

Speaker / Bio:

Gale Lyman, RN, CCM, CDMS, Reiki Master-Teacher

Gale Lyman is an engaging and interactive professional speaker. She is a nurse with over 20 years of experience in health care. Gale provides consulting services to workers' compensation and disability programs, law practices, independent living programs, and wellness programs, and serves as an independent case manager. Gale is a certified case manager, a certified disability management specialist, a registered nurse, a licensed rehabilitation counselor, and a Reiki Master-Teacher. She resides in Massachusetts with her husband and two Labrador retrievers, where she is the principal of Lyman Training & Consulting.

Topics:

- Team Up With Your Patients to Increase Adherence
- Escaping the Black Holes: Improving Outcomes by Increasing Patient Adherence
- Put the Oxygen Mask on Yourself, First
- From Survival to Success: Thriving in the World of Health Care when the Rules Keep Changing
- NOW WHAT? Stress Management during Times of Change
- Full of Energy: Take Care of Yourself with Reiki
- Experience Reiki!
- Preventing Work Place Pain: Ideas & Resources for Nurses
- What a Pain: What Nurses can do to Avoid Injuries
- Dream the Impossible Dream: Balance your Work and Life
- Quick and Easy Relaxation Methods