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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
January 6th 2021: Holding Space

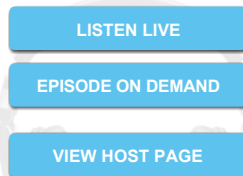
What does it mean to hold space for another person? And how do we hold space for ourselves? When Heather Plett's mother was dying, she discovered that holding space for her, without an agenda or any idea what would happen next, launched her and her siblings into a sacred, liminal space of being. Heather received the same from her mother's palliative care nurse; she offered support and information when needed without expectation, allowing Heather and her family to find their own way. After this most profound lesson, Heather built a career dedicated to exploring communities and relationships rest

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Featured Guest



Heather Plett

Heather Plett is the author of the book *The Art of Holding Space: A Practice of Love, Liberation, and Leadership* and the co-founder of the international Centre for Holding Space. She is an international speaker, facilitator, and writer whose work has been translated into a dozen languages and quoted in such notable publications as Harvard Business Review. She has trained people from six continents, both in person and online.

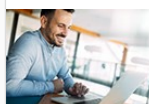
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