



# Katherine Lazar

Grief Expert, Loss Mom, Coach

In 2022, Katherine's first child, Brody, died at 37 weeks & was stillborn. To survive his death, she connected with other loss moms who helped her find the light in the dark. Now she dedicates her time to doing the same. On her podcast, *At a Total Loss*, she highlights the horrendous losses that parents can experience & how they find a way to not only live, but to thrive after loss. By normalizing grief, she uses only real talk & dark humor to help you feel less alone in your journey after loss. In her wildly transparent, comedic, tough love kinda way, she is here to let you know that this sucks & you are not alone.

***“The mindset of loss of a loved one is to understand that the loss will never be undone. You must live with it, like it or not. But, to live well, you must turn that loss into something positive. That way, you can become the best version of yourself; scarred, flawed and unstoppable.” - Val Uchendu***

## SIGNATURE TOPICS

- ✓ Stillbirth, pregnancy & infant loss
- ✓ Grief recovery
- ✓ Finding purpose after loss
- ✓ Handling relationships after loss
- ✓ Prioritizing your mental & emotional wellness
- ✓ How to handle grievors
- ✓ Grief in the workplace
- ✓ Ways of coping with loss & grief

*Let's Work Together!*

*Please feel free to contact me for bookings or questions.*

✉ [thekatherinelazar@gmail.com](mailto:thekatherinelazar@gmail.com)

🌐 [www.katherinelazar.com](http://www.katherinelazar.com)

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@thekatherinelazar



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