



## Grief is life unexpected.

Often mistaken with a measurement to showcase how much we loved, grief is an emotional response to losing the life we had imagined.

The most beautiful part is, that we can also portray our Love for what we have lost, by the choices we make by honouring the life we have created so far.

People try to measure grief in stages, like boxes you need to tick. Truth is, they usually don't apply.

What grief needs, is space. True friends don't judge you for the way you grieve, they hold space for you while you figure things out. Grief is never linear. It gets messy. It's recalibration.

"Who am I now? What is the purpose in it all?"

There is empowerment in grief, even though it might be the last place where you'd expect to find it - and I found a whole new me along the way too!

Marie Alessi | Keynote Speaker | The Power of Grief TEDx | MC for Celebrations of Life

## Reimagine a life worth loving!

Marie addresses the topic of Anger in Grief in such a gentle and straightforward manner. "Anger is a cover up emotion. It's what's underneath it that needs healing; once you do, it dissolves the anger; there's no more need for it."

She teaches how to not only embrace it, but even go that step further and befriended anger. "We can use it as a guide; as a highlight to what needs to be seen and healed."

Marie has the ability to connect with the audience through story-telling, she creates a space where healing often happens during her talks!



"Brilliant and very helpful - Marie managed to explore some big and very important topics and concepts, but did it in such a gentle, relatable, authentic and accessible way. And with a terrific sense of humour! Thank you!"

"It was helpful to understand that anger is masking another emotion. Very interesting."

"Absolutely fantastic. I have connected with Marie's content so much. So beautiful! Thank you."

Camp Widows, Brisbane, Aug 2023



## It's all about Choice & Perspective: Grief does not have to be a life sentence...



There are a lot of myths in grief that keep us stuck, inflexible in our way forward and in our ability to heal. There is a Power in Grief that takes over - it is our choice how we utilise it. Let's be courageous and allow joy and healing into our lives; it can coexist with grief!

We do not need help with the hurt in our loss, we need help in the healing.

Love doesn't want you to suffer. Love is simple. Love just wants you to be happy!

When we start treating Grief like a visitor, rather than a permanent resident, we realise it is not a life sentence. That's when we open the doors to healing.

Often a simple shift in perspective, and realising the choices we do have, are already the most important steps forward. Let's delve into finding ourselves amidst the emotional turmoil, so we can allow ourselves to accept the "Hidden Gifts in Adversity".



## Why work with Marie?

**Refreshing Difference**  
Marie has a very refreshing and light approach to the world of grief. It is unexpected, yet so needed.

**Speaking from Experience**  
Her personal experiences with loss from an early age has given her plentiful opportunities to explore, experiment and create various healing modalities and steps along the rather unique journey.

**Bridge to Healing**  
She builds bridges for her audiences that feel safe to cross, she connects easily and deeply from stage through her storytelling, and makes it relatable, always creating opportunities for healing throughout her talks.

**Strong Connection**  
Marie has the ability to instantly connect with her audience through storytelling. She walks her talk.

**The Power of Grief**  
Marie shares how to redirect the intensity of emotions that come with grief, to utilise that power into your healing, and create a life worth loving.

## The Power of Grief

All it takes to change your world is one impulse. Marie brings these with intention, straight from her heart, and ignites a change of perspective in her audience. Her impact leaves a long lasting impression. You will feel deeply connected with her immediately.



## Your Take Aways

- ★ A guaranteed shift in Perspective on Grief
- ★ Clear and simple steps out of Emotional Pain
- ★ Reframes, Role Reversals, and Recalibration!
- ★ Redefining our Image of Loss
- ★ Discovering the Hidden Gifts in Adversity

## Formats

- 🕒 30 min pre-recorded talk
- 🕒 45 min transformational Keynote
- 🕒 90 min Lunch & Learn
- 🕒 2 hr interactive workshop
- 🕒 1 Day Mini-Retreats

## Testimonials

★★★★★  
"I love the advice Marie Alessi gave. It is excellent for all coaches. Beyond her great advice is the tone of her message. It's a message from the heart, as much as from the head; a message that inspires trust and confidence in her willingness and ability to help. If all coaches were as effective in their messaging as Marie is, our businesses, and coaching as a whole, would leap to new heights."

★★★★★  
"Marie is a very professional and highly skilled coach with excellent people skills. She has a lot of compassion, is finely tuned to people's emotions, has deep insight and she is just a wonderful human being. Marie can help people achieve their full potential and she cares deeply about family and community. I highly recommend Marie to facilitate dreams and the achievement of life goals."

Ursula Stroh PhD | Leadership & Change | Coach & Trainer

★★★★★  
Marie Alessi is a kind, gentle and beautiful soul with the strength and conviction to help people succeed on every level. I love her work - highly recommended!

Edward Zia | Leader & Speaker | Master Influencer

★★★★★  
"I'd love to express my wholehearted recommendation for Marie Alessi, a distinguished speaker and esteemed podcast guest, specialising in the profound topic of grief."

Marie exceeds all expectations in delivering a deeply moving and insightful exploration of the complexities surrounding grief, by sharing her very personal story of navigating through the sudden death of her husband.

Her ability to approach this sensitive subject with empathy and authenticity is truly remarkable, and makes it easy for her audience to connect with her.

Marie possesses a unique talent for the topic. I appreciated her thoughtful and considerate approach to storytelling. I was pleasantly surprised by Marie's ability to create an atmosphere of openness and vulnerability. She skillfully encourages a genuine and heartfelt conversation that resonates with her audience."

Romana Hasenöhr | Writer Trainer | Coach

## Contact Marie

Find the Speaker Rheel and Speaker One Sheet on: [MarieAlessi.com/resources](https://mariealessi.com/resources)

Marie is currently based in Sydney, Australia. Delivering nationally and internationally\*, virtually and in person (\*conditions apply).

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Would you like to connect via zoom?  
Please book a brief chat with Marie here:  
[calendly.com/mariealessi/chat](https://calendly.com/mariealessi/chat)

Impact with Intention leaves an Imprint!

