



NADINE ROBERTS CORNISH

ACCLAIMED AUTHOR, RENOWNED SPEAKER
GERONTOLOGIST AND CAREGIVER COACH

Nadine is the founder of The Caregivers Guardian (TCG), a Denver Colorado-based consulting service dedicated to supporting, guiding, and advocating for the family caregiver. TCG provides training and coaching for caregivers and healthcare professionals on the importance of being active participants in the caregiving process. Nadine has an extensive background in public health education, including serving as a consultant to California's Department of Health Services for 15-years. In this role, she provided expertise and guidance on many of California's most innovative and award-winning social marketing and healthcare campaigns. Nadine's most important role to date was as a 15-year caregiver to her mother, Elizabeth.

Nadine's notable experiences catalyzed her inaugural book, "*Tears in My Gumbo – The Caregiver's Recipe for Resilience*," a heartfelt manuscript that speaks personally and passionately to the nation's more than 60 million caregivers, and the people who care about them. Through a series of caregiver stories, the book illustrates the ingredients needed for caregivers to maintain resilience and create a soul-nurturing gumbo of care. Her next book, *Prayers in My Gumbo, The Caregiver's Recipe for Peace*, will launch Fall 2020.

Nadine attended the University of New Orleans, where she studied Business Administration. In 2012, she attended the University of Colorado at Colorado Springs, where she earned a Professional Certification in Gerontology. Nadine is also a Certified Senior Advisor, Freedom Coach, and Elite Life Coach. She is the Co-Founder of The Sister's Enterprise Master Mind (TSEMM) Group for black women business owners.

Nadine resides in Aurora, Colorado and has been married for 21 years to Kevin Cornish, a Boulder County firefighter. She is the mother of poet and writer, Rodrick Freeman. Today, Nadine is passionate about her people, passionate about caregiving, and making a difference on purpose.

AWARDS | PRESENTATIONS

2018–Honoree for the Denver Urban Spectrum's–African Americans Who Make A Difference.

2017–Community Activist Award –The National Council for Negro Women

2017 - TEDx Talk: *5 Steps of Conscious Caregiving*