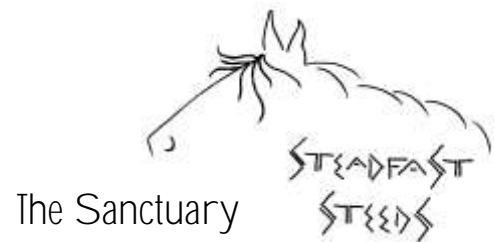


Guiding people and employees

To transform stress into satisfaction



Tired of being too tired for your weekend?  
Don't want to change jobs due to burnout?

- Work fatigue
- Distracting relationship issues
- Compassion fatigue symptoms
- Grief and/or traumatic experiences
- High employee turn-over

Ascend your path by filling your backpacks with

- Practical ways to lower stress & anxiety
- Adjust and adapt to rapid changes with resilience
- Think more clearly during crises
- Recover quicker from tough times
- Conserve energy for true emergencies
- Empower yourself

Blaine Scott is your confidential Guide to Stress Management!  
Friendly non-judgmental conversations and practical tools that support you  
at work and home as you support others.



Specialized Guide for employees and work groups

- ✓ He's an independent contractor
- ✓ Individual long-term care providers
- ✓ In-home and Facility-based employee care
- ✓ Seminars and webinars
- ✓ DIY ways to boost resilience & recovery

**Connect with Blaine to gain proven techniques  
That work fast!**

**Mobile: 970-216-4433 Email: [Blaine2461@gmail.com](mailto:Blaine2461@gmail.com)**

The Sanctuary at Steadfast Steeds c/o Blaine and Tracy Scott  
P.O. Box 3953 Grand Junction, CO 81502

[www.steadfaststeeds.org](http://www.steadfaststeeds.org) 970-241-0939

Located in Glade Park, CO at 1411 S. 16 ½ Road  
A 501(c)(3) Public Charity EIN 27-2186949