

“I recently undertook a Grief and Loss Coaching course with Gemma Bullivant and I have to say it was one of the best decisions I have made.

Pretty much everyone associates grief with the death of a loved one but my loss was different - it was the loss of a business, loss of 5 years work, loss of an income, a friend, loss of trust and of my hopes, dreams and aspirations. These losses had a massive impact on day to day life for both myself and my family and left a massive hole.

Ten months on from these events, whilst my life was moving on I was still suffering from grief but putting a brave face on it by carrying on and keeping busy. It felt like enough time had passed and that I shouldn't be feeling like this anymore. People around me whilst sympathetic and well meaning, indicated that it was time to forget and move on and would change the subject instead of dealing with feelings. It was very much a case of time would heal.

What I discovered was time doesn't heal unless you do something to help it heal. If you broke your arm you wouldn't just wait for it to heal overtime, you would take steps to fix it. Grief and loss breaks your heart. My heart was broken, and it wouldn't just fix over time which is why I decided to take part in the grief recovery coaching programme.

Over the course of 8 sessions I examined with Gemma the events that happened, the broken trust and relationships, the loss of my dream and the effect it had had on my family. It was a great relief to be able to examine incomplete emotions and work through, not understanding the why it happened, but accepting the not knowing of why. With Gemma's skilful support and coaching I realised I was just bottling up all the emotion and giving the illusion that I was ok. Grief coaching was like 'removing the cork from the bottle'.

The feeling of relief and acceptance at the end of the process was life changing. It was reassuring to know that if I forgave it didn't condone, that it was ok to feel sad and that feeling sad again in the future was an acceptable thing to happen.

I can't thank Gemma enough for skilfully steering me through the grief recovery process. It is hard to grieve when you have lost someone, even harder when those losses are more abstract or still present.

The grief recovery coaching did in 8 sessions what I hadn't managed to achieve in 10 months. I would highly recommend Gemma and the grief recovery process for any loss be it through death, divorce, loss of a job, a relationship or something more abstract like the loss of trust.

I won't forget what happened, I won't never feel sad about it again but I have been able to let go of the pain it caused and bring events to completion. The relief from that is life changing.”