

NEW Interactive Online Course:

Navigating the Rivers of Grief

A four-week journey through your grief as you learn to ride the waves, stay grounded as they pass, and find your unique way forward.

ENGAGING

The course is designed to take you on an immersive journey through your grief, using different learning techniques to keep you engaged and on your healing path. The tone is positive and hopeful, focusing on the key outcomes of becoming more capable, more resilient, and more able to move forward.

SUPPORTIVE

Even though you'll be working through the course independently, you are not alone. By stepping into this work with us, you join a large community of grief-walkers; each of us navigating our own grief, to become more compassionate towards ourselves and each other, our fellow humans here on earth.

INTERACTIVE

Developed by award-winning learning designers, every element of the course is personalized and interactive, making sure you always feel connected to the important work you are doing. This includes videos, meditations, interactive learning modules, integration activities, journaling, and reflections.

FOUR-WEEK MODULES FOR \$49 USD

TO LEARN MORE AND ENROL:



<https://www.zivatibe.com/course/navigating-the-rivers-of-grief>

