

About Julie and Her Grief Journey

I'm a mom of two amazing boys and I lost my late husband suddenly in a car accident in November of 2017. At the time my sons were 2.5 years and 7 months old. With a simple knock at my door my whole world was turned upside down and I lost all bearings to which way was up.

In my time of uncertainty, I was certain of one thing, that I would find my way through this no matter what it took. The first year was awful and messy with so many downs (way more than ups) but with my two boys watching me, I knew they needed to see me save myself.

At around the 2 year mark I had someone ask me to tell them who I am (without giving my typical answer of "I'm a mom or widow") and I didn't have a clue how to answer. I knew being a widow didn't define me, but I didn't know who I was, I felt lost. This was a huge turning point for me on my healing journey. I began to reflect on who I truly was and began to love myself.

When I lost my husband, I began to have a whole new meaning and appreciation for what life is. I was determined to properly heal myself and do all the work to get myself there. It wasn't always easy and many times I wanted to give up, but I'm so grateful I kept pushing though. Diving head first into your pain doesn't seem natural, usually we want to bury it, but at some point that pain is going to come back up again no matter how deep you buried it. Diving into your pain head first is the only way though it.

I was fortunate to have many different people help guide me on my journey. It's so important to have support when you're going through something so life changing. No one should have to do that alone.

There really is a lack of resources and support for those who are grieving, which is so unfortunate since we're all going to experience death of a loved one at some point in our lives. Which is part of why I decided to become a grief coach. In the spring of 2021, I dedicated myself to taking a grief coaching course and am proudly a certified grief coach from the "From Grief to Gratitude Coach Certification Program".

My hopes are that I can help just makes someone's grief journey a little bit easier by walking with them through their grief and help guide them back into gratitude. I want to help empower people to open themselves up to grieve naturally, then help shift them to thrive again with their new normal.

I have created a 12 week program which you can either choose 1:1 or my group program. If you're interested in signing up for my program, you can set up a free 20-minute consultation to see if it's a good fit for you.