



Deb Rosman



Poet & Author



Corporate Wellness Advocate



Actor



Community Uplifter



Keynote Speaker



Podcast Host

Ask anyone about their 10 most frequent emotions, and stress and sadness will make a prominent appearance. Yet for anyone experiencing these, the journey can often be isolating and confusing. After all, unlike the communication skills we were taught at some point, most of us were never encouraged to acknowledge these emotions, let alone embrace them.

Author, poet, speaker, and corporate wellness advocate Deb Rosman is on a mission to change that. Having **worked for some of the biggest names in corporate America** for over two decades, Deb is fully cognizant of how companies can fail to provide adequate support to employees for their emotional well-being, and conversely, what they have done well.

Following a successful career that culminated in becoming a senior trade finance officer, Deb turned to writing. She is the author of *The Grieving Heart* and *The Grieving Heart Journal: A Collection of Poetry and Prose* and a collaborator on the best-selling book *It Is Done*.

Deb is also a podcast host for IWRWW, *The Vortex* published by Scene 24 Productions. She also has nearly 100 hours of airtime for Hellocounty, a live-stream broadcast, as an ad hoc on-air host.

Deb seeks to transform how we think about grief and stress and teach modalities for dealing with them so teams and people can become **empowered with the mindset and tools needed for emotional well-being**.

## Testimonials

"Deb Rosman's poetry 'I Am Not Gone' helped to ease the grief of my grandmother's passing. Additionally, collaborating with her on the *It Is Done* bestselling book project was a great joy. Deb's wisdom, commitment, and focus on the project helped to make it an inspirational bestseller book"



- Dr. Izdihar Jamil, Ph.D.,  
Visibility Expert and  
TEDxHuntingtonBeach  
Curator



"This book has so much wisdom, love, insight, and passion. Grief can and has taken me to my knees, Deb's writing gave me hope."

- Kandi Kauffman

"Everyone has lost someone special in their life...The collection of poems teaches us to hang on to the good memories spent with the person rather than holding onto the memory of them leaving this world. There is something for everyone—no matter what type of loss you have been through, you are not alone. *The Grieving Heart* is a beautiful and heartwarming book with beautiful pieces of inspiring words."



- Prashant Singh



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## When life happens: Understanding and navigating grief and stress

How do you cope with grief or something stressful when you aren't able to fully understand it? What do you do if you have a lingering sense of sadness but are unsure how to process it?

According to a survey, almost **57% of Americans** had experienced a major loss in the three years leading up to 2019—even before the pandemic. The reasons were varied—death of a loved one, loss of a job or home, and a breakup or divorce etc.

In this keynote, Deb shares her own experiences of dealing with grief and breaks down her grieving process, offering comfort and understanding to help you **make sense** of it and eventually **move on**.

### Key takeaways:

- Understand the various forms of grief and consider that it doesn't have to be permanent.
- Understand that holding on to grief is not an obligation we owe to the memory of our loss.
- Learn how Laws of Physics relate to death and gain a transformative perspective on it.



## Manifesting emotional well-being

**The Law of Attraction** is no secret but most people believe it is relevant only for tangible things—a job, a house etc. But have you ever been curious whether it can also be applied to relationships and to your emotions? Do you want to see the positive impact a deeper understanding of emotions, especially dreaded ones such as grief, can have on your life and the lives of those around you?

In this empowering session, Deb delves into the profound connection between emotions and the Law of Attraction, helping you glean insights that you can use to manifest how you want to feel.

### Key takeaways:

- Learn how to apply the Law of Attraction to emotions.
- Learn the Golden Rule, with Deb's twist, to improve your emotional health.
- Learn how to embrace emotions, including grief, using a unique lens.



## Grief and stress at the workplace

Research estimates that in the US alone, grief-related losses in productivity may cost companies as much as **\$225.8 billion annually**. While not a taboo, grief is not talked about openly, especially at the workplace.

Deb shares insights from **20+ years** of experience working for some of the biggest names in corporate America, including JP Morgan and Mercuria Energy, and shares tools so every person feels supported.

### Key takeaways:

- Learn ways to have meaningful discussions on grief in the workplace.
- Get empowered with the tools needed to process grief and/or stress.
- Learn what successful companies have done to support bereaved and/or stressed employees.

**Want to build communities and workplaces where every person finds acknowledgement and support?**