

## **About Cindy J. Lang**

Cindy's husband Mike died unexpectedly, from what seemed at the time, not to be life threatening injuries he sustained in a pedal bike accident on their local city path in Calgary Alberta, Canada. It forever changed and altered her and at the time, her young sons' life. Further down the road, after her own initial healing she began helping others by giving back to the spousal loss community within Canada. She is an insightful and empathetic workshop leader and co-facilitator with over 500 hours/eleven years of experience in grief and bereavement support. Cindy is also the founder of an ontological (mind, body & emotions) coaching practice that supports those in sorrow to provide a safe place for clients to explore and understand their feelings. She uses gentle healing techniques in a conversation style setting finding supportive strategies each client is led to. Cindy knows that when these techniques are combined with support, encouragement and willingness, there is hope to find meaning and purpose for anyone who has experienced the death of spouse, a partner in life.

### **What clients are saying.....**

"Cindy Lang knows profound personal loss and as my grief coach she intricately weaves a life line of hope. I feel safe to feel, express and share my pain with a genuine and caring person who knows what I am feeling because she has been there herself. Cindy's wisdom and strength radiate peaceful and tender compassion as we work together on my journey of grief." - MM.

"I have had the extreme privilege of working with Cindy Lang. I lost my Husband and prior to meeting Cindy I just felt Stuck. She has helped me resolve this feeling, Being Stuck. I now feel I have the Courage to find Me in this loss. Thank you, Cindy." - BEB.

### **What participants are saying.....**

"Cindy's presentation skills are wonderful. She is easy to listen to. Her stories are enlightening." – Leanne T.

"In her workshops I like Cindy's authenticity in the way she shares honestly her real-life experiences – the realness is refreshing." – JK.

"Cindy has a humble and lovely way of telling our stories in a fashion where the other participants could relate with compassion both towards themselves and me." – CM.