



NAVIGATING THE PERPETUAL PROCESS OF GRIEF

NATIONAL GRIEF AWARENESS DAY

August 30, 2024 11AM-2PM



LAKISHAMOSLEY.COM



A Message from Your Host

Welcome

Welcome to “Good Grief: Navigating the Perpetual Process of Healing.” I’m truly honored that you’ve chosen to spend this day with us, and I want to thank you from the bottom of my heart for being here.

Grief is a journey that no one expects to take, and yet here we are, walking it together. I know that showing up today took courage—courage to face your pain, courage to seek connection, and courage to hope for healing. This summit is a space created with you in mind, a place where your grief is honored, your experiences are validated, and your journey is respected.

Our goal today is to provide you with tools, insights, and community—resources that will help you navigate the complex and often overwhelming process of grief. You’ll hear from incredible speakers who have turned their pain into purpose, learn practical strategies for coping, and, most importantly, connect with others who truly understand what you’re going through.

I hope that today’s sessions will bring you comfort, clarity, and maybe even a glimmer of hope. I want you to know that it’s okay to feel whatever you’re feeling, to take whatever steps you need in your healing process, and to lean on the community that we are building together.

Thank you again for being here. Your presence makes this event what it is—a place of support, understanding, and shared strength. I’m so glad you’re here to join us on this journey.

With heartfelt gratitude,

LaKisha Mosley

THANK YOU TO MY SPEAKERS

I want to extend my deepest gratitude to the speakers for being a part of “Good Grief: Navigating the Perpetual Process of Healing.” Your willingness to share your insights, experiences, and wisdom with our community means more than words can express.

Grief is a difficult and deeply personal journey, and your contribution today has provided comfort, guidance, and hope to so many who needed it. Your courage to speak openly about such profound topics and your dedication to helping others navigate their grief is truly inspiring.

This event would not have been possible without your participation. You’ve helped create a space where attendees feel understood, supported, and empowered to take steps forward in their healing journey. For that, I am profoundly thankful.

Thank you for making this day meaningful, impactful, and memorable.



Sadija Smiley, MBA
@iamsadija_a_smiley



Rob Reider
@sad.dads.club



Lesley George
@lesleylistens



Dr. J. Michelle Vann
@coachvannntastic



Laurinda Andujar
@i_am_laurinda_andujar



Dr. Tyra Gardner
@angerdr.tyra

NOTES

OUR SPEAKERS



Laurinda Andujar

Laurinda Andujar is a Best-Selling Author, prolific orator, and certified Grief and Recovery specialist displaying a sincere preeminence for helping leaders and growing professionals acculturate the skillsets, inner resilience, and awareness necessary in attaining authentic success. Having spent many years in the realms of consulting and coaching, Laurinda helps clients submit to the truths of their current disposition, while exercising unconventional strategies to enhance their overall success in life. Her mantra is simple: Transparency, relatability, and innovative thought processes are the primary ingredients found in veritable leadership development.



Sadija Smiley.

Sadija A. Smiley is the Founder and CEO of Stillborn And Infant Loss Support (SAILS), an organization dedicated to supporting families affected by miscarriage, stillbirth, and other pregnancy losses. After the stillbirth of her daughter Ivyanna in 2003, Sadija founded SAILS in 2017 to honor Ivyanna's memory and provide compassionate care to those navigating grief. With over six years of operation and more than 600 families served, Sadija's leadership has transformed SAILS from a basement initiative to a vital resource center. Her commitment to community building, education, and support drives SAILS' mission to improve the mental health and well-being of bereaved families.



Rob Reider

Rob is the Executive Director and Co-Founder of SAD DADS CLUB. He currently lives with his wife and son in Falmouth, Maine. His daughter, Lila, was delivered stillborn at 38 weeks in December 2017. He misses, and celebrates, her every day.

OUR SPEAKERS

Dr. Tyra Gardner



Tyra S. Gardner, is a psychotherapist, nationally certified anger management specialist, certified grief specialist, certified dementia specialist, addictions specialist and business coach whose expertise is focused on Solution Focused and Cognitive Behavior Therapy. Tyra services clients suffering from poor stress management, shopping addictions, phobias, and grief. She uses her passion for cyberpsychology and business therapy to educate her community on ways to create a work-life balance.

Dr. J. Michelle Vann



Grab her free gift
Coupon Code: GRIEF

Meet Dr. J. Michelle Vann, a passionate advocate for women's wellness and a beacon of empowerment. An Amazon bestselling author and renowned TEDx speaker, she dedicates herself to uplifting women's mental, physical, and spiritual health. Through Vanntastic Solutions, Dr. Vann offers confidence coaching, and with her initiative, 'Sistahs Can We Talk,' she addresses health inequities among African American women. She embodies the philosophy that life should shine brilliantly, a principle she carries into her workshops tailored for mental well-being. Dr. Vann's longstanding dedication is reflected in her personal and community life, spanning over 33 years alongside her husband, Dr. William Vann, with whom she shares two children.

Lesley George



Lesley is your guide on a transformative journey to unapologetic authenticity. As a proud Black West Indian American woman deeply rooted in the vibrant culture of South Florida, her mission is to empower you to embrace your power and boldly speak your truth. An accomplished multi-award-winning author and internationally recognized publisher, Lesley has helped over 50 women leave their mark on the world by publishing their books, creating lasting legacies for future generations. Her journey to becoming a confident BRAGG guide is profoundly influenced by her extraordinary grandmother, the unwavering rock of her family. Resilient, wise, and graceful, her grandmother's stories were not just echoes of the past but a guiding light, teaching Lesley to live with courage, dignity, and unshakable self-respect. Now, Lesley channels that same strength and wisdom to inspire others to live authentically and fearlessly.

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AGENDA

1:00 AM

Welcome & Meditation

11:10 AM

Understanding the Stages of Grief

Laurinda Andujar

11:40 AM

Turning Pain into Purpose: Transforming Grief Into Action

Sadija Smiley, MBA & Rob Reider

12:10 PM

Anger & Forgiveness in Grief

Dr. Tyra Gardner

12:40 PM

Break

12:45 PM

The Role of Spirituality in Grief Recovery

Dr. J. Michelle Vann

1:15 PM

Rediscovering Joy & Purpose After Loss

Lesley George & Laurinda Andujar

1:45 PM

Event Wrap

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Special Event

BLACK PEOPLE DIE
BY SUICIDE TOO



WEBINAR

Beyond Success: Addressing Suicide Among Executives, Public Figures, & High-Achievers

TUESDAY, SEPTEMBER 17, 2024
1:00 TO 2:00 PM EDT



T-Kea Blackman, MPS, CPRS
Black People Die By Suicide Too
Moderator



Dr. RJ Verwayne
Ask Dr. RJ, Inc.
Panelist



Dr. Rheeda Walker
Wayne State University
Panelist



Monroe Howard-Shackelford,
LMSW, MPA
Hearts In Mind Counseling
Panelist



Sharon Lawrence, LCSW-C
Selah Wellness &
Therapeutic Services
Panelist

Streaming LIVE on LinkedIn and YouTube!

[Register Here](#)

Heartfelt Thoughts- Guided Journal for Grief

Heartfelt Thoughts - Guided Journal for Grief is designed to support you during your grief journey. With guided questions and open-ended writing prompts to spark personal reflections, it's a thoughtful tool that helps you explore feelings, gain insights and honor your loved one's memory.

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Provided by: Samantha Haney

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Get Started



These kits come with all the tools needed to practice releasing negative energy for a calmer mind. It takes gratitude to the next level. It encourages you to recognize what you are letting go and replaces it with something positive.

Get Your Kit

THANK YOU FOR ATTENDING!

Next Up!

Hope Talks: Changing the Narrative on Suicide

September 9-11, 2024 | 6:00 PM to 8:00 PM CST

Join us for this three-day virtual event dedicated to suicide prevention and mental health awareness. Hope Talks aims to break down the stigma surrounding suicide and mental health, offering a safe and supportive space for everyone to learn, share, and connect. Whether you are seeking to support a loved one, looking for help yourself, or simply want to be part of this important conversation, this event is for you.

[GRAB YOUR FREE TICKET HERE](#)

Mental Health at Work: Creating a Culture of Wellness

October 10, 2024 | 11:00 AM-3:00 PM CST

Join us on World Mental Health Day for an insightful virtual event dedicated to prioritizing mental health in the workplace. "Mental Health at Work: Creating a Culture of Wellness" brings together experts, professionals, and mental health advocates to discuss and share strategies for fostering a supportive and resilient work environment. This event aims to raise awareness, provide practical solutions, and drive meaningful conversations around mental health at work.

[GRAB YOUR FREE TICKET HERE](#)



EmpowerMEN Summit: Strengthening Men's Mental Wellness

Men, get ready to take the stage. On November 16, 2024 The LM Experience is bringing the EmpowerMEN Summit LIVE to Houston, TX. MENTAL health affects you differently and we're going to talk about it!

[SECURE YOUR TICKET HERE](#)



My Mind Is My Business 2025

Join us again next year for My Mind Is My Business Mental Health Conference on May 16-17, 2025, at the Box Creative.

[GET ON THE WAITLIST](#)