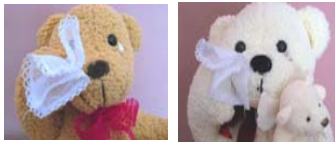


Just imagine getting up each day with joy and experiencing:

- Confidence in knowing that you have survived a major life crisis
- The desire to make your dream of a new life a reality while keeping your loved one's memory intact
- The satisfaction in knowing that you have begun creating your new life focused on reaching some important goals after your loss
- Your life in balance and effectively managing your stress

Angel Bears

Helps you express your grief with a hanky and a tear



Order at www.griefcoaching.com

About Coach Linda Trignano

After going through her own journey of healing and renewal, Linda has helped hundreds of others heal from the death of a family member or close friend, life changing transitions, or the pain of divorce.

She has spent over 22 years facilitating grief recovery support groups and working with individuals in grief.

In addition to her certification for establishing and facilitating grief support groups, she is a graduate of Coach University and is a member of the International Coaching Federation, trained by Hospice of NJ, and a Human Resource expert who facilitates workshops on understanding grief in the workplace .

What others are saying about experiencing the healing benefits of working with Coach Linda:

"I just want to thank you for your loving support. You have helped me through a process that only someone so caring could do." Mary Ann K.

"Your understanding, compassion, and gentle guidance have helped me in my journey through grief. I can't thank you enough for giving me the gift of hope for my future once again." Anthony C.

P.O. BOX 104, POMPTON LAKES, NJ
07442
WWW.GRIEFCOACHING.COM

Grief Coaching



Help For Those Who Are Hurting

Tel: 973-722-9961
www.griefcoaching.com

Help For a Heart That's Still Hurting

Take Steps Toward the New Life That Awaits You



Grief Coaching is About:

- Personal support
- An understanding of the loss you have suffered
- The care and comfort you long for
- Tools to help you move forward with joy and compassion
- A focus on the future

Unresolved grief can lead to a life that is not whole; a life that is filled with significant negative and long-term effects.

Death and Loss Are Life Altering Experiences.

Everyone goes through transition a little differently. Sometimes you need someone to talk with; sometimes you just need someone to hear you — to really hear your concerns.

Some transitions are involuntary such as the death of someone close to you, a divorce, or a job loss. Some are voluntary such as a job promotion, moving, or having a baby. Family and friends are not always able or qualified to help.

Working with a coach gives you:

- The opportunity to talk with someone who brings an independent perspective to the discussion
- The acknowledgement and endorsement you need to help work through the changes
- Support and understanding
- The needed challenges to continue moving forward — even when you don't feel like you can
- Tools to help you manage the grief

Grief Programs

- Individual coaching sessions
- Full-day and half-day retreats for individuals or families
- Transitions — Your Personal Path Through Change® Workshop
- Handling Grief at the Office® Workshops for Teams and Individuals
- Nutritional coaching focused on the importance of food and diet during the grieving process

Our retreats are a place to refresh and renew your heart; a place to come and talk about your grief and be healed, body and soul.

Contact us today to see if you are ready to take the next step in the healing process.

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