LET´S WORK TOGETHER!

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 keynote presentations, workshops, or facilitated conversations are encouraged to connect.

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

CONTACT

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DR. TINA FORNWALD

GRIEF ADVOCATE | TRANSFORMATIONAL SPEAKER | AUTHOR

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

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 United States Army officer, widow, breast cancer survivor, and mother of two, she brings both lived experience and professional insight to conversations about grief, belonging, and rebuilding life after loss.

Through her work, she helps individuals and organizations understand where grief gets stuck and how people can reconnect with life, community, and a renewed sense of belonging. She is also the creator of the annual Real Widowhood Weekend retreat, a guided community experience designed to help widows reconnect with life, a sense of belonging, and hope after loss.

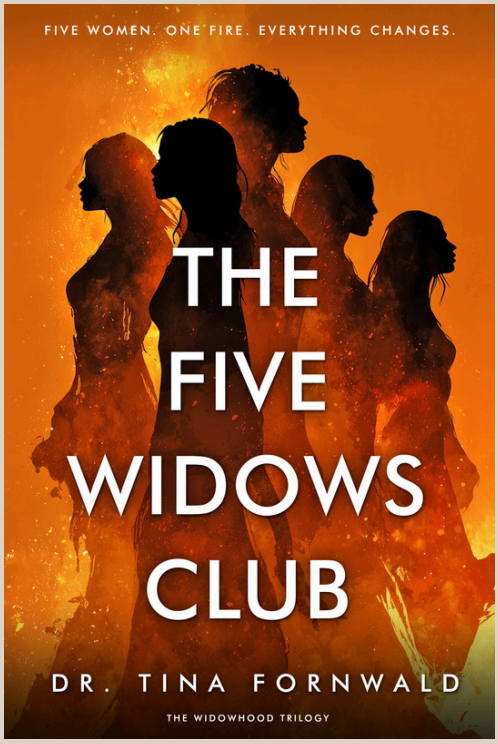
DR. TINA FORNWALD
AUTHOR · COACH · GRIEF ADVOCATE
TRANSFORMATIONAL SPEAKER
Healing the Heart, Honoring the Journey

Speaking Topics & Engagement Opportunities

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

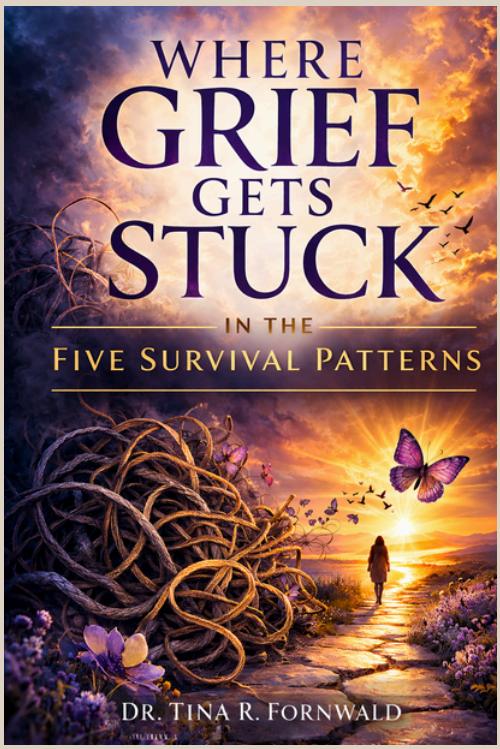
Dr. Tina speaks nationally with organizations, workplaces, faith communities, and conferences seeking to better support people navigating grief.



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.



Community Initiatives

- Founder, Widowhood Real Talk with Tina
- Creator, Real Widowhood Weekend Retreat
- Host, Widowhood Real Talk with Dr. Tina Podcast

Signature Presentation

Where Grief Gets Stuck™: The Five Survival Patterns™
Through this signature framework presentation, Dr. Tina helps individuals and organizations recognize the survival patterns that can emerge after profound loss and how supportive communities can help restore connection, belonging, and renewed movement in life.

Book Reading/ Signings

Podcast Guest

Transformational Discussions

https://widowhood-realtalkwithtina.org

https://widowhood-realtalkwithtina.org/podcast