

# INDIGO FLOW GRIEF COACHING

4-Month Package



**Are you feeling stuck in grief, longing for a way to move forward and find clarity in your life?**

*Let me support you on this transformative journey. Sometimes, a little extra support with one-on-one coaching can help you get unstuck in grief.*



## Why Now?

- Share, process your loss and create a clearer vision for your future.
- Unleash powerful tools, strategies, and practices for lasting positive change.
- Discover spiritual practices that will help process your grief.

## About Me

As a certified grief coach and end-of-life professional with nearly 20 years of experience, I've companioned with hundreds of people during transitional times in their lives, specializing in supporting women who've experienced loss.



INDIGOFLOW  
PATH TO A NEW BEGINNING

# WHAT YOU'LL GET

- **8 Individual Online Sessions:**
  - Two private Zoom calls per month over four months. These sessions are dedicated to providing you with personalized attention and support. Together, we will delve into your unique needs, allowing you to process, explore, and dream.
- **Worksheets + Practices:**
  - Reflective prompts and worksheets.
  - Sustainable spiritual practices for balance and ease.
  - Powerful tools, strategies, and resources to help you navigate loss and gain clarity and purpose in your life.
  - Guidance in unlocking creativity.
  - Support in reconnecting with your core, True Self.
  - Access to Recordings of all Zoom meetings.

**Indigo Flow Coaching incorporates four transformative flows: *Nature, Creative, Sacred, and Soul.***

**These will assist you in staying present, honoring your experiences, and paving the way for a new path to emerge. By integrating these flows into your life, you will experience momentum and uncover surprising insights along the way.**

*"Amazing work. I really feel like Heidi is coaching from the heart. I'm so ready for this next chapter to begin! These sessions were amazing." ~Sarah*

*"I have felt completely broken-hearted and stuck. Heidi did get through. I feel lighter and more hopeful about my future." ~Courtney*



*"Life is good...I feel like I am in my late teens most days as I travel, spend time with family and friends, ballroom dance, paint, and journal. I asked God for a 40-year-old, and He sent me a very youthful 65-year-old man whom I adore. Another highlight of my year is becoming a community center volunteer!"*

*~Ginny*

## **Why Wait?**

**Book a call now and start your journey to healing and transformation with Indigo Flow Grief Coaching. Reconnect with your True Self and let your grief transform you.**

**Are you ready to process your grief, identify what matters most, and create a clearer vision for your future? Let me support you and help you get there!**



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