



Kari Berit, passionate, authentic, down-to-earth, and fun. She connects immediately with her audiences. “She was talking about me,” “I feel like I’ve known her forever,” and “I feel energized after hearing her” are just a few of the participant comments that follow her keynotes.

Kari has spent her career helping people and institutions manage transitions and embrace the unfamiliar. Her expertise lies in aging and caregiving, two journeys in our lives for which we are poorly prepared. She is the author of two books, *The Unexpected Caregiver* and *Mental Fitness Guide*, both published by Attainment, and also hosts the weekly Unexpected Caregiver radio show. She contributes regular columns and articles on aging and caregiving topics and consults on peer-to-peer run caregiver support groups.

For over 25 years, Kari has been addressing industry associations, private business groups, financial companies and religious organizations, helping professionals from a multitude of backgrounds and age groups move effectively through their aging and caregiving life changes, and understand how to better serve their clientele. As a speaker, audience evaluations regularly call out her wit and high energy; a radio show that interviewed her told listeners to expect “bubbly, effervescent fun.”

Her audiences laugh – and sometimes shed a tear or two – but just as importantly, they come away with information that they can apply immediately and to good effect. In particular, they learn effective strategies for starting and managing the crucial conversations between parents and their adult children when caregiving issues come to the fore – conversations that often must first address the often emotion-laden intergenerational baggage Boomers and their parents have worked hard to ignore for decades.

Kari Berit has both studied and lived what she speaks and writes about. Key elements in her background include:

- Radio Show of *The Unexpected Caregiver*, since 2009
- National Speaker since 1997
- 13 years as a resident manager, director, dementia-care specialist and assisted-living manager in Minnesota senior housing facilities
- Over 25 years teaching and directing programs for older adults in settings ranging from community meetings to national conferences, classrooms to churches
- Past Director on Good Samaritan Society National Board
- M.S. in Continuing and Vocational Education from the University of Wisconsin, Madison
- B.A. in Psychology and International Health Care from St. Olaf College, Northfield, MN