



EMPOWERED CARE

— **WEBINARS FOR HEALTH, HOME & HEALING**

Empowered Care Planning for Families, Leaders, and Caregivers

High-level, values-aligned education for navigating caregiving, legacy, and life transitions with confidence and clarity.

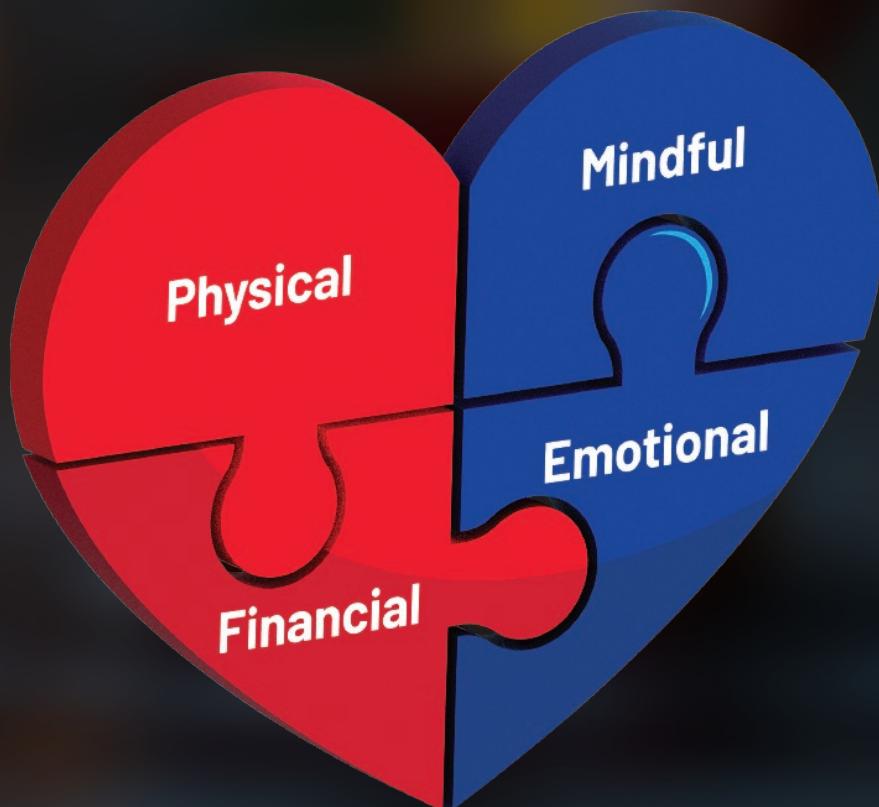
"But if any provide not for his own, and specially for those of his own house, he hath denied the faith..."

— 1 Timothy 5:8 (KJV)

[LEARN MORE](#)

PURPOSE & POSITIONING

Whole-Hearted Learning for Whole-Life Living



At Monse-Heart, education is designed to strengthen the whole person, supporting body, mind, and spirit during seasons of caregiving and transition.

Our Webinars Combine



Practical caregiving education



Mindful awareness and emotional resilience tools



Financial and legacy planning insight

These sessions are not just informational. They are guided learning experiences designed to support clarity, peace of mind, and confident action when it matters most.



WHAT YOU'LL GAIN

What You'll Gain Inside Each Webinar

Through structured learning, guided support, and community connection, you will gain:



Confidence in
navigating care at
home



Reduced stress and
greater resilience against
caregiver burnout



Clarity in planning for
health, finances, and
legacy

Whether you are a caregiver, healthcare professional, faith leader, or navigating your own health journey, you are supported every step of the way.

TRACK ONE

HEALTH, HOME & HEALING

Master the realities of managing chronic health conditions and care at home with confidence.

This track focuses on:



Health, Home & Healing

- » Home-based caregiving strategies
- » Coordinating care and communicating with providers
- » Emergency readiness and safety awareness
- » Supporting loved ones with dignity and compassion



Born from lived caregiving experience, this track equips families with clarity and calm – no matter where they are in the care journey.

TRACK TWO

EMOTIONAL WELLNESS & PURPOSEFUL PLANNING

Rediscover clarity, calm, and confidence through life's transitions.

Led by Ash Khan, MSN and Mussarat Asad, BScN, MPH



Emotional Wellness & Purposeful Planning

- » Emotional strain and caregiver fatigue
- » Stress, grief, and major life transitions
- » Mental resilience and grounded decision-making
- » Purposeful planning for finances and legacy



This is a space to pause, reflect, and move forward with peace of mind.

HOW IT WORKS

How the Empowered Care Experience Works

A clear, supportive pathway designed to meet you where you are and walk with you forward.

Step 1 Done-For-You Learning Experience

Immediate access to a private learning environment with guided, self-paced education resources.

Includes:

- » Faith-informed video lessons
- » Caregiving, wellness, and planning modules
- » Worksheets, templates, and planning tools

Learn at your pace, without pressure or overwhelm.



Step 2 Personalized Virtual Home Visit (Needs Analysis)

A face-to-face virtual home visit focused on understanding daily life, caregiving routines, and learning needs.

This visit allows us to:

- » Listen to the individual, caregiver, and family
- » Learn about daily routines, challenges, and concerns
- » Explore priorities and areas where additional education may be helpful

This helps ensure the learning experience that follows is relevant, compassionate, and practical

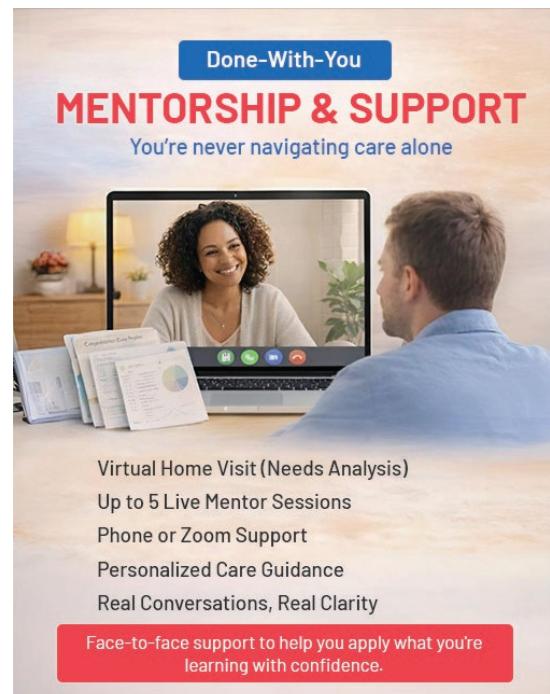
Step 3 Done-With-You

Mentorship

You are personally supported as you apply what you're learning. Includes:

- » One-on-one Zoom or phone conversations
- » Reflective conversations around real-life decisions
- » Support while discussing forms, care documents, and planning considerations

You are never navigating care alone.



Step 4

Community Membership

Continued encouragement and learning through the Monse-Heart Community.

Includes:

- » Monthly mentor-led webinars
- » A values-driven, supportive environment
- » Continued growth alongside others walking similar journeys

WHO THESE WEBINARS ARE FOR

These Webinars Are Ideal For



If you value clarity, dignity, and thoughtful preparation, this experience is for you.



WHY EMPOWERED CARE

The Heart Behind the Empowered Care Experience

Caregiving is complex. Emotional burnout is real. Planning can feel overwhelming.

Empowered Care exists to offer



Real-world tools



Compassionate guidance



A steady, values-aligned path forward

So you can breathe, make confident decisions, and build a life centered on healing, purpose, and legacy.

"Bear ye one another's burdens, and so fulfil the law of Christ."

— Galatians 6:2 (KJV)

DISCLAIMER

Our programs are intended to support – not replace – professional medical advice, diagnosis, or treatment. Always consult with your physician, care team, or other qualified medical professionals with any medical questions or concerns.

The content of our webinars, coaching programs, and virtual assessments is for educational purposes only and is not a substitute for professional medical, legal, or financial advice.



TAKE THE NEXT STEP

When life shifts – through diagnosis, caregiving responsibility, or changing independence – clarity matters.

Empowered Care helps turn uncertainty into confident action.

REGISTER

Contact Us

Monse-Heart | Education & Learning
278 Cedar Ln SE #4173, Vienna, VA 22180,
United States

703-718-6111
info@monseheart.com
monseheart.com