Dr. Tina R. Fornwald's Bio

Full Bio

Most conversations about grief focus on the stages that people are supposed to move through loss. Dr. Tina R. Fornwald focuses on a different question: **what happens when movement in grief stops.**

Dr. Tina is a grief advocate, transformational speaker, author, and founder of Widowhood Real Talk with Tina. Her work helps individuals, communities, and organizations better understand the lived experience of grief and how supportive environments can help people reconnect with life after loss.

Dr. Tina works with both individuals navigating grief and organizations seeking to support people experiencing loss within their communities and workplaces. Through personal conversations, podcasts, community education, and speaking engagements, she partners with workplaces, faith communities, book clubs, and support networks to create spaces where grief can be acknowledged with honesty and compassion. Her work helps people learn how to walk beside those experiencing loss, recognizing that grief is not simply a private experience but one that unfolds within families, workplaces, and communities.

At the center of her work is a simple but powerful observation: many people do not struggle because they are grieving; they struggle because **they feel stuck in their grief**.

Through her developing framework, **"Where Grief Gets Stuck™: The Five Survival Patterns™,"** Dr. Tina explores the protective emotional patterns people often develop while trying to endure profound loss. These patterns, while initially helpful for survival, can sometimes lead to emotional disconnection from self, relationships, and life.

A central part of Dr. Tina's work involves helping people **honor their grief story while gently restoring their sense of connection and belonging**. After loss, many individuals find themselves unsure how to speak about their grief, how to share their story, or how to reconnect with life without feeling they are leaving their loved one behind. Through guided conversations, storytelling, and community dialogue, she helps individuals and groups rediscover a sense of belonging to themselves, to others, and to life.

Dr. Tina is also the author of *The Five Widows Club*, a novel that explores the lives of women navigating widowhood, friendship, and the long road of rebuilding life after loss. Through storytelling, the novel reflects many of the emotional realities that grieving individuals experience, how grief isolates, how community restores connection, and how sharing our stories can help people rediscover a sense of belonging.

Dr. Tina's perspective is shaped not only by professional training but also by lived experience. She is a **retired and decorated United States Army officer**, a **breast cancer survivor**, a **widow after a 29-year marriage**, and the **mother of two adult children** who walked the long journey of grief together. Her path through loss eventually included navigating the complexities of dating again and finding love later in life. These experiences continue to inform the compassion and realism she brings to her work.

In addition to her speaking and advocacy, Dr. Tina hosts the Widowhood Real Talk with Dr. Tina Podcast, where she leads honest conversations about grief, resilience, and life after loss with guests from around the world.

Dr. Tina also brings professional training in coaching and emotional resilience to her work, including certification as a professional life coach and training in Positive Intelligence (PQ), which informs how she helps individuals recognize internal survival patterns and reconnect with their values, relationships, and sense of purpose.

Through speaking, writing, individual conversations, and community engagement, Dr. Tina continues to expand the conversation around grief, moving it beyond stages and timelines toward a deeper understanding of **connection, belonging, and renewed movement in life**.

Through every conversation, resource, and story she shares, Dr. Tina's greatest hope is that those navigating grief discover they are not alone and that movement in life is still possible.

Medium Bio:

Dr. Tina R. Fornwald is a grief advocate, transformational speaker, author, and founder of Widowhood Real Talk with Tina, a nonprofit platform dedicated to supporting individuals navigating life after loss. Her work helps individuals, communities, and organizations better understand the lived experience of grief and how supportive environments can help people reconnect with life.

Dr. Tina works with both individuals navigating grief and organizations seeking to better support people experiencing loss within their communities and workplaces. Through speaking, storytelling, and community education, she partners with workplaces, faith communities, book clubs, and support networks to create spaces where grief can be acknowledged with honesty and compassion.

She is the creator of the emerging framework **"Where Grief Gets Stuck: The Five Survival Patterns,"** which explores how the emotional strategies people develop to survive profound loss can sometimes lead to disconnection from self, relationships, and life. Her work focuses on helping people honor their grief story while gently restoring a sense of connection and belonging.

Dr. Tina is also the author of *The Five Widows Club*, a novel exploring widowhood, friendship, and rebuilding life after loss. A retired and decorated United States Army officer, breast cancer survivor, widow after a 29-year marriage, and mother of two adult children, she brings both professional insight and lived experience to every conversation.

Through every conversation, resource, and story she shares, Dr. Tina's greatest hope is that those navigating grief discover they are not alone and that movement in life is still possible.

Short Bio:

Dr. Tina R. Fornwald is a grief advocate, transformational speaker, author of *The Five Widows Club*, and founder of Widowhood Real Talk with Tina. A retired and decorated Army officer, widow, breast cancer survivor, and mother of two, she helps individuals and organizations understand where grief gets stuck and how people can reconnect with life, community, and a renewed sense of belonging.

Media & Speaking Inquiries

Email: tina@tinafornwald.com
Website: https://tinafornwald.com

Dr. Tina R. Fornwald is available for speaking engagements, workshops, facilitated conversations, and collaborative programs. Organizations, workplaces, faith communities, universities, and book clubs interested in hosting Dr. Tina for a keynote presentation, educational workshop, or community conversation are encouraged to connect.

Her presentations explore grief, belonging, resilience, and how communities can better support individuals navigating profound loss.

Speaking & Educational Engagements

- Keynote Presentations
- Corporate & Workplace Grief Education
- Faith Community Workshops
- Leadership & Employee Well-Being Conversations
- Lectures and Academic Engagements
- Conference and Panel Participation

Book & Conversation Events

• Author Talks and Readings
• Book Club Discussions
• Community Conversations on Grief and Belonging

Author of *The Five Widows Club*, Dr. Tina brings storytelling and lived experience into conversations about grief, healing, and rebuilding life after loss.

Signature Framework Presentations

• *Where Grief Gets Stuck™: The Five Survival Patterns™*

Through this framework, Dr. Tina helps individuals and organizations recognize the survival patterns that can emerge after loss and how supportive environments can help restore connection, belonging, and renewed movement in life.

Writing & Media

• Monthly Blog Articles
• Podcast Guest Appearances
• Interviews and Media Conversations

Community Programs

Website: https://widowhood-realtalkwithtina.org

• Weekly Podcast ~ *Widowhood Real Talk with Dr. Tina*
• Mental Health and Grief Awareness Events
• Grief Support Groups
• Community Engagement Initiatives
• Monthly Newsletter