Dr. Tina R. Fornwald – Speaking Topics & Engagements

Corporate & Organizational Audiences

Where Grief Gets Stuck™ in the Workplace

Understanding how loss impacts employees and how organizations can support productivity, compassion, and resilience.

Leading with Humanity: Supporting Employees Through Loss

Practical guidance for leaders and HR professionals navigating grief conversations in professional environments.

Grief, Performance, and Belonging at Work

How unresolved grief can affect engagement, morale, and workplace connection—and how organizations can respond.

Compassionate Leadership in Times of Loss

Tools for leaders to create psychologically safe environments for employees experiencing grief.

When Life Happens at Work

Helping teams understand how grief and major life transitions affect communication, focus, and relationships.

Military & Veteran Communities

Navigating Grief in the Military Community

Understanding the unique layers of loss experienced by service members, veterans, and military families.

Strength and Vulnerability in Uniform

Breaking the silence around grief while honoring the strength and culture of military service.

Life After Loss in the Military Family

Helping military families rebuild their identity, connection, and sense of belonging after loss.

The Hidden Grief of Service

Exploring how cumulative loss, transitions, and deployments impact emotional well-being.

From Service to Support

Helping military leaders and communities better support those navigating loss.

Church & Faith Communities

Where Grief Meets Faith

The Ministry of Presence

Learning how faith communities can walk beside those navigating loss.

When Faith Feels Fragile

Helping individuals process grief when spiritual questions and pain coexist.

Creating a Compassionate Church Culture

Equipping church leaders and congregations to support grieving members.

Honoring Grief While Holding Hope

Faith-centered reflections on healing, belonging, and life after loss. Understanding how grief and faith intersect and how churches can better support grieving individuals.

Book Clubs & Literary Discussions

Exploring The Five Widows Club

A conversation about grief, friendship, resilience, and rediscovering life after loss.

Story as Healing

How storytelling helps individuals process grief and find meaning.

Grief, Identity, and Friendship

Discussing the emotional journeys of the characters and their shared experiences.

The Power of Community in Grief

Exploring how relationships shape the healing journey.

Podcast Conversations & Media Interviews

Where Grief Gets Stuck™: Understanding Survival Patterns

Exploring how protective survival patterns develop after loss and how individuals begin restoring movement in life.

Grief Beyond the Stages

Discussing why many people feel misunderstood by traditional grief models and how grief is often experienced in more complex and personal ways.

Honoring the Story of the Person We Lost

Reflecting on why remembering the full life of someone we loved can be an essential part of healing.

Rebuilding Identity After Loss

Examining how grief reshapes identity and how individuals begin rediscovering purpose, connection, and belonging.

The Role of Community in Grief

Exploring how relationships, conversation, and shared experience help individuals navigate life after profound loss.

Dating After Loss

Discussing the emotional complexity of opening the heart to new relationships while honoring the love that came before.

Love Again After Loss

Exploring how widows and widowers navigate questions of loyalty, guilt, hope, and connection when considering new relationships.

The Loneliness of Grief

Understanding why grief can feel isolating and how supportive communities can help restore a sense of connection.

From Personal Loss to Advocacy

Sharing how lived experience with grief can lead individuals to support others navigating similar journeys.

Retreats & Workshops

Where Grief Gets Stuck™: The Five Survival Patterns™

An interactive workshop helping participants recognize survival patterns and rediscover movement in life.

Honoring Grief, Restoring Belonging

Helping individuals reconnect with themselves, others, and life after loss.

The Stories We Carry

Exploring personal grief narratives and how storytelling supports healing.

From Survival to Meaning

Guiding participants through reflection and transformation after profound loss.

Walking Beside One Another

Creating supportive community spaces where grief can be shared safely.

Grief Support Groups

Understanding Where Grief Gets Stuck™

Recognizing survival patterns that can develop after loss.

When Grief Feels Isolating

Exploring ways to reconnect with others and restore belonging.

Honoring the Story of Your Loved One

Helping participants share memories and keep meaningful connections alive.

Navigating Life Transitions After Loss

Practical reflections on identity, purpose, and rebuilding life.

Grief and Community

Understanding the role of connection in healing journeys.