

## **Health Care Chaos Sends Nurse/Speaker on a Mission to Put the Care Back Into Caring Professions, Releases 5<sup>th</sup> Book**

*Attention Training expert and nurse Aaron McNaught offers solutions to Caring Professionals suffering from a lack of meaningful work, loss of heart, and a struggle to meet the demands of balancing work-life and home-life in his new book, **Waking Up to the Heart of Care**.*

Red Deer, Alberta (PRWeb) October 14, 2009 – Professionals charged with protecting, supporting, educating and caring for the members of our society are vastly undertrained in the most essential of skills needed to manage their often intense experiences, says Aaron McNaught, himself a nurse and author of *Waking Up to the Heart of Care*.

Essential service providers such as nurses, educators, social workers, or what McNaught calls, Caring Professionals, suffer from a lack of training that would be challenging to any professional, but is especially detrimental to those who have accepted the calling of caring for, and caring about, our loved ones.

Due to the intensely intimate nature of the work of Caring Professionals, combined with the vulnerability of our loved ones being cared for, one would think it safe to assume that Caring Professionals would be trained in such essential skills as the management of their own stress, thoughts and emotions.

Says McNaught, “In my talks, I have had the chance to ask a variety of Caring Professionals if they have ever been formally trained by their profession, in the arts and skills of mental and emotional management. I have never heard a yes. The fact that such skills exist, that they are research proven, simple to learn, immediately beneficial, and even cost effective, makes it puzzling why such essential skills are not made abundantly available to all Caring Professionals.

**This lack is evidence that we as a society, are not caring for, supporting, nor protecting, those who have accepted the calling to care for, support and protect us.**

The essence of the skills and perspectives outlined in *Waking Up to the Heart of Care*, is deceptively simple. First comes the skill of remaining intensely alert and attentive, or Awake, to one’s present experience. This leads to the slowing down and cessation of unnecessary thoughts, judgments and self-talk. This instantly translates as reduced tension, decreased stress, and vastly enhanced decision making. These surface benefits lead to the deeper benefits of improved communication, empathy, intimacy and meaningful interactions, both at work and at home.

“But that’s just the start,” says McNaught, with a wry smile. “I have enjoyed the numerous benefits of the skills I teach for almost 20 years, and I am awed and humbled by them. All Caring Professionals deserve to be equipped with these simple, practical, yet deeply meaningful tools for managing their own experience, as well as improving the quality of the experience for those they serve.”

“*Waking Up to the Heart of Care*” (Oct 2009 \* Self-Help\* ISBN 978-0-9781324-2-2) is available through the author’s website: <http://www.wakinguptolife.com>

About the author:

Aaron McNaught is the owner of Aaron McNaught Education/Consultations, an Alberta based business providing seminars, workshops and coaching services to individuals and organizations interested in going far beyond average personal and professional development. Aaron lives in Red Deer, Alberta, Canada.

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*Waking Up to the Heart of Care*

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