

Maryann Udel, Founder of Sheltering Tree

Maryann was suddenly and unexpectedly introduced to the world of grief at the age of 24 when her husband died in an automobile accident. Overnight she went from being a young wife to a young widow. Without the assistance of the internet, social media or formal support groups, she found a way to live, laugh, love, find joy and thrive.

In 2015, she proudly launched Sheltering Tree to formalize and share the lessons she learned over the years. Through workshops, group or one-on-one coaching, she guides those dealing with major changes in their life - whether from the death of a loved one, a divorce, a break-up or job loss - to find the ground beneath their feet again, gain clarity and create a plan to joyfully move forward and thrive.

Website - www.yourshelteringtree.com