

HEAL GRIEF & CLAIM HAPPINESS
LET GO OF YOUR PAST LOSS & HURT
accept, come to terms and move on

**3 steps to healing your grief,
letting go & moving on to claim
your happiness & confidence**

WHO IS THIS TALK FOR?

- Women grieving the loss of their spouse through death, divorce or separation.
- Women dealing with the loss of a dear one, for example, mother, father, child or friend.
- Women struggling with their identity after loss and finding it hard to let go and move on.
- Women who might have lost a job or friendship and are feeling stuck in their loss, sadness, betrayal and heartbreak.

IN THE NEXT 45 MINUTES

- How to heal grief safely and quickly without feeling overwhelmed and like you can't stop the tears.
- What is the real reason you feel a mix of emotions from anger, irritability, teary, fearful and how to let it go?
- The importance of acknowledging that there is a problem.
- The benefits of expressing your emotions to prevent illness.
- How to remain calm in the face of chaos, loss and grief.

Learn the steps you need to take to heal the grief & loss so that you can come to terms with the **current** situation and **overcome the past hurt** so that you can **live your future life** the way you deserve.

HOUSE RULES FOR TODAY'S PRESENTATION

- This is NOT “a one time, feel-good session, but a life-long commitment.”
- This is NOT “a magic wand that will take away all your troubles here and now.”
- This is NOT “How to overcome your past instantly”.
- You **must** be willing to accept and acknowledge the changes and get help.

DOES THIS SEEM LIKE YOU?

- Are you always on the verge of tears?
- Does even the slightest of the trigger set you off?
- Are you feeling like you are leading a dual life, one for others and one for yourself?
- Do you feel like you are oscillating between happiness and sadness & anger and joy?

DOES THIS SEEM LIKE YOU?

- Do you feel that that you are alone and no one understands you?
- The smallest of things can trigger you, making you feel irritable, frustrated or angry.
- You feel sad and there are many days you do not want to get out of bed.
- There are so many thoughts in your mind, you wish that you could just stop them.
- Do you wish that the world would just end?

THE REAL PROBLEM

You are stuck in “the past based life model” basing your life on “*hope it gets better*” or “*I pray I could go back to my past*” and you haven’t moved to a **“new acceptance model”** that *gets you to let go & move on & claim everything that you deserve to feel happy & healthy with peace of mind & joy.*

ONCE YOU MOVE TO THE NEW MODEL

- You will have a better understanding of why you are grieving.
- You will feel more in control of your emotions without expecting people to understand.
- You will find that you can handle yourself better and not allow your situation to get the better of you.
- You will find your mental health improves, feeling more relaxed and happy.

3 STEPS TO HEAL GRIEF AND BE HAPPY



- Thrown out of my so-called “home” in 1998 because I couldn’t bear a child.
- Moved from one relation to another, put up with my spouses’ infidelity.
- Healed my own grief, loss, betrayal and heart-break to feel happy and content.
- Certified as a Practitioner & Coach International Organisation, Vitality Living College.
- Have helped over 500 women to come to terms with their past, move on and now are happy & healthy.

FROM LOSS TO REGAINING MY CONFIDENCE



“After the sudden loss of my husband in 2016, on the one hand, my life had come to an absolute standstill I believed that grief and trauma would colour my perception and I wouldn’t be as successful. She helped me look at life squarely in the eye & regain confidence.”

Maleka Zaveri, Chennai

NO MORE DISTURBANCE TO FEELING PEACE



“The discomfort and disturbance I felt got released just in one session and I feel so much relieved. You are an amazing coach.” 😊😊😊

Jumana Motorwala, Pune

OVERCAME GUILT TO FEELING CONFIDENT



“When I lost my husband, I was totally shattered and could not see a path to move ahead. So I was able to overcome my guilt as well and today I feel very confident as I gained it back that which I had lost. Nisrin changes lives for sure.”

Jumana Petiwala, Mumbai

.. And that's just to begin with..

I have worked with more than 500 clients helping them to see the light at the end of their tunnel and come to terms with their past and overcome the difficulties that acted as an impediment to lead the life they truly deserved.

SO, WHAT'S THE NEW MODEL?

There are **3 steps** to accept, let go of grief & move forward in life and heal.

1

Acknowledge that there is a problem,
accept it and come to terms with it

1. ACKNOWLEDGE THAT THERE IS A PROBLEM, ACCEPT IT AND COME TO TERMS WITH IT

- When a problem is acknowledged and accepted, it can no longer have a hold over you.
- Acknowledge the situation and accept it, for example, *“Even though I did lose my loved one I deeply & completely love & accept myself.”*
- Ask yourself, *“How does the grief or loss make you feel?”* and get it out of your system.
- Realise, *“It’s ok not to be ok, and grieve.”*

2

Let go of the past hurt, grief & guilt to feel happy & healthy

BOTTLED UP EMOTIONS CAN LEAD TO ILLNESS

1. Suppressed emotions can increase the risk of cancer by 70% and heart disease by 47%.
2. Stress is linked to 85% of illnesses and once resolved can aid healing.
3. Unexpressed anger is known to be linked to cancer.
4. Holding onto un-forgiveness can lead to diabetes, pain and heart attack.
5. Anxiety can lead to panic attacks and even insomnia.

<https://vitalitylivingcollege.info/the-5-reasons-why-shutting-down-emotions-can-harm-you/>

2. LEARNING TO LET GO OF THE PAST HURT, GRIEF & GUILT

- World is not lost and I am not alone.
- Everything is going to be fine.
- By clearing the charge of the past situation the surface issue becomes easier to cope with.

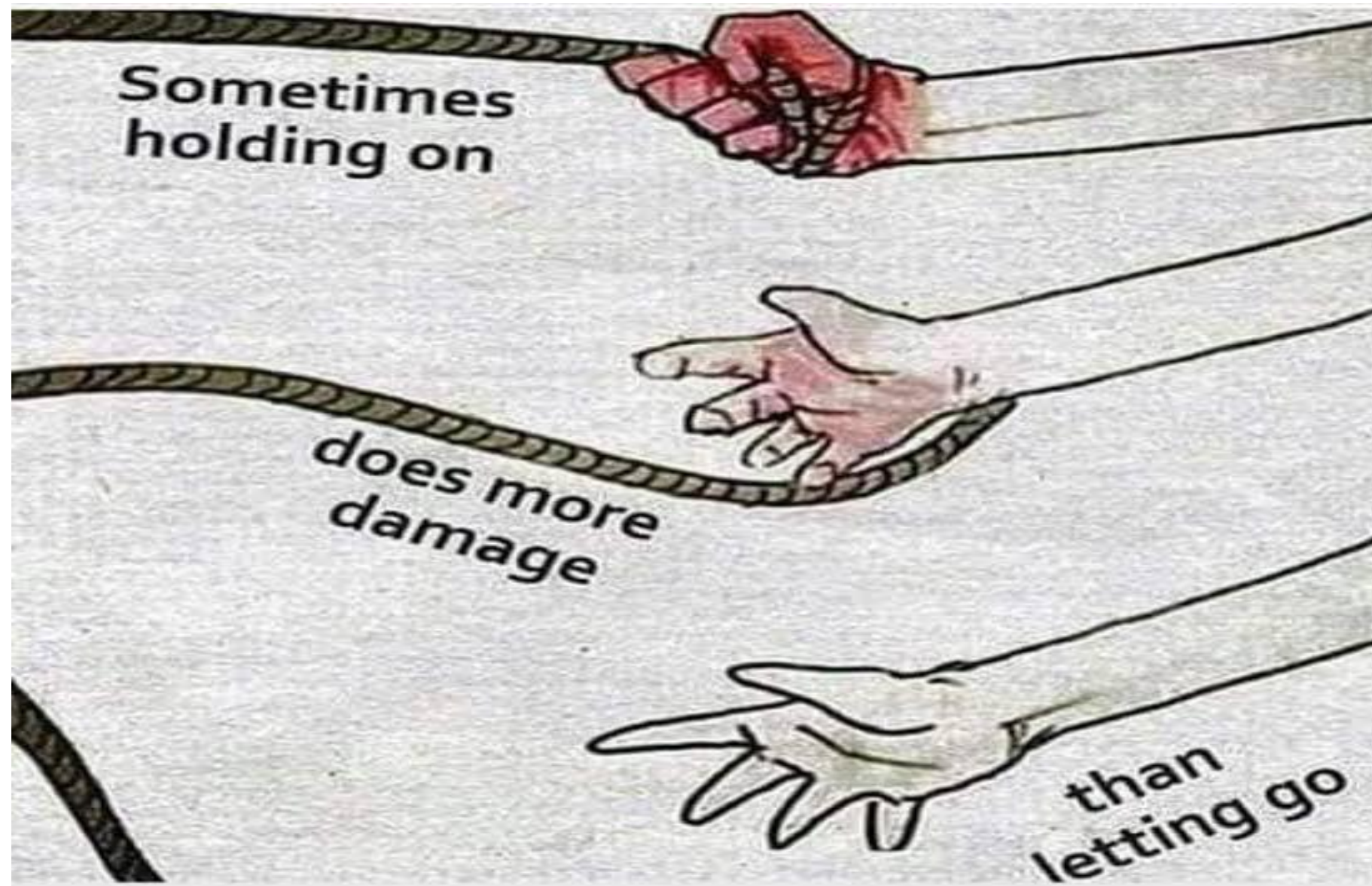
3

Move on with confidence, self-power & ease

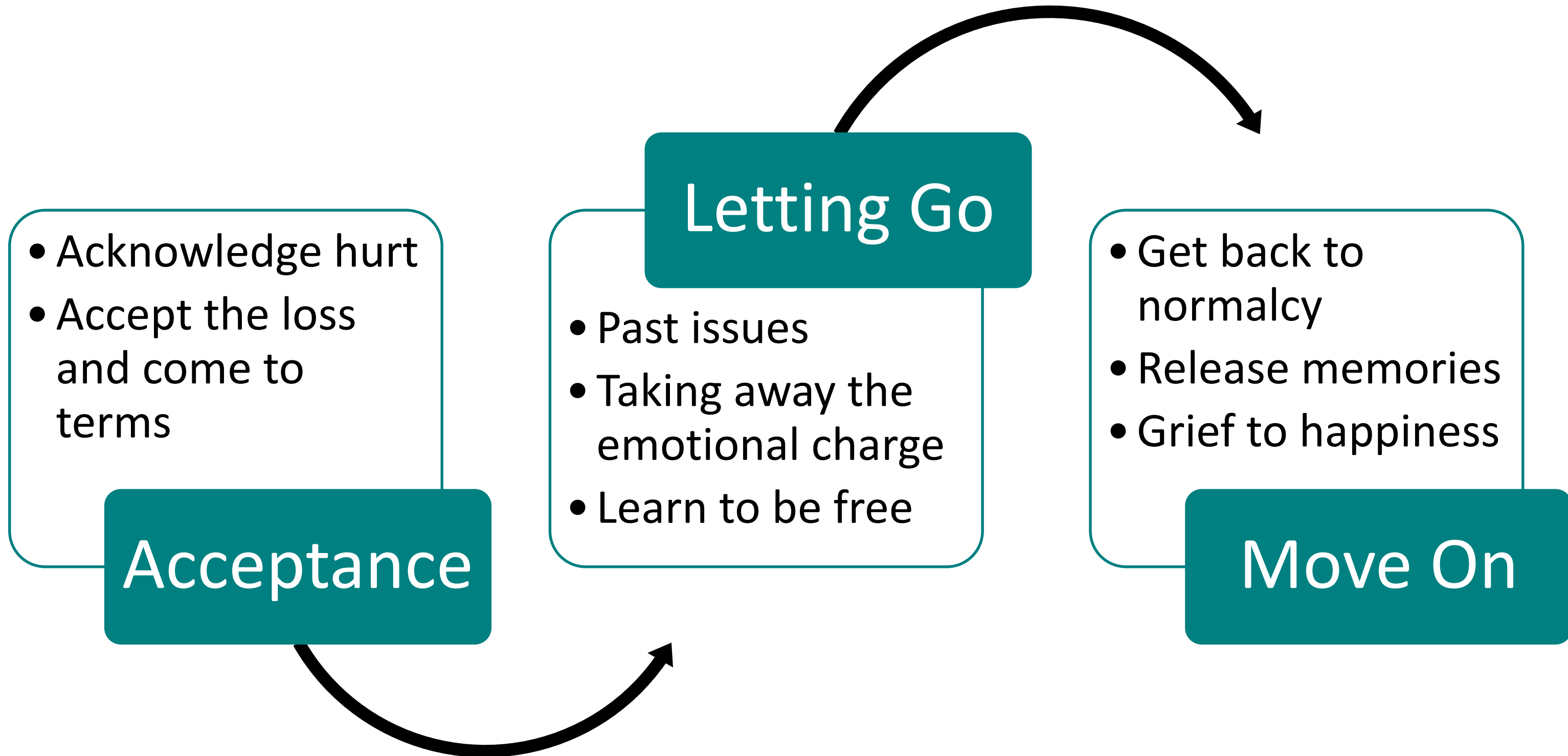
3. MOVING ON WITH CONFIDENCE , SELF POWER & EASE

- A step-by-step system that helps you learn to acknowledge your hurt and grief due to your loss.
- Using a proven system that relieves stress, past negativity and mix of emotions in seconds.
- Getting help from someone who has experienced a similar loss, yet transformed their own life and now helps others to do the same.

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3 STEPS TO HEAL GRIEF AND BE HAPPY



You have 2 options now

1. Do nothing option

There was a time when I did nothing. I lead a life where I blamed everyone for my woes; everyone was responsible for all the difficulties. Little did I know that I was actually running away from the real issues of my life. I now help my clients to have that shift, by giving them a different point of view, so as to really take charge of their life and be the best version of themselves; even better than before.

2. Heal and be happy

Taking the next step takes courage and it's an important one. It's the step **to healing, letting go and choosing happiness & confidence.** To move forward and design the life you want.

So if this feels like you and you **want to learn how you can heal the hurt of your loss** and really take charge of your life, your next step is to book a **complimentary** coaching consultation call with myself and explore what you want and how I can support you to get what you want.

We will speak for roughly **45 minutes** , where you will get an **assessment of where you are, what you want and how you can get what you want.** We will explore what are your best next steps based on your personal situation.

THIS IS FOR WOMEN WHO...

- Who have lost a loved one and do not know how to grieve, let go and move on.
- In the process of grieving and desperately want to feel better.
- Who are feeling hopeless, lost, angry, sad, guilty or betrayed as a result of loss and want to feel confident, happy and self-assured.
- Who want to come to terms with separation, divorce or death of a loved one.

All you have to do is fill in an intake form to qualify for a complimentary coaching consultation, normally valued @ Rs 5000, \$USD 70.

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