!

“Have no fear of perfection - you'll never reach it.”
—Salvador Dali



Quick Links

MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



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