



# Kimberley Pittman-Schulz

AUTHOR & MENTOR  
GRIEF & LIFE AFTER LOSS



[Kimberley@PoetOwl.com](mailto:Kimberley@PoetOwl.com)

CONNECT WITH ME

Website: [PoetOwl.com](http://PoetOwl.com)

Substack: [WildNow.Life](https://www.wildnow.life)

LinkedIn: [linkedin.com/in/kimberley-pittman-schulz-b055a819/](https://www.linkedin.com/in/kimberley-pittman-schulz-b055a819/)

Instagram: [@KimberleyMindfulWriter](https://www.instagram.com/KimberleyMindfulWriter)

## ABOUT

My dance with loss started early. I survived a house fire that my sisters, sleeping in the same room, did not. By midlife, after weathering a series of deaths, losing my mother two weeks after the suicide of a friend left me shattered. I spent two years in "loss limbo" until I figured out a system for living with loss **and** with joy every day.

**Today, as author & mentor, I help people, especially women, at midlife and beyond integrate the loss of someone they love into a vibrant, meaningful new season of life.**

## A DIFFERENT VIEW

**Grief and joy co-exist.** Hard to believe, but true. When we stop avoiding grief and instead let it deepen our connection to life, we tap into our own reserves of peace, curiosity, meaning, resilience, and yes, **joy**—not as distant goals, but as **resources** for living your **heartbroken-and-still-beautiful** life.

**Grief doesn't take away the light—it illuminates a new path forward.**

## SPEAKING TOPICS

- The 4 Grief Releasing Pathways—a new framework
- It's not too late to live again & other belief-shifting
- Continuing the bonds with the beloved
- How to take a break from grief with sensory healing
- Reclaiming purpose & identity in the midst of loss
- Living forward by tapping into nature & creativity
- Addiction & grief in recovery
- Releasing regrets though nurturing self-talk
- Communal, global & generational loss
- When an animal companion dies—the loneliest loss

## THE BOOK | GRIEVING US

**Amazon #1 New Release upon publication**

“ Kimberley Pittman-Schulz is an exquisite author who beautifully describes and explains the process of dealing with loss and coming out on the other side even stronger. – Sky N.

