

WELCOME TO THE COURSE

Hi and welcome to *Get Me Started!* This course is the first in my signature series *Beyond Bereavement - Your Path to Personal Power* that takes you beyond bereavement and into the life of your dreams in a safe, inspiring, gentle and easy practice. As far as you want to go! I'm so happy you're here.

Lasting change comes from our ability to dream and transform our life. Any major loss can knock us to the ground. It can be difficult to get back up and stay on track.

You've joined this course, no doubt, because your life has been shattered by loss. You are feeling lost and powerless, and you want to change your life!

You may be feeling depressed, isolated and confused. If you're new to bereavement, you likely don't know what's wrong with you and are afraid to ask for help, or don't know where to start.

You may be struggling to get out of bed or out the door but still have obligations to meet. Many you aren't sure you can handle anymore. Your relationships are crumbling. Your friends have bailed on you. You feel out of place everywhere you go. You can't see any sort of future other than one filled with more pain.

Depending on whether you've lost a child or experienced other sudden or devastating loss, you may be fearing for the safety of your surviving children or other loved ones. In short, your life is a mess and you don't know how to fix it.

Well, you've come to the right place!

Devastating loss and grief can trap you in the suffering described above and in many other ways that are hard to break free from. Without understanding your pain, taking back control of your life can be difficult, if not impossible.

Which is why I've got your back!

As a bereaved mom, I know exactly what it feels like to try to survive what seems like never-ending suffering and struggle, and come out the other end. Which is why I've created this course. To meet the unique needs of bereaved individuals at any stage of their bereavement

journey to help them recover from devastating loss, and rebuild their life, on their own terms.

In this first course *Get Me Started!* you get to decide what you want to change in your life and when. Whether you want help to just get your day started or you feel ready for bigger changes, through a gentle, step-by-step process, this course will give you the skills to triumph over every challenge and help you harness your inner power to continually create the life you *really* want and deserve, every step of your healing journey.

I deeply believe that no one should have to suffer or feel stuck in a life that feels put upon them. But to change what you no longer want, means revisiting all pain associated with your most difficult experiences, to discover what you need and want to heal.

At the same time, revisiting pain can lead you to find your passion and purpose and give you a reason to carry on. And this is especially important if you've had a loss where you've lost yourself, too.

Your first step.

One of the first steps that is necessary for you to take to help you recover from devastating loss, is to accept your life as it is, without blame and regret for what has happened. Recovery is the effort you make to find the happiness and contentment you desire, trusting that you will always be able to handle anything that comes your way. And in bereavement, there's a LOT that you will face, often unexpectedly.

This course will help you discern your true needs and dream again, so that you will always be creating the life you want as you move forward in your healing. And I can't wait for you to get started!

Click Complete and Continue to meet your coach.