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GRIEF
MENTORING



WITH AMBER JEFFREY



AMBER JEFFREY



HELLO, YOU...

WELCOME

Firstly, I'm sorry that you have to be here, whatever those circumstances may be.

Grief can be incredibly tough to navigate through, but I believe you don't have to go through it alone.

I hope that once reading through this deck, you'll consider us working alongside together!

PHILOSOPHY

Grief is something we will all experience in life, and when we do, we can often not know how to support ourselves and that's not entirely our own fault...

For a seriously long time, we've been fed by society that we must shoulder on with our grief and 'get on with it' on our accord. Yes, we must learn to rely on our own sense of self at times, but I firmly believe there is power in community. Community is what saved my life!

Grief is something that shouldn't have to be experienced alone. We do need others to bare witness to our grief and our journey. To be touchstones to memory and our cheerleaders for when times are tough and also in the glory, too.

As the saying goes, it really does takes a village!



MEET YOUR MENTOR

Like you, I continue to walk the path of grief. After the sudden death of my mother in 2016, 3 years later I decided to embark on my journey to help myself and others through their grief.

There, The Grief Gang platform and podcast was born, and I've never looked back since!

The platforms and podcast consist of stories of my own and incredible guests I've interviewed over the years. Storytelling is at the heart of what I do.

Throughout the years of hosting this platform and working with 100's of bereaved people, I've learnt more than what I feel any textbook could. I'm an experienced expert, and you are too. No one can tell you you're wrong about your own story, we just all need a bit of help sometimes finding that voice!



WHY MENTORING MIGHT BE RIGHT FOR YOU...

Support looks different to everybody, but everybody does need support.

Grief is very individualistic and no two stories are the same, but we can all relate and support in one way or another. We all who have been touched by grief, know what it's like to carry this grief with us every, single day.

Working with a mentor is hugely beneficial to coping and understanding your grief that little bit further.

Having someone who has walked a similar path to you, to help you voice and unpack those thoughts and feelings in a safe and friendly environment is magical.

It is my role as your mentor to provide that safe space for you. To walk alongside you and bare witness to all with my non-judgemental heart. To share all that I've learned and am learning about living with grief.

I am in your corner, and I am rooting for you!



HOW DOES IT WORK?

I'll meet you where you're at.

What I mean by that is, we will pick up wherever you feel most safe to. We don't have to look back into the past if you're not ready to, and we don't have to look so far ahead that it's unbearably overwhelming.

With grief, it really is taking things everyday at a time, and that's how I treat my mentoring. We go at your pace.

Throughout our time together, we'll look at areas of your grief that you may want to address and unpack or just have someone support you in, there is no set path. With my expertise, I will provide my utmost best to guide and share my knowledge throughout my seven years of being bereaved and four years of being an influential voice within the grief space.

I'll encourage you to challenge your own thought processes and mine too!
This is a team effort.

There is no definitive goal with this work as grief is something in my opinion, that you cannot place a set goal on. However, by the end of our work together, the gentle aim will be for you to feel more comfortable and confident with your grief. To understand how best for you to express and carry it.

You will have produced your own little grief toolkit that you can turn back to time, and time again to support yourself!

OFFER

3 sessions

Price: £120 (£40 per session)

4 sessions

Price: £150 (£37 per session)

5 sessions

Price: £180 (£36 per session)

6 sessions
Price: £210 (£35 per session)

***Three sessions are the minimum I offer at this time to ensure we have enough time together to get to the good stuff!

I understand that financially not everyone can afford these services and do offer a few limited spots a month for free clientele.

Please do email me via the contact info on the last page to discuss.

To secure your place, I require 50% of your total package price and one week before our sessions begin, for the rest of the package to be paid upfront.***

LOGISTICS

So, you're ready to dive in? I'm really looking forward to working and walking alongside you and your grief.

Here's how we will begin our work together...

LOGISTICS

Please email me on thegriefgang@gmail.com confirming which offering you would like to take up.

There, we will schedule a discovery call for us to meet and get to know one another!

I'll ask you a few questions about what you might be seeking from mentoring and areas you think you might like to cover, and likewise any questions you may have for me.



During this call, we will discuss how you want to spread out your sessions. My whole ethos is to keep it flexible, as I know how grief cannot be neatly and regularly scheduled.

However, if you have a pattern you feel would be most accommodating for you, we can go ahead and book our sessions in together on this call so they are locked in.

LOGISTICS

✧ If at the time, you have no idea when you might want to book in your sessions that's totally okay too! All I ask is that you give me a minimum of two weeks notice to when you might want to schedule your first or next session.

To ensure that we don't fall off and keep the work active, I also ask that all sessions to be completed within a three month time period from when we began.

This ensures that not **too** much time passes in-between our sessions and it is consistent. I'll give you a gentle nudge if some time passes and we are approaching the end of the three month window.



SO,

THANK YOU!

I hope we have the opportunity to work together!
Got any questions? Please don't hesitate to
contact me.

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