

## Rebuild Your Life After Loss

Carrie Hopkins-Doubts

*by Tom Hood*

"Grief is not a 'problem' to be solved. ~~DO NOT~~

you might have experienced. Carrie's life work is to help you navigate the upheaval and chaos of major life transitions along with the confusion that are part of these changes. Carrie helps you become a co-creative partner and transformational opportunity. She uses her precious time, energy and money resisting and reacting to

As the founder of Life's Next Chapter Coaching,



death of her spouse, she used her education and professional experience to answer the call to serve people who are going through difficult periods in their lives. As she says, "I discovered a passion for guiding people into consciously creating lives that they love on the other side of their upheaval." She created Life's Next Chapter Coaching, and this would be her life's work. She currently serves as the chair of the Independent Review Board for the International Coaching Federation, a Certified Grief Counselor, and holds a credential with the Center for Transformational Presence Coaching and Leadership. She also works with business groups and has provided bereavement outreach for hospice facilities.

No matter what your specific situation, Carrie's class will have a significant impact on your emotional health and well-being.