



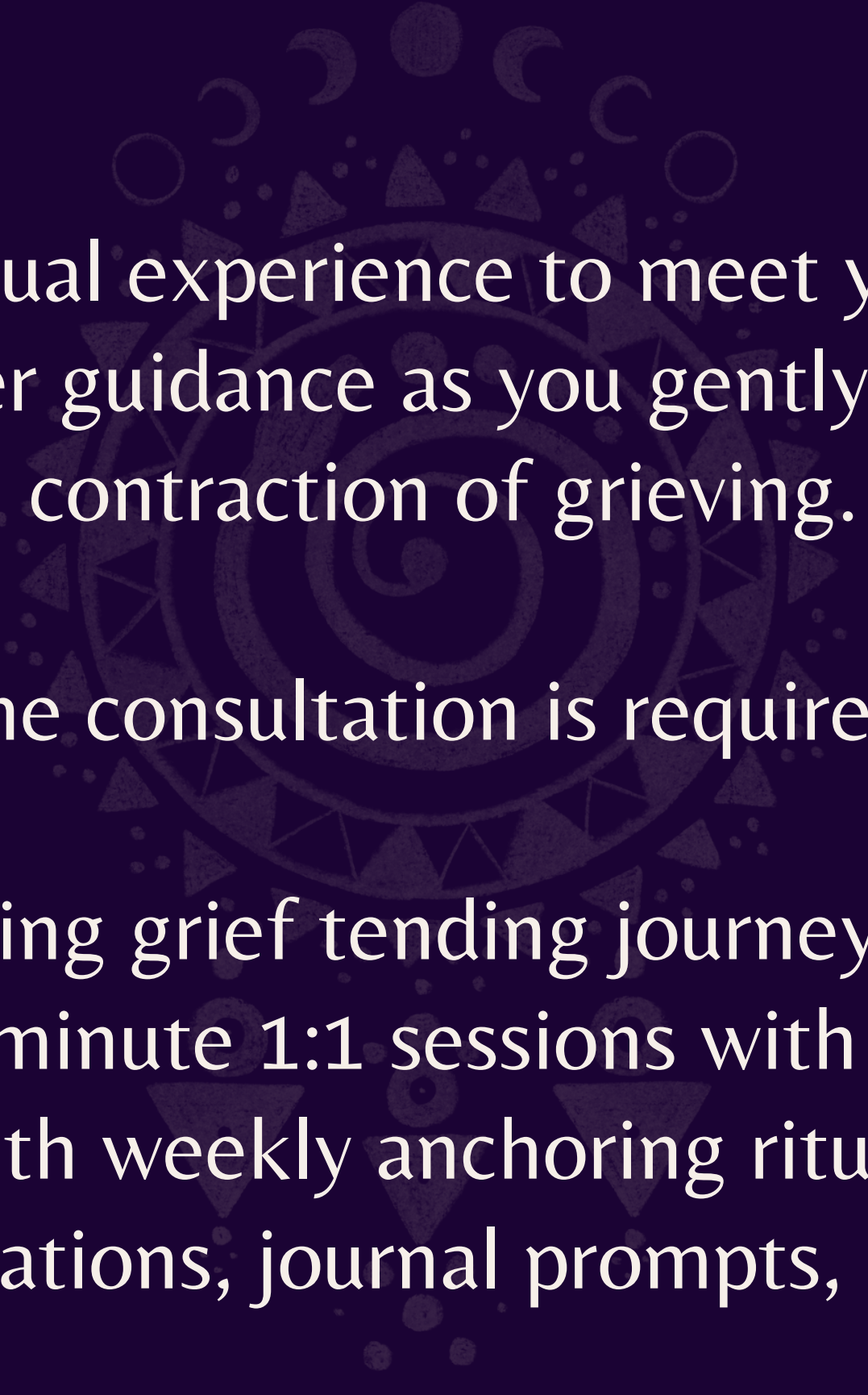
Unfurling  
a grief-tending journey

# The Journey

This 9-week online grief-tending journey is an exploration into, through, and beyond grief, with the expert knowledge and guidance of Sophie, who is a trauma-informed, certified, Grief Coach.

Suitable for all types of grief and loss, including death of loved ones, miscarriage, anticipatory grief of death, terminal illness, pet loss, ending of relationships, divorce, job loss, and significant life or world events.

This bespoke programme is rooted in 3 core elements that have been mindfully curated to support you as you navigate grief and loss.



Tailored for your individual experience to meet you where you are in your grief, Sophie offers tender guidance as you gently unfurl from the protective contraction of grieving.

A 45-minute online consultation is required prior to booking.

The Unfurling grief tending journey consists of  
9 x 60 minute 1:1 sessions with Sophie,  
with weekly anchoring rituals  
including guided meditations, journal prompts, and reflective activities.

# The Offering

1

Individual  
discovery  
call

9

1:1  
grief-tending  
online session

9

Unfurling  
reflective  
activities

9

Anchoring  
rituals



# The Experience

Grief and loss impact us all in a multitude of different ways over our lifetimes, and these experiences that can oftentimes feel isolating and overwhelming.

Grief tending is an ancient ritual for navigating grief with tenderness, and that offers a gentle, yet powerful space for exploring all the difficult emotions and changes that grief gives rise to.

Unfurling is a bespoke 9-week grief tending journey that has been curated with intention, and is based in the 3 elements of

Bearing Witness, Embracing Stillness, and Gentle Unfurling.

# The Elements



## Bearing Witness

The first third of the programme is centered around sharing your story, leaning into grief, and releasing challenging emotions.

## Embracing Stillness

The second third of the programme focusses on embracing stillness through reflection, meditation, and connection to self.

## Gentle Unfurling

The final third of the programme is the Gentle Unfurling, which is rooted in embracing change, enhancing self-trust, and unfurling.



# Unfurling

So fragile from grief  
you curl yourself inwards,  
keeping small  
and protected from sorrow.

Yet the soft morning sun  
teases delicate leaves,  
unfurling  
with hope of tomorrow.

So devoted to growth  
they reach for the light.  
And grief but a whisper  
as day turns to night.



# The Investment

## REGULAR

Full Price Total = £675

Full Price Instalments = £277 deposit then 3 x £133

## SUPPORTED

Supported Place Total = £495

Supported Place Instalments = £166 deposit then 3 x £110

Supported Places are for anyone who needs them, for those of lower income, or from intersectional identities that experience systemic oppressions. These places are made possible by donations to the Supported Places Scheme.



# The Guide

With a 25 year career as a clinical professional in healthcare, including 10 years as a clinical educator, Sophie's career has always focused on helping other people. However, due to her own life experiences of trauma and grief, Sophie recognised that she needed to turn her attention towards her own healing, and embarked on a quest to break free of the chaos and overwhelm cycle that prevented her from truly flourishing.

Qualifying as a trauma-informed grief coach, advanced circle facilitator, and meditation guide, Sophie developed the Unfurling grief tending journey to guide people through the complexity of their grief.

Whilst training as a hypnotherapist and psychotherapeutic counsellor Sophie does not include these modalities in this grief tending journey, so whilst this space can feel deeply nurturing, please note it is not therapy.



After a two decade journey of post-traumatic growth

# RISING WISDOM

is the creation of Sophie Blackman-Smith

Sophie believes that when we turn our attention inwards, through meditation, therapy, journaling and circle; we can connect with our own rising wisdom.

A wisdom that inherently knows how to guide us.



# The Testimonials

‘A calm presence, a warm heart. A true story. Sophie is someone who has known the darkness and the light, and can hold both magically’ - Stella

‘Sophie helped me through the darkest period of my life. Due to grief my life had just stopped, and I was unable to see the light. Sophie guided me to find the light inside myself. I am so grateful.’ - Ash

‘Sophie creates a special space for women and she is a fantastic space-holder. Deep wisdom emanates from her beautifully’ - Lauren