

GRIEF COACHING



COACH: JESS LOWE



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My name is Jess and I am a Grief Coach. Having experienced a lot of personal loss, my goal is to help others wade through the tough waters of grief. Being able to be a sounding board for emotions, but to also use goal setting as a strength and a guide to help others manage and grow from grief to gratitude is truly important to me.

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ABOUT ME

WELCOME

I work at KDM Counseling Group as a Client Coordinator and as a Grief Coach. I received my certification from the Institute of Professional Grief Coaching (IOPGC). I have experienced loss of loved ones, beginning very early in my life. After working through my own struggles with grief, I want to help others who cross my path so that they know they are not alone in their pain and together we can use action focused methods to help move them forward and be able to not only thrive but to honor their loved ones while doing so. I believe that working with a coach who has experienced the pain that losing a loved one causes on our hearts and minds and being able to work through that grief and loss in order to be able to continue forward in life is very beneficial.

ABOUT GRIEF COACHING

We grieve because we love. That love doesn't go away when we lose someone, nor should it. Through our time together, we will grieve, grow, and use these emotions to catapult us into our new life after loss. We will learn tools that will help us move forward in gratitude.

Many people confuse Grief Coaching and Grief Therapy. Although they have similar attributes, they do differ. Here are the important differences of Grief Coaching and Grief Therapy:

Grief Coaching

- **Future Focused** - Starts with where you are and emphasizes self-knowledge, self-development, and self-management - a goal of personal growth after devastating loss.
- **Seeks to move a client from functioning to highly functioning.**
- **Assumes client is okay and full of potential.** Cannot diagnose illness such as clinical depression or prescribe medication.
- **Action focused** - emphasizes behavior and thinking.
- **Major changes and realizations can take place in a relatively short amount of time.**
- **Seeks to help a client honor a loved one by helping them find a way to have an extraordinary life.**
- **Client determines objectives based on how they want to feel and their goals.**
- **A grief coach can see your strengths and talents and hold up the mirror for you to see too.**
- **Requires a genuine desire to help people with a specific problem or goal.** A Coach's personal experience can be very helpful.
- **Some specialize in working with a specific type of client (ie: Moms that have lost a child).**
- **Flexible and Convenient:** Can be conducted in-person or virtually by phone, e-mail or video chat. Coaches can work with people across town or across the world.
- **Asks the question "What's next?"**

Grief Therapy

- **Past Focused** - explore unresolved feelings surrounding the past relationship with the loved one.
- **Seeks to move a patient from non-functioning to functioning.**
- **Diagnose and treat mental disorders** - sometimes with medication.
- **Emotion focused** - emphasizes feelings.
- **Usually considered a long-term commitment for realizing insights or change.**
- **Seeks to heal medical disorders so their patient can deal with everyday life,**
- **Grief Therapist determines objectives based on diagnosis.**
- **Requires Advanced Degrees in Psychology or Psychiatry.**
- **Patients rarely get to know any personal details about the therapist.**
- **Regulated:** Usually meet in person, licensed on a state-by-state basis. This can keep a therapist from working with someone in another state.
- **Asks the question "Why?"**

THE PROCESS

CONSULTATION CHAT

STEP

1

This first Consultation is a FREE 15 minute phone call to establish services and goals for Grief Coaching, to provide the structure, and for Coach to receive background information to help the client.

Grief isn't linear. We all grieve at different rates, ways, and with varying feelings. We will work through the emotions of grief and how we can use them to project us forward in our grief journey.

STEP

2

MANAGING GRIEF

HONOR, GOALS & LEGACY

STEP

3

We will work on how you can best honor your loved ones. We will work on your goals moving forward in your life after loss. Using the tools you learn through each session, you will create your own legacy and bring your loved one's memory along with you.

WHAT TO EXPECT

Personal
Power Plan

Honoring Your
Loved One

Navigate Grief

Guidance
—
Motivation

Create Your
Own Legacy

Through our time together, the goal is to work through grief, create goals for life moving forward, find ways to honor your loved ones, and find the strength within to honor the legacy they started while creating your own.



STEP 1:

CONSULTATION CHAT

SHARE ABOUT YOUR LOVED ONE

COACH WILL PROVIDE HOW GRIEF COACHING
CAN HELP

MINI EXERCISE

GOAL SETTING AND HOW IT APPLIES TO GRIEF

LEARN CLIENTS EXPECTATIONS
FOR GRIEF COACHING

CREATE AN INDIVIDUALIZED PLAN FOR CLIENT

STEP 3:
HONOR, GOALS,
& LEGACY

HOW TO HONOR LOVED ONE

GOALS FOR LIFE AFTER LOSS

CREATING OWN LEGACY AND CELEBRATING
THE LEGACY OF OUR LOVED ONE

GRIEF COACHING

**NEED MORE INSIGHT & SUPPORT?
CALL/TEXT 727-437-0980 TO GET STARTED!**

