



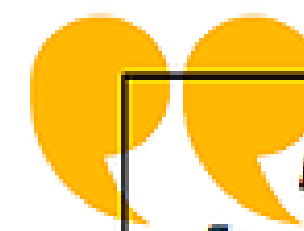
# Lisa K. Boehm

*Author, Speaker, Grief Guide*

**Awareness.  
Support.  
Inspiration.**

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[www.LisaKBoehm.com](http://www.LisaKBoehm.com)



*Lisa is engaging, forthright, honest, raw, and real. You'll laugh and cry in a matter of minutes with her humour, her warmth, and her compassion.*

*~ Tania Bird, president of Regina Women's Network 2019*



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## Speaking Topics

### **Mental Health & Resilience: A Real Conversation**

This honest talk gives attendees simple strategies to cope with challenges at work and home while providing employers the tools to build a healthy workplace, decrease absenteeism, and increase productivity.

### **Understanding Grief**

This informative talk helps grieving families and professionals navigate the unpredictable journey through grief. Topics include: what is normal? changing relationships and surviving the first year.

### **Handling Clients with Care - Grief Awareness Training**

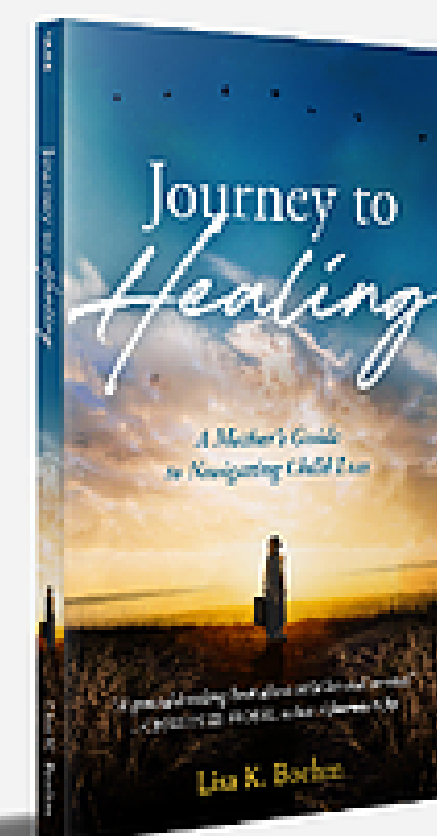
This training gives professionals the tools they need to support and manage clients that are dealing with loss and grief.

*Engaging, informative, and effective... We will not hesitate to ask Lisa back for future sessions.*

*~Gaylene & Mark Matthews, Matthews Funeral Home Melville, SK, CA*

## Bio

After her 17 year old daughter died in a car accident, Lisa didn't know how she was going to continue on. Life as she knew it was over. After months of darkness and contemplating suicide, Lisa crawled out of the hole of despair by changing her focus. She wrote a book about her experience and speaks at live events to help grieving families through loss, teaches supporters how they can be most effective in their roles, and the one thing we can all do to get through life's challenges.



**Time:** 45 min - 2 hr presentations  
**Availability:** North America  
**Language:** English