



KilbyOG

*Grief Disruptor |
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.

SIGNATURE TOPICS

The Grief Industry Is Broken —
[Read related article](#)

Mobilizing Pain Into Purpose —
[Read related article](#)

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

CERTIFICATES/ COURSEWORK

- Foundations of Grief
- Palliative & End of Life Care
- Grieving Children & Youth
- Engaging Individuals & Their Support Systems in Navigating the MAiD Journey
- Traumatic Bereavement
- Secondary Traumatic Stress, Compassion Fatigue & Resilience
- Children’s Grief & Bereavement Program

*Sick Kids Centre for Community Mental Health (Toronto, CA)
Wilfrid Laurier University, Professional Development (Waterloo, CA)*

 **@amandaleekilby**

 **@KilbyOG**

www.KilbyOG.com

