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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
November 10th 2021: Butterfly Awakens

There is no easy path from a devastating loss to who will become. Right after the loss and for an unpredictable amount of time after it can feel like going forward is impossible. For Meg Nocero, the impact of her mother's death and her career disappointments caused her to wonder whether there was any way forward. But those experiences pushed her to explore any healing mode that might help, including practices she couldn't have imagined previously. Slowly, over time, she found her way and found a way to guide others too! Who would have predicted she would eventually lead a pilgrimage on El Cami

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Featured Guest



Meg Nocero

MEG NOCERO is a former Department of Homeland Security attorney. After 19 years of federal government service, she resigned to pursue her dream as a writer, inspirational speaker, success coach, and attorney for justice. Nocero holds a BA in Spanish, with a concentration in Italian, an MA in international affairs and a JD. She is a member of the Florida Bar, serves on the Wellness Committee of the American Immigration Lawyers Association and holds certifications as a Federal Law Enforcement Training Center instructor, a Professional Coach and as an Associate Certified Coach. She has a Certificate in Happiness Studies through Harvard Professor Dr. Tal Ben-Shahar's Happiness Studies Academy

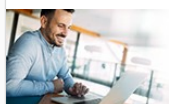
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