

Monthly Newsletter

July 2026

A Note From Coach Carla



Can you believe we're already halfway through 2026?

A few weeks ago, I found myself looking through old photos and helping my mom organize, preparing for an Alaska cruise, engaging with the Caregiver's Corner Skool community, and wondering, "Where did the first six months of the year go?"

This year so far has been filled with lessons, surprises, challenges, and blessings. Like many of you, I have spent much of the year balancing multiple roles—daughter, wife, entrepreneur, coach, caregiver, and friend.

I hope you will find time to rest, reflect, and realign with what matters most right now and in the second half of the year. Take a moment to breathe, grab a glass of iced lemonade, and enjoy reading what I hope feels like a letter from a friend.

July Reset – How Is Your Year Working for You?

Mid-year is the perfect time to pause and ask:

- What's working?
- What's not?
- What do I want more of in the second half of the year?

Not sure about you, but when I'm driving, I occasionally take a wrong turn.

Sometimes I miss an exit.

On occasion, I get distracted.

Often, I realize I'm heading in the wrong direction entirely.

Thankfully, my GPS doesn't judge me.

It doesn't say, "Well, you've ruined the trip now."

It simply says:

Recalculating. Rerouting.

Then it finds a new route and helps me get where I want to go.

Life works much the same way.

Many of us begin the year with goals, intentions, and plans. Then real life happens. As the young folks say, "Life is lifing."

A health issue appears.

A loved one needs more support.

Work gets busier.

Caregiving responsibilities increase.

Unexpected opportunities arise.

Before we know it, we find ourselves somewhere different from where we originally intended.

That doesn't mean we've failed. I believe we each do our very best every day.

It simply means it's time to recalculate. Recalibrate.

As caregivers, we are often so focused on managing everyone else's needs that we forget to check our own direction. We keep driving without stopping to ask whether the road we're on is still taking us where we want to go.

The good news?

You don't need to wait until January to make a change.

You don't need a new year.

You don't need a crisis.

You simply need a moment of awareness.

A moment to pause.

A moment to reflect.

A moment to decide what deserves your attention during the second half of the year.

We are all our own GPS.

The question isn't whether you've taken a wrong turn.

The question is: What is your next turn? Next move? Next baby step?

Take a break.

Grab your journal. Make some rerouting notes for yourself.



Treat yourself to a Starbucks.



Take a walk on the beach. Listen to the waves.



Get outside your comfort zone. Ride a camel.

Enjoy the summer. Have some fun.

A Coach Needs a Coach – Why I Flew to Los Angeles

Earlier this year, I traveled to Los Angeles to attend the “Your First Million Live” event hosted by Arlan Hamilton. The trip was an opportunity for me to connect with other entrepreneurs and to learn insider tips on how to be a successful Founder.

There were a few themes from the many conversations I had in those fast-paced three days:

- There is power in community and shared learning. I have some new business, Besties!

- We must ignore negativity and haters. Focus instead on aligned supporters. This reminds me of a song I sang as a child, “Accentuate the positive, eliminate the negative.” This message applies to business and to caregiving.

Take the time to build and show my authority in my field. I have over 15 years of experience coaching corporate leaders, physicians, and nurses. Now, I choose to bring my coaching expertise to family caregivers.

One idea from Arlan particularly stayed with me: many people wait until they feel fully ready before taking action. The truth is, most growth happens before we feel ready. Confidence often follows action—not the other way around. Based on everything going on in our country, that impacts our people, there is an urgency to act now was palatable.



Coach Carla and Arlan Hamilton, Your First Million Live, April 2026.



Coach Carla and Business Besties at Your First Million Live, April 2026.

The Role Nobody Prepared You For: Conversation with Dr. Nicole Bryan

Back in April, I co-hosted a LinkedIn Live conversation with a fellow caregiver, Dr. Nicole Bryan, where we both shared our experiences as family caregivers. I recanted that when I became pregnant with my first daughter, Camille, I read the book, “What to Expect When You're Expecting.” But there is no equivalent script for new family caregivers.

Both Nicole and I reflected on how we felt alone while handling the caregiving workload. Nicole coaches many leaders who have shared the difficulties of managing a full-time career and being their parents’ lifeline.

Three themes continue to emerge:

- Caregivers can feel heavy
- Caregivers wait too long to ask for help.
- Boundaries remain difficult.

In case you missed the live discussion titled, “Leading Yourself While Caring for an Aging Parent” here is the [link](#) to the replay.



Wisdom from Gayle Walker, Life Doula, Inc., Home Management Strategist

Physical clutter often reflects emotional overwhelm.

On May 21, Gayle Walker from Life Doula, Inc had a Fireside Chat to discuss the impact of clutter on caregivers. Gayle, a retired Navy nurse, emphasized the

importance of decluttering for emotional and physical well-being. She shared her approach which includes, listening, understanding client's needs, and creating a no judgement zone.

Common clutter areas include closets and bookshelves. Gayle highlighted the benefits of decluttering, such as increased efficiency, cost savings, and reduced stress. She also discussed the importance of addressing the root cause of clutter to achieve a transformative experience.

Gayle believes that “high-performing women deserve high-performing homes.

Key takeaway: Start with sorting, not deciding. One drawer. One shelf. One box.

Download Gayle's Free Decluttering Guide:

<https://lifedoulainc.kit.com/56cd408187>



True Confession: I have employed Gayle to help me with several home personal organization projects. Here are before and after pictures of just one project, from August 2023, when I needed more free space in my garage for storage. She made

the effort less painful and fun to complete. The trash on the curb for pickup says it all!



Caregiver of the Month Valerie Jarrett: Leadership at Work, Caregiving at Heart

Many people know Valerie Jarrett for her leadership roles in government and public service, as well as for her ongoing work with the Obama Foundation and the Obama Presidential Center.

What is less well known is her experience as a family caregiver.

In interviews and public conversations, Valerie has spoken about caring for her aging mother and the lessons caregiving taught her about patience, responsibility, and love. Like so many family caregivers, she found herself balancing the demands of a successful career with her deep commitment to her parents' well-being.

Her story reminds us that caregiving does not discriminate. It touches people from every profession, every background, and every stage of life.

Whether leading national initiatives or helping a loved one navigate the challenges of aging, Valerie has demonstrated that leadership often begins with service.

One of the most powerful lessons caregivers teach us is that some of life's most important work happens away from the spotlight. It happens in doctors' offices, around kitchen tables, during difficult conversations, and in countless acts of love that rarely make the headlines.

This month, we recognize Valerie Jarrett not only for her public leadership but also for the care, commitment, and compassion she has shown in her personal life.

many great leaders is another role they hold close to their hearts: Caregiver.



Building Something New: Superpowers for Caregivers™

Inspired by my own caregiving journey with my parents, Superpowers for Caregivers™ is being designed as a practical, just-in-time tool to help family caregivers navigate everyday challenges with greater confidence and clarity. It's coming, stay tuned. If you are interested in being a beta tester, shoot me an email or DM.

You're Invited – Join Caregiver's Corner

If you've ever thought, 'Nobody understands what I'm carrying,' I want you to know you're not alone.



Caregiver's Corner

Looking Ahead

Masterclasses and Fireside Chats are taking a summer pause. Planning is underway for new programs, conversations, and resources this fall.

I will be launching a YouTube channel and a Substack newsletter later in the year to share caregiving insights more broadly. Thank you for being on this journey with me.

Wishing you and your loved one much summer fun in the sun. Here is the **August calendar** for download for your planning and enjoyment.

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