

What is a Conscious Dying Coach and what do they do?

Do you know someone who has died suddenly, unexpectedly or someone who has received a life-threatening diagnosis and may only have a few months to live? What would you think are the 3 most important concerns for the family or person in this scenario?

Imagine the fear, chaos, and additional stress that the family and person will experience because of being totally unprepared. Now **Imagine** that the person or family proactively spent time with a trained conscious dying coach to organize and document their EOL wishes in all aspects of their being. **Imagine** now, that after coaching, this person and family can feel less stress, have increased confidence, and feel more prepared and empowered before facing an end-of-life event or life-threatening diagnostic news.

So that's what I do. I deliver this holistic coaching service and provide a Vision Map that can be edited/updated and shared either as an immediate or future guide. This confidential service will help the person and/or family to have a more prepared and calmer preparation for their EOL sacred passage that is as important as a living will or advanced directive.

For more information and discussion contact Kathleen Gill, CDC at gill.energyhealing@gmail.com or the Conscious Dying Institute.