



Unfurling

Frequently Asked Questions

What is Unfurling?

Unfurling is a 9-week online grief tending journey.

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

As humans we are hard-wired for connection and community, but when we grieve it is common to feel isolated and alone in our experiences. Through grief tending our feelings can be respectfully witnessed, making it possible to lean further in the emotions that grief reveals, so that our journey into, through, and beyond grief can be graciously supported.

Unfurling is a grief coaching programme,
it is important to recognise that this programme is not therapy.

Is Unfurling right for me?

Only you can decide if this 9-week online grief tending journey is right for you, and if it arrives at the right time in your life. Having agency over this decision is incredibly important, no one else can decide this for you.

Your curiosity and gentle enquiry into Unfurling is the beginning of your decision. Reading The Calling section of the website may help you to reflect on whether this experience is right for you.

Often in these moments of decision making, a helpful question to sit with is:
'does the idea of doing this make you feel expanded or contracted?'

If you are beginning to think that Unfurling is for you then please reach out to sophie@risingwisdom.co.uk to book your Discovery Call, so that you can discuss this more, and to help you determine if this commitment is right for you.

Will Unfurling help me?

Grief is complex.

Unfortunately, in 9 weeks you will not be 'fixed' or fully overcome your grief.

It is the purpose of this journey to help you connect with your grief with tenderness, to make space for the emotions that surface, to lean into the discomfort and rawness, and face the changes that grief gives rise to with compassion for yourself.

The name of this programme is Unfurling, and is designed to help you to gently unfurl from the protective contraction of grieving.

Perhaps you may begin to feel positive benefits during the journey, maybe you will notice them some time after. How much this journey impacts you will be entirely personal, but the process of grief tending can feel healing and therapeutic for those willing to embrace it.

What is the Discovery Call?

Entering into this 9-week grief tending journey is a significant commitment from the perspective of time, emotion, and investment; so it is important that you feel that Sophie is the right person to journey alongside, and that Unfurling is the right programme for you.

You are therefore invited to a 1:1 45-minute online Discovery Call with Sophie where you can share what is impacting you, get to know Sophie and the way she works in more detail, and to further explore if this programme is right for you.

There is no commitment to book as a result of the Discovery Call, but if you choose to then the design of your bespoke grief-tending journey will be founded from information you share at this call, and further adapted throughout the 9 weeks as Sophie learns more about you and your experiences of grief and loss.

It is important that Sophie also believes that the Unfurling grief tending journey will offer you value, and meet your needs, and the Discovery Call allows her to evaluate this.

Is my grief experience relevant?

Grief impacts us all in a multitude of different ways.

This may be due to the loss of a loved one, miscarriage, the anticipatory grief of death, terminal illness, pet loss, ending of relationships, divorce, job loss, and significant life or world events.

It is not the cause of your grief that is most important, but the impact your experiences are having on you. It is your emotions, and the weight of grief that we explore in the Unfurling journey.

There is no hierarchy of grief, and you are welcome to explore your grief and loss with tenderness, wherever it originates from.

What does the programme entail?

Each week there will be one 60-minute 1:1 session based around the 3 elements of Bearing Witness, Embracing Stillness, and Gentle Unfurling. The times and dates of these sessions will be mutually agreed to ensure they fit around your schedule.

At these sessions you will be invited to lean into the emotions that surface in grief, to explore your grief with tenderness, and to navigate the changes that loss gives rise to.

You will be given simple anchoring rituals to complete between the weekly sessions, which includes guided meditations, mindfulness, and breathing exercises.

More in-depth weekly reflective practices will encourage you to explore your grief and loss experience with tender curiosity, allowing us to enter into each session with intention and awareness. These are designed to take less than an hour, but you are able to explore these over a longer time if this serves you.

How often is Unfurling offered?

This is a bespoke 1:1 programme and you can start whenever suits you best. You are encouraged to read The Calling section of the website to help you decide on who the programme is suitable for, and when you are ready to please contact sophie@risingwisdom.co.uk to arrange your Discovery Call. The dates and times of all the sessions will be mutually agreed around your schedule.

Support and Accommodations

At the Discovery Call, or prior to this by email, you are invited to share any support needs or accommodations you might require throughout this journey. Whether this is related to a visible or hidden disability, neurodiversity, chronic health condition, or anything else that can help Sophie to provide accommodations that allow you to get the most from this grief tending journey.

Is any financial support available?

Supported Places are available for this Unfurling journey.

These places are for people of lower income, for people whose identity is a target for systemic marginalisation, and for people subjected to intersecting oppressions.

A Supported Place is £495 for the complete 9-week programme.

This can be paid in full, or payment by installments is available which includes a deposit of £166, and then 3 x payments of £110.

If this amount remains prohibitive please contact sophie@risingwisdom.co.uk so that an agreeable rate can be found that makes it possible for you to access Unfurling.

Should you require a different installment duration than that described for either the Supported Places or regular access, please ask so that this can be accommodated.