

Paula Stephens

Bio:

Paula Stephens, M.A. is the Muse behind Crazy Good Grief and the author of the book, "From Grief to Growth: Five Essential Elements of Action to Give Your Grief Purpose & Grow from Your Experience. She created Crazy Good Grief after the unexpected loss of her oldest son. During the time immediately following his death Paula realized that the importance of self-care and encouraging people to 'live in the sunshine of their child's life, not the shadow of their death™' was not emphasized in loss communities. With a master's degree in Exercise Physiology, work as a Certified Wellness Coach, Chaplain, and Yoga instructor she put her knowledge to work in the grief community speaking on how to focus how to find and live in the sunshine.

Workshop #1:

Title: Grief Didn't Come with A Training Plan – Here's Yours!

The focus of this session is to teach the importance of self-care and health in the healing process. After attending this workshop participants will know what action to take that will help them effectively manage the day-to-day stresses of living with loss. The message will include the physical differences in early loss vs more integrated loss. Participants will be able to apply simple self-care strategies they can do starting that day that will increase their energy, decrease stress and improve mood. Participants will learn both the physiological and emotional benefits of integrating health and wellness into their lives, including avoiding secondary losses to quality of life after the loss of a loved one.

Workshop #2:

Title: "What Are Your Healing Superpowers?"

In this session participants will be guided through a 'work in action' worksheet that will encourage them to identify the strengths, skills, behaviors and activities that have helped them up to this point. These reflections will be used show how each person has healed in a different way. By recognizing and being aware of these behaviors we can maximize them and learn to integrate them into our lives as our healing evolves and our needs change. Participants are encouraged to share, brainstorm and adopt ideas from one another in the workshop. This encourages the concept of asking for support and being open to exploring new ideas. The message is shared that, just like a super hero has specific powers, he/she acquired them through adversity. This format also creates an inclusive feel for those who are both newly bereaved and further down the path. Participants will leave feeling empowered by having identified their own healing 'super-powers', knowing where they need support, and knowing how to use these to honor their loved ones by how they continue to live.