



# AGNES KOWALSKI

Advanced Grief Recovery Specialist

iamagnesk@gmail.com

<https://www.griefrecoverymethod.com/grms/agnes-kowalski>



The Grief Recovery Method®

ESTABLISHED

Evidence Based  
PROGRAM

**Grief is a normal and natural reaction to loss of any kind. What is not normal is the way we are conditioned to deal with grief, That is what we are here to change via GRM.**

## OFFERINGS:

Intro to Grief Recovery  
Interactive Workshop



COVID grief workshop  
Compassionate  
Skills Training



1:1 Employee Grief  
Recovery 6 Session  
Packages



Group or  
Per Employee Pricing  
and Custom Programs  
Available

## TOP 5 REASONS THE GRIEF RECOVERY PROGRAM IS AN ESSENTIAL TOOL FOR YOUR EMPLOYEES AND COMPANY:

- 1.** It is close ended. It isn't vague, it doesn't go on forever. It is a program with a beginning, a middle and an end. The last thing we need when we are grieving is more uncertainty about how to heal.
- 2.** It is action oriented. Healing does not take time, it takes small, correct actions. Would you just wait for a flat tire to fill itself up? No, and the same goes for our grief. The program teaches us which actions to take and how to take them.
- 3.** Grief is universal but we believe all grief is unique, because every relationship is unique - this program is designed for the individual, no matter the size of your grief.
- 4.** GRM is the only evidence based grief recovery program in the world (<https://www.tandfonline.com/doi/full/10.1080/19325037.2019.1571964>)
- 5.** The Grief Index, shows that the impact of unresolved grief for employers/ organizations in the US is over \$113.27 Billion (updated 2017 figure) in direct economic impact due to lost productivity and reduced proficiency on the job after experiencing a loss, or emotionally painful life event. This figure doesn't include the nearly trillion dollars in additional impacts from the effects of behaviors (i.e., addiction, obesity, anger management, etc.) that result when someone is experiencing emotional pain, stress, depression, traumatic events, suicidal behaviors, and/or PTSD. View the GRM Capabilities statement

**“ I am WAY more present. I feel genuine joy again. I can see the part I played in all the ways I was holding myself back. I am more focused in my business. My relationships all feel easier. I am not triggered anymore by the stories in my head or the things that have gone unsaid.**

-GRM Participant 2020