

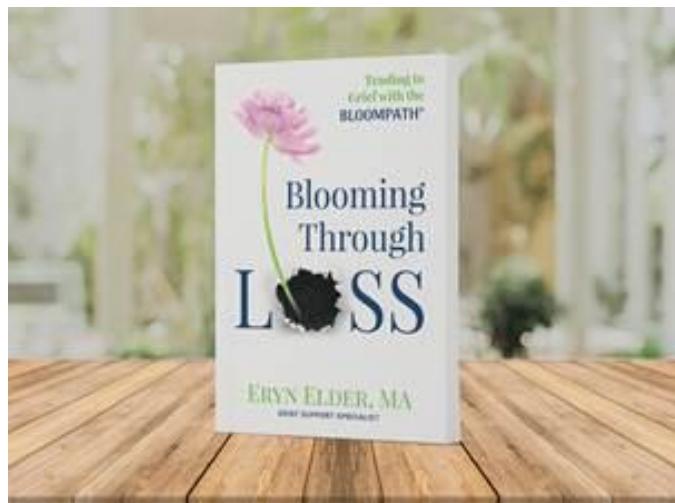
# Eryn Elder, MA

**Grief Support Specialist • Author of *Blooming Through Loss: Tending to Grief with the BloomPath®* • Speaker • Trainer**



## About Eryn

Eryn Elder is a grief support specialist, speaker, trainer, and the author of the new book **\*Blooming Through Loss: Tending to Grief with the BloomPath®\***. After the loss of her first-born daughter over a decade ago, Eryn transformed her personal grief into a mission to help others navigate their own. Through a creative and compassionate lens, she supports individuals in reclaiming life after loss.



## About the Book

**\*Blooming Through Loss: Tending to Grief with the BloomPath®\*** blends heartfelt storytelling, research-backed insights, and holistic tools for navigating grief. It offers a grounded, creative, and life-affirming approach to loss—what Eryn calls 'the BloomPath®'. The book includes reflection prompts, personal stories, and a compassionate framework for healing.

## Interview Topics

- Why grief isn't something to "get over"—and what it really asks of us
- The BLOOMPATH® framework for tending to grief
- Supporting others in grief: what to say (and not say)
- Rebuilding identity and joy after loss
- Eryn's personal story of loss and hope

## Audience Takeaways

- Hope and reassurance that grief is not linear—but healing is possible
- Practical ways to engage grief with creativity and strategies
- An integrated approach that includes mind, body, and spirit
- Permission to honor your own grief timeline

## Contact & Info

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