

# Sarah Hines

## GRIEF | PASSION | WORTHINESS



### Profile

One blurry night in Manhattan, I met a man who would change the trajectory of my life. A man who had been rejected by his family for his life choices and was preparing for death alone. My journey with him connected me to the deep beauty found in grief and death that we are too ashamed to feel. This experience set me down a path that would lead to where I am today.

After his death, I completed training in Home Hospice Care and volunteered in men's homes for five years. I was struck by the honesty and rawness of these moments and how they reminded me of the preciousness of life. I then completed Children's Hospice Care Training, which further deepened my understanding of how difficult it is to face death and grief.

To continue down this journey, I became a Death Doula and continued to study the depths of what life requires from us, the importance of grief as a skill, and how to honor all that is and what could be. With these experiences, I left my executive role at a healthcare workplace mental health organization to dedicate myself to the mission of Grief Advocacy.

Today, my work focuses on helping healthcare teams connect with their legacy and find their passion. I help them reconnect to their passion and desire and most importantly their worthiness. I speak regularly at healthcare conferences and organizational events about how to find passion and purpose as a caregiver.

My work has taught me that hard things are beautiful, empowering, and truly what roots us in our humanness. It is in these moments that we find glimmers of beauty, cracks of light, and nourishment in tears.

### Topics

Finding Passion and Purpose for Caregiving  
Workplace Grief: Leading through Loss  
Finding Pleasure while Grieving  
How can we make it all FOR something?

### Testimonials

*"I learned more in a 30 minutes discussion than I did in years of therapy."*

*"There has always been this hole that I thought was empty, but am seeing just how full I am."*

*"There was magic in this session. I feel this will sit with me for a very long time."*

### Appearances Include


Uncancelled and Unplugged: Grief

A Handful of Hope: Does Hope hurt Grief?

Creating Grief Inclusive Workplaces



### Contact

 416.720.0717

 sarah@griefadvocacy.com

 @griefadvocacy

 www.griefadvocacy.com