

# YOUR GRIEF RECOVERY PATHWAY

With Kendal Goosen  
Certified Grief Recovery Specialist

*Stop surviving your grief. Start completing it.*

## HELLO, WELCOME!

You're here because something happened that changed your life, and you haven't been the same since. In fact, there are more than 40 ways you can experience loss.

So there's no pretending here, and you don't have to carry it alone anymore.

I've created four ways for you to support yourself. There's no wrong way... feel which one feels most comforting and trust that.

You might start with a free gathering and later move into deeper work. Or you might know you're ready for the full completion path today.

Whatever you decide, I'm right here with you.



*I'm so glad you're here!*

# WHY THIS WORK MATTERS

For as long as most of us can remember, we've been handed the same grief script: be strong, keep busy, grieve alone, give it time, move on.

And so you do. You hold yourself together, you try to adopt a positive mindset, you try to think it away, you say 'I'm fine' until you believe it.

But grief doesn't just go away, it lives in your body. It shapes how you live, work, parent and love. It sits beside you in every area of your life.

It decides how much joy you allow yourself to feel.

## **What I believe...**

Grief is not a problem to solve. It's feelings that need to be felt, seen, and held, not fixed.

You don't heal by analysing your grief, avoiding it, or numbing it. You heal by being witnessed in it, by saying the unsaid things, without being eased or fixed.

You were never meant to do it alone. Connection is not a nice-to-have, it's what makes the work land.



## MEET YOUR GUIDE

Hi, my name is Kendal. I'm a wife, mom, and cat mom, living in Johannesburg, South Africa.

I came to this work from lived experience as I was struggling with my own grief and stuck in self-abandoning patterns of behaviour.

I knew I had to do the work to heal my grief... for those before me that couldn't and for my children, so they don't have to do what I couldn't.

Now I help women complete the grief they're surviving, so it stops running their lives, their bodies, and their families.

I've experienced and witnessed what happens when grief finally gets a voice. When it finally gets met with emotional honesty.

And I've built everything here around that single insight: **you don't heal by thinking your way out of grief. You heal by being witnessed in it.**

*Certified through the Grief Recovery Institute.*





**YOU DESERVE MORE THAN SURVIVING YOUR LIFE. HERE'S HOW WE DO THE WORK.  
THE GRIEF RECOVERY WORK.**

**THIS WORK**

**IS NOT**

**FOR EVERYONE**

- This is not for women looking for someone to fix them. You're not broken.
- This is not for anyone who wants to be told how to grieve. There's no right way.
- And this is not therapy, counselling, or coaching.

**This is for women who are tired of carrying it alone and ready to be witnessed in their grief so it can finally move.**

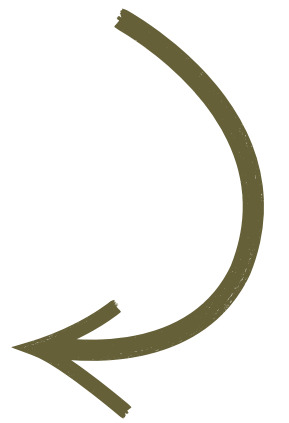
**Now see what support is available to you:**

Grief Gatherings

Grief Circles

1:1 Support Calls

12-Week Grief Completion Program



# GRIEF GATHERINGS

FREE • IN-PERSON (GAUTENG, SOUTH AFRICA) • VIRTUAL • 2 HOURS

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A safe place to say the things you need to say, or observe and connect the dots in your own story.

A grief gathering is a facilitated circle for women ready to be seen, heard, and held. All losses are welcome: death, divorce, estrangement, child-loss, illness, loss of identity, loss of a life you thought you'd have – if it changed you, it belongs here.

- Within two hours, you'll sit in a room with women who actually get it.
- You'll hear your own grief reflected back.
- And you'll leave knowing you're not the only one carrying something.



**Investment: Free**

The only cost for in-person events is your own food and drinks at the restaurant.

This session gave me a lot to think about in terms of where I find myself in my journey.

Yes! It helped me realize that even though a year has passed I'm not forced to just get over it. That I need to take all the time I need to grieve and heal.

It gave me more clarity and insight into grief

I am looking forward to experiencing the in person sessions.

Hi Kendal - thank you so very much for your amazing message which means so much to me. Thank you for facilitating a safe space for all of us to be vulnerable and to feel seen, heard and listened to - it is so bizarre that while I am surrounded by so much love and support; and have this incredible structure I can still feel as though I am on a deserted island with only my heartbreak and grief for company. So I am so grateful to you and for you for enabling me to share my share, my heartbreak and grief and I will keep showing up because I know I need this - and you too are a truly beautiful and gracious gift for all of us - thank you! ❤️❤️❤️

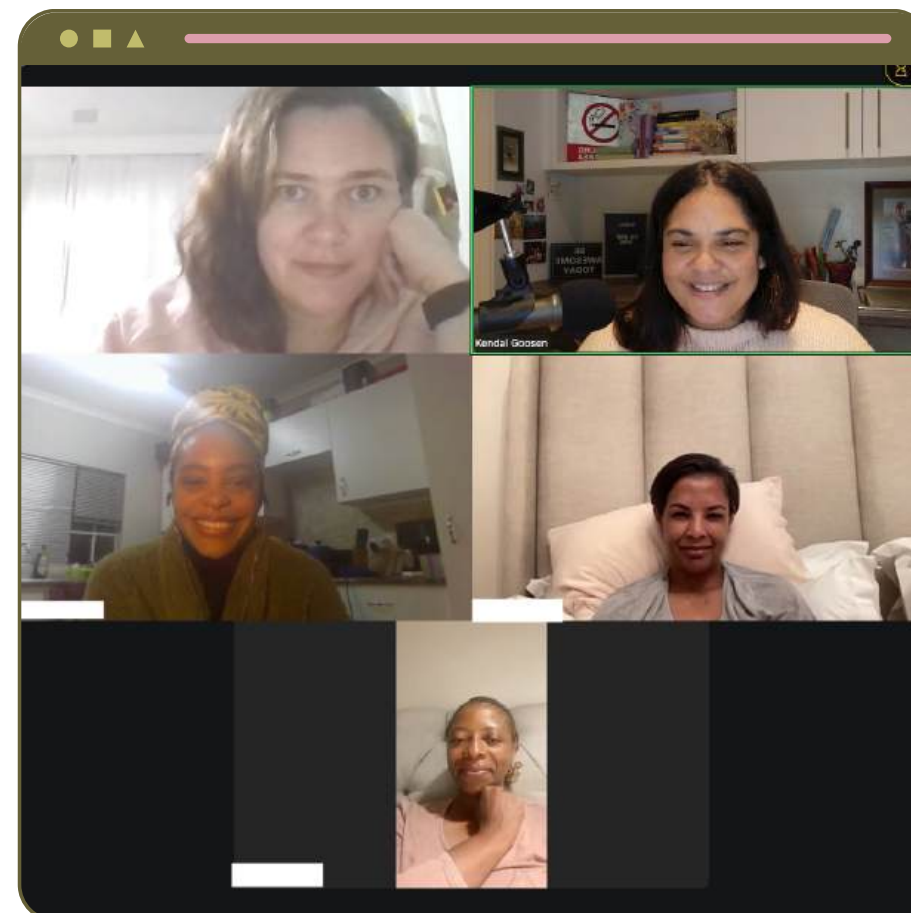


Thank you, Kendal. Even this one session has given me so much to reflect on.

Good morning, dear Kendal,

I hope you are doing well and recovering today. I just wanted to share that today I feel some sort of relief; it's like a feeling inside that I am a little bit lighter with my weight. Pretty nice feeling.

Thank you for this meeting and the way you provide it. I think you have a special ability, and you are patient and natural for this.



### What this means for you:

- Max 12 women, so it's never diluted.
- No pressure to speak, take what you need.
- No analysing, no judging, no fixing - your grief is unique to you.
- Everything stays in the room, so you can say what you've never said out loud.
- In-person (in Gauteng, South Africa) and virtual via Zoom.

## JOIN THE GRIEF GATHERINGS CHANNEL



A quiet WhatsApp channel where I post gathering dates and locations

# GRIEF CIRCLES

R2,500 / ±\$160 • ONLINE VIA ZOOM • 90 MIN WEEKLY CALL • TELEGRAM GROUP

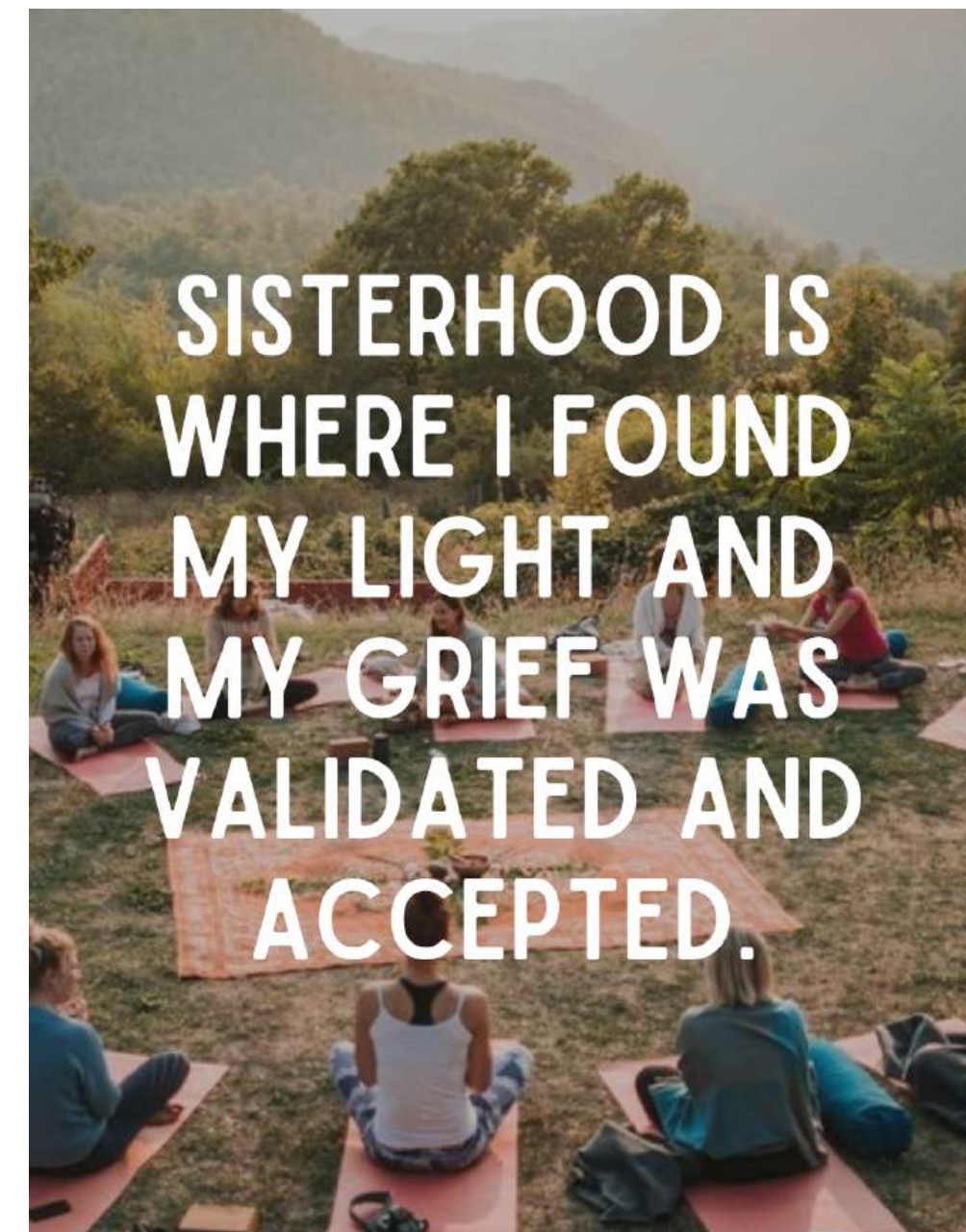
## 6-WEEK GRIEF CIRCLES

R2,500 / ±\$160 • ONLINE VIA ZOOM • 90 MIN WEEKLY CALL • TELEGRAM GROUP

Six weeks from now, you'll have named the grief you've been carrying in silence, and a circle of women will have witnessed every word.

Each circle welcomes 12 women and is built around a specific type of loss: mother loss, partner loss, sibling loss, father loss, and more. The circle never feels like it was designed for someone else.

Before we begin, you'll share your grief story with me in a private 1:1 call. I shape every session around what you and your circle are actually carrying. That's why women walk out saying, 'This felt like a huge exhale, I needed this'.



**The circle moves through 4 phases over 6 weeks.** Each phase has a job, and every session opens the same way: breathwork, commitments, and sitting in community.

### WE LAND

We arrive, land in your body, connect with the women, and learn a few tools to carry you through the next 6 weeks.

Then we create your personal manifesto. ❤️

### WE FEEL

This is where the circle starts to do what it's built for.

I give the group prompts to reflect on - Grief gets witnessed here. That is the whole point.

### WE NAME IT

We look at intellectual commentary, coping patterns, misinformations, blocks and unlearning all the ways you think you have to be or expected ways to grieve.

### WE CLOSE IT

We close our beloved circle and reflect on our journey together, your relationship with your grief and loss.

The Telegram group stays open.

## Included in these 6 weeks:

- A private 1:1 call so the sessions are shaped by your story, not a template.
- 6 facilitated, loss-specific group sessions, so you're surrounded by women with a similar loss.
- A breathwork practice for all 6 weeks - 42 days of giving your nervous system something other than survival mode.
- Grief tools you can reach for at 2am, not platitudes, actual tools.
- Your personal manifesto - a declaration of what you're choosing to commit to, trust, let go of, and reclaim.
- A private Telegram group so you can say 'today was hard' and nobody tries to talk you out of it

Go for it. Especially if they haven't had any sort of formal therapy or counselling. These groups really put things into perspective.

Emotional (not in a bad way)  
Insightful  
Heard

Enlightening, community, safe

Emotional. Seen. Heard.

**Investment: \$2500 / ±\$160**

Pay in full or use the 2-pay option. If finances feel tight, email me before booking.

**JOIN THE NEWSLETTER**

I post all Grief Circle dates inside my newsletter.

# 1:1 GRIEF SUPPORT CALLS

BUNDLES OF 2, 4, OR 6 CALLS • PERSONALISED • YOUR PACE

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BUNDLES OF 2, 4, OR 6 CALLS • PERSONALISED • YOUR PACE

By the end of our work together, you'll have your own grief toolkit, a personalised set of strategies you built yourself, that you can turn back to that you can turn back to whenever grief shows up uninvited.

You set the pace. We pick up wherever you feel safest. We don't dig into the past if you're not ready, and we don't look so far ahead that it feels overwhelming. One session at a time.

I'll challenge you to question your own thought processes and you're welcome to challenge mine. This is a team effort.

This is not for women looking for a quick fix or a 5-step formula to 'get over' their grief.


This is for women who are done pretending they're fine and are ready to sit with someone who won't flinch when they tell the truth.

## **How scheduling works:**

- 60-min call.
- Flexible scheduling.
- Two weeks' notice to book each session so we both show up prepared.
- All sessions completed within three months.

**Calls are bundled in 2, 4, and 6** because 1 call is just not enough to get into your story. Once your bundle is done, you're welcome to purchase another bundle.

Bundle	Investment	Link to purchase
2 Calls	R1300 / ±\$111	<a href="#">Click to pay</a>
4 Calls	R2600 / ±\$222	<a href="#">Click to pay</a>
6 Calls	R3750 / ±\$300	<a href="#">Click to pay</a>



These are pay-in-full links. If you need a payment plan or if it feels tight, email me before booking.

# 12-WEEK GRIEF COMPLETION PATH

STARTING FROM R8,500 • 1:1 OR GROUP • FULLY COMPLETE A LOSS

# 12-WEEK GRIEF COMPLETION PATH

BETA PRICING • 1:1 OR GROUP • FULLY COMPLETE A LOSS

12 weeks from now, one of your losses will be complete. Not forgotten, completed. The weight you've carried for years will have a voice, a shape, and a resting place. And you'll have the tools to do it again for the next one.

This is the deepest work I offer. It's built on the 5 phases: a structured, evidence-based approach to completing unresolved grief.

Expanded with nervous system work and coping pattern awareness because your body needs to feel safe before your grief can move.

Nine sessions across twelve weeks, with rest weeks built in so you have space to sit with what surfaces.

Currently offered as 1:1 only, with the group program launching in July/Aug 2026.

The 1:1 path is always open so you can start when you're ready.

## **1:1 Telegram support throughout**

The hardest moments happen between sessions, and you shouldn't face them alone.

This is not a course. While the phases give us shape, every session has open space for your story and whatever is alive for you that week. You are held throughout, and leave with a grief toolkit for future losses... a toolkit to pass on, or pass down.

# THE JOURNEY WEEK BY WEEK

## WEEK 1-4 UNLEARNING

You'll uncover grief myths and misinformation, understand how your nervous system is responding, and identify your survival patterns.

This clarity is what makes everything that follows possible.

## WEEK 5-6 UNCOVERING

For the first time, you'll see your patterns clearly.

You'll see evidence of your own survival and recognise how losses stacked up quietly, shrinking your capacity for joy, trust, and connection.

## WEEK 7-8 ENTERING

This is where you talk intimately about what needs to be said. The things you wish had been different, better, or more. The hopes, dreams, and expectations have changed. You stop circling the loss and step into it.

## WEEK 9-11 RELEASING

This is the deepest, most transformative part of the work. It is where the weight really begins to lift.

Remembering I am with you throughout the process.

## WEEK 12 CLOSING

You leave with the tools to do it again. For the next loss. For the next relationship that needs completing.

This is a skill you now have for life... our time comes to an end, and we reflect on the journey.

The gatherings hold you. The circles witness you. The 1:1 calls support you.  
**But this is where grief actually gets completed.**

12 weeks from now, the pain you've been carrying in silence will have heard everything you never got to say, and you'll feel the difference in your body.

### **12-Week 1:1 Program**

**OPEN FOR ENROLMENT**

**R8500**

**APPLY FOR A 1:1 SPOT**

### **12-Week GROUP Program**

**LAUNCHING JUL/AUG 2026**

**This program will launch at R8000  
and 1:1 will increase.**

**APPLY AND JOIN THE WAITLIST**

Payment plans are available for these programs.

**READY TO STOP CARRYING IT ALONE?**



**PICK THE SUPPORT THAT FEELS RIGHT. WE'LL TAKE IT FROM THERE.**

**If you'd prefer to explore these options together, please email me.**

[kendal@healfulness.co](mailto:kendal@healfulness.co)

**Come say Hi on Instagram |Threads|LinkedIn**

**WE DO THIS WORK FOR THE ONES WHO CAME BEFORE US AND COULDN'T. WE DO IT FOR OURSELVES.  
AND WE DO IT SO THE PEOPLE WE LOVE DON'T HAVE TO CARRY WHAT WE DID.**