

GROUP
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 GROUP 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 and in a group is hugely beneficial to coping and understanding your grief and it as a whole, that little bit further.

Having others who have 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 and the group. 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 all!



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!

Testimonies:

"One of the best experiences I've taken part in! Being able to relate to others and also realise I'm not alone made such a difference. The time of year and this support was so precious. Monday afternoons Amber created a safe and warm space for us all to hold and listen to another, definitely an amazing six weeks!"

"I had the most wonderful time. It's such a comfort when others hold space for you, especially since I've been bereaved for a long time. I love how everyone is given equal opportunity to speak and how Amber guides the conversation / is in control the whole time. That really takes the pressure off."

"Grief Gang group mentoring has been the best thing I've done for myself during my grief! It's so validating speaking with others going through the same experiences as you, and who just get it. The activities set by Amber are thoughtful and allowed me to connect with my grief like I'd never done previously. I couldn't recommend them enough!"

OFFER

★ **7 sessions**
Price: £150 (£21.42 per session)

- We will meet as a group for 7 sessions in total with a maximum of 10 attendees.
- You will have one 1:1 30 min session with me before the group work begins to discuss areas you want to discuss with the group and any questions you might have!
- Throughout the duration of our time, you are offered one free 1:1 session with me should you feel you need some individual reflective time from the group.
- At the end of our time together, you will be invited to join a private community Whatsapp group specifically for your group with all other attendees to continue connections. This is not obligatory.
- To secure your place, I require a small deposit of £35. The remainder of the package will be required Two weeks before our group sessions begin, is. Payment plans can be discussed.
- If you are struggling financially and would like to participate in a group circle, please email me where we can further discuss.

FAQ's:

HOW MANY WILL BE PARTICIPATING?

I like to keep the groups on the smaller side so they are more personable and intimate. You can expect anything between 6-8 attendees.

WHAT IS THE 1:1 CALLS PURPOSE?

This call is a relaxed, informal chat between us. This allows me to get to know you, your story and anything in particular you might like to explore within the group. And of course, any questions you might have for me, any nerves I can put at ease!

DO YOU OFFER FREE OF CHARGE SPACES?

Yes, I will always endeavour to offer at least a minimum of 2 free spaces per group. Please email me to discuss this.

WILL THE OTHER ATTENDEES HAVE A SIMILAR EXPERIENCE TO ME?

If you have joined a specific loss group, yes! If you are joining the more general group circles, there could be a variation of different loss experiences.

IF I'VE BEEN IN A GROUP BEFORE, CAN I ATTEND AGAIN?

Absolutely! If you feel you need or would like to join a group again, you are always welcome. If I have reoccurring attendees, I will endeavour to switch up the material so you can experience something new!

IS THERE AN AGE LIMIT OR REQUIREMENT?

Yes, +18 and no age limit!

IF I WANT TO MOVE GROUPS OR RESCHEDULE TO A FUTURE ONE, CAN I?

If you would like to move to a different group, we can discuss this. If we can't find a group that works for you at that time, we can explore holding you a space for a future cohort of groups.

CAN I CONNECT WITH THE OTHER ATTENDEES OUTSIDE OF THE GROUP?

Once we have started our sessions, I create a group email chain for us to communicate throughout our time together. After our 7 sessions are completed, I will invite you to join a private Whatsapp group for your group specifically.

FAQ's:

IS THERE HOMEWORK/ACTIVITIES IN BETWEEN OUR SESSIONS?

Occasional homework, but nothing too rigorous or time consuming! These will be gentle prompts to think about in your own time in between sessions. This is not compulsory and I understand if it can't be completed.

WHAT HAPPENS AT THE END OF OUR GROUPS TIME TOGETHER?

I understand that connections could be made during our time together and you might not be ready to say goodbye just yet! Therefore, I will invite you to join a private Whatsapp group specifically for your group to further continue your connections.

IF I HAVE TO MISS A SESSION, WHAT HAPPENS?

Life happens and sometimes things come up that we can't get out of! If you have to miss a session, I will send you via email the topics we discussed in that session. If you think you will miss more than one session, we can discuss if moving to a different group at another time might best suit you to gain the full experience.

HOW DOES A SESSION RUN? WHAT CAN I EXPECT IN THAT HOUR?

We begin every session with some breathwork to ground us and bring us to the moment. We then lead into having our check ins to share how the time in between our last session has been. I will then introduce that sessions topic and provide you with some thought prompts to get the conversation going and open up the floor to you!

IS THERE A RECOMMENDATION ON HOW LONG YOU MUST BE BEREAVED BEFORE JOINING?

Anyone at all stages in grief are welcome to join the groups, it is completely up to you if you feel ready to join a group. There is always a mixture of lengths of time each individual has been grieving for in the spaces which gives balanced perspectives. Some are years down the line or even a few short months. Based off current experiences, I would recommend between 2-3 months minimum before joining a group. However if you feel you need the support, the door is always open to you.

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 amber.jeffrey@thegriefgang.com confirming you are interested in taking up the group offering and I can disclose with you there the dates for the next group cohort.

If you're happy and can confirm attendance of all the dates, there we will schedule our consultation call for us to meet and get to know one another.

However, if you're ready to book on, you can head to thegriefgang.com and find a group date and time that works for you and book on straight away.



Before we meet on our 1:1 call, I will require the deposit to be paid to secure your place on the next group cohort.

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

LOGISTICS

★ I want to ensure that each person who attends the group has a specific topic or area they wanted to talk about to be addressed.

This is why I schedule our 1:1 call so I can understand and bring to the sessions someone's topic, question, thoughts. This makes sure the work is fair and everyone gets an opportunity to use their voice and be listened to.

This doesn't mean that because one week it may be the topic you shared with me, that you have to talk for the duration of the entire session! I'm not that cruel. I'll encourage the group as a whole to discuss, not just you! This is a complete team effort.



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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