



Adaptive Skills for Clarity, Comfort, and Confidence



Award-winning and best-selling author, Keynote Speaker, and Founder of Grow Through Loss, **Sheri L. Wood, Ph.D., LCMFT**, is a lifelong learner and a Certified Transformational Storyteller. As the mother of a college student, the widow of a Marine Disabled Veteran, and an EMDR therapist, she is passionate about teaching people adaptive skills to find clarity, comfort, and confidence in every area of their lives. Her work has been featured on ABC, NBC, CBS, FOX, CW, Global Wellness Times, and more!

To book Dr. Sheri L. Wood, contact
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Growth Through Loss | Behavioral Health | Self-Care



SIGNATURE TALKS

How to Grow Through Loss and Cultivate Peace, Strength, and Joy

- People don't know how to talk about loss, so they avoid it, which leads to isolation and stunts the healing process. As the founder of GrowThroughLoss.com, Dr. Sheri Woods shares:
 - 3 Steps to create meaning, peacefulness, and dignity through your loss
 - A new mindset to gain fresh perspectives to get you through any difficulty you encounter
 - One strategy for safety, belonging, and connection in your new normal

3 Essential Steps to Adapt After Trauma and Create Hope for Healing

- Mental illness is a major public health issue. After serving thousands of people with anxiety, depression, PTSD, and trauma for over 20 years, Dr. Sheri L. Wood shares:
 - 5 Ways to Interrupt Negative, Sad, and Anxious Thoughts and Become Emotionally and Mentally Grounded.
 - A 3-step process to help you be more assertive, feel better, and enjoy success and fulfillment.
 - A new way to approach yourself and your emotions, and find hope in your reality

5 Simple Strategies to Improve Your Health, Build Confidence, and Increase Longevity

- When we lose someone we love, we lose part of our identity, and we don't make it a priority to show up for ourselves. As the widow of a Marine Disabled Veteran, Dr. Wood teaches:
 - Tools and action steps to reclaim who you are and your purpose as the best version of yourself
 - 2 simple Military concepts to keep you on track with your health and wellness goals
 - 3 Brain strategies to set yourself up for joy, vibrant energy, and success in just 15 minutes a day