



KilbyOG

*Grief Culture Provocatrice |
Emotional Agency Advocate
| Bereaved Parent*

Amanda Lee Kilby—Kilby OG—is a writer and speaker reshaping how we understand grief, emotional agency, and the pressure to “be okay.” A bereaved mother, chronic illness champion and cult survivor, she brings rare lived experience to her work—pairing raw honesty with a deep commitment to learning, healing, and telling the truth. Through her weekly newsletter *UNfixed* and upcoming podcast series, she challenges fix-it culture and equips audiences—especially women navigating loss or transition—to reclaim their voice with clarity and courage.

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www.KilbyOG.com

SIGNATURE TOPICS

The Grief Industry Is Broken —
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Mobilizing Pain Into Purpose —
[Read related article](#)

Reclaiming Your Inner Voice
After Loss: Identity & Self-Trust
— [Read related article](#)

Emotional Agency in a Fix-it
Culture — [Read related article](#)

Certificates/ Coursework

- Foundations of Grief
 - Palliative & End of Life Care
 - Children’s Grief & Bereavement Program
 - Traumatic Bereavement
 - Secondary Traumatic Stress
- Sick Kids Hospital
Wilfrid Laurier School of PD*

