



Why I Created My School and How My Courses Can Help You

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Why I Created My School

As a life coach, a Certified Life-Cycle Celebrant® trained in funerals, and a writer, I have always been fascinated by how human beings react to life's challenges. Among all the challenges we face, grief and loss are universal experiences that all human beings will go through.

The books I write contain stories about the everyday heroes in our world, ordinary people doing extraordinary things with their lives. All of them have experienced losses in many different forms; most found ways to cope and move beyond simply endurance to weaving their loss into the larger fabric of a meaningful and purposeful life.

Grief follows loss, but so does resilience; we are hardwired for it. As a fellow human being who has gone through my share of losses, including the death of my parents, and a spouse, as well as a bout of cancer and a near fatal auto accident, I have coped with grief throughout my life. Each loss brought me the opportunity to develop emotional and spiritual resilience. I built significant inner resilience using a therapeutic combination of art, ritual, and music that helped me heal. I have taught these important tools to clients, friends, and family with beneficial results. The grief courses are the online extension of my efforts to share what I have learned with a wider audience.

There are other online grief coaches, but few of them bring the unique blend of education, storytelling, ceremonial skills, and years of experience that I have in group facilitation, coaching, writing, and public speaking. Knowing how to design courses and facilitate learning, including online learning, is a special skill that has been honed in a career that spans 30 years. My goal is to share with you what I know about resilience and grieving, and to show you how you can use art, music, and rituals to help ease you through one of life's most significant transitions – the loss of a loved one – with all the dignity and grace it deserves. These tools have helped me, and many of my clients, and I believe they can help you, too.

How Can My Grief Courses Help You?

1. Whether you are newly bereaved, or you have been living with the loss of a loved one for some time, you can expect to find practical and inspiring resources for managing your grief journey; clarity about what's true and not true about grief; and affirmations for making informed, intentional choices to live with greater compassion for yourself. It is my intention that this course will help you manage your grief, no matter where you're starting from.
2. You can expect to become more comfortable with impermanence, so that the loss of loved ones doesn't permanently rob you of joy or contentment, but deepens compassion for your own suffering and for the universal human suffering that is part of life. This course will show you the perennial healing properties of art, music, and ritual that have helped humankind through the ages.

3. You can expect to discover an increased potential for personal transformation, one of the very real gifts of grief. You may already recognize that grief has changed you forever – the old you is no longer present or retrievable. This course will support you in letting go of that old identity and surrendering to the evolution of a new version of yourself with a wisdom that is borne of pain. And, I will remind you that death ends a life, not a relationship, so you can expect to keep on loving the one you have lost and who will remain alive in your memory until you take your own last breath.
4. Grief cannot, and should not, be rushed. It should be respected and honored as a sacred journey that goes at its own pace, and is as individual as your fingerprints. The “cure” for grief is to grieve, and that is generally not a quick process. This course will help you feel better *gradually* as you work through the readings and resources, and apply the suggested actions to your daily routine.
5. Not everyone is willing or able to receive online emotional support for something as personal and as universally challenging as grief; some people prefer direct interactions with a coach who is present physically. In this format, participants are expected to be reliant on “self” skills, such as being self-directed, self-monitoring, and self-managing. The courses are set up with opportunities for participants to share thoughts with me and with each other, which will lend a sense of community.

