



Alzheimer's Speaks
Shifting Our Dementia Care Culture From Crisis to Comfort™

Recognized by Oprah as a “*Health Hero*” and the National Institute of Dementia Education in 2020, and AARP MN as an “*Inspiring Leader and Disruptor*” in 2018, by Maria Shriver as an “*Architect of Change*” in 2016 and by Sharecare as the “*#1 Influencer Online for Alzheimer’s*” in 2012.

Emotional Based Training™

Lori La Bey of Alzheimer’s Speaks uses what she terms “**Emotional Based Training™**” or EBT to inspire her audiences be it a Keynote, breakout, consulting, or coaching session. Lori purposely develops her programs to be thought provoking, fun, and inspirational. Each session is filled with learning lessons, concepts, tools, and/or techniques to shift perceptions. Her goal is to shift not only the minds of participants, but their hearts and souls. By using this technique, she is able to help people shift their “*Personal Delivery Styles*” to reflect a heart or relationship model. One which foundation is based on being client centered and service balanced.

So what is Emotional Based Training?

Lori La Bey found she learned better and so did a vast many when Emotional Based Training tactics where used. She found it is easier to implement change once you believe in the concept on a heart level. Here is a nice video by Daniel Goleman which talks about Emotional Intelligence EQ (a term which has been around a long time) vs. IQ.

<http://www.youtube.com/watch?v=wJhfKYzKc0s>

The video explains nicely the importance of emotional intelligence, how it is learned and how it comes into play at work as well as life in general. For example, how your personal skills such as: listening, adaptability self-awareness, how you self-manage, stay motivated, stay focused, ability to read others, being a team player, becoming a leader... effect your ability to interact with others.

What Emotional Based Training Is Not:

For example, you may have spent one year writing and rewriting your mission statement for your organization, so you have the perfect words to express your administrative vision. Staff are mandated to memorize the statement, but if they don't "feel the mission," if they can't "see your vision," if the words don't "touch their heart and soul"; well than they are just words they memorized. Words like many training modules are not going to change a person's actions, reactions, or choices until they feel the true need to change. That is why Lori La Bey sees dramatic changes in her audience's perceptions and how they want to change their personal service delivery.

What Emotional Based Training is:

Emotional based training uses things like stories, videos, and music; all wrapped in life lessons to reach participants on a deeper level. EBT gets participants to feel the impact of their actions, reactions, and choices. The goal of EBT is to get people to see beyond the obvious by looking beyond the task at hand. To get participants to understand and appreciate the power they hold and how their individual delivery style impacts others. Bottom line EBT gets people to think about how they would like to be treated. It drives people back to building compassionate relationships, which is at the core of all service delivery.

Visit Our Testimonial Section To See What People Saying

About Lori La Bey's Emotional Based Training

www.AlzheimersSpeaks/events-engagement

Changing How Caregiving Is Perceived, Received, and Delivered