

Gentle Endings

a program of Quality of Life Care, LLC

End of Life Doula Private Practice

Special One Page Report

“5 Things to Know Before You Start”

1. **Don't quit your day job!** I'm not going against the “law of attraction” or any positive thinking mantras by telling you the reality is **we are not on most people's radar**. They do not know we are here. Most people are aware they are frustrated, scared, anxious, overwhelmed and grieved but they have no idea there is an emerging group of people in a 'new' role that can help them.

I am doing all I can to bring awareness to this movement. I have created the world's first palliative care radio podcast, The Journey Radio, www.journeypodcast.com and the world's first multidisciplinary independent practitioner community, The End of Life Practitioners Collective, www.endoflifepro.org. We are at the beginning of a burgeoning movement...hold on! AND, in order to develop a beautiful practice based on your heart and not fear (fear of making ends meet) you need to be prepared to pay your bills on a monthly basis until this practice can support you.

2. **You must know what you are doing** when you are dealing with a person who is dying and their family. Just because you have the desire to serve and have a heart full of compassion doesn't mean you know how to talk to a person who is dying or how to be supportive of a family at this time.

Trust what you don't know and strengthen your self there. One step at a time, continue to develop. I honor and respect your research into doing this sacred work. It means you respect the people you are wanting to serve. There is no university or college or international or national accreditation governing board that oversees end of life companions and doulas so you must be driven by this value yourself.

3. **Lead with your heart.** Nobody cares what your credentials are when they are in the midst of overwhelming grief. They want to know you are there and you care. They need to feel you in the room. They don't need your head knowledge or your philosophy of the cultural aspects of death since 1293. They need YOU!

Presence is the foundation, the cornerstone of our practice. To be present emotionally and spiritually for someone and their family, you yourself must be grounded, aware, conscious, mindful ... you get the picture. This is a must. This is the basis for all your work, no matter what else you may offer a family.

4. **Sustainability.** I encourage you to create your awareness campaigns (ie, marketing efforts) in ways that are true to your own values, which for most is education. There are other ways, like creating a book or movie discussion group, to become known in your community as the go to person. You must be willing to step into the shoes of the trailblazer as there are few paths outside of hospice for us. Most people run from death and you are running *towards* it. You are truly unique and **MUST** have the calling to be behaving in such a way! I cannot wait to meet you. :)

5. **Radical Self Care: for the long haul.** Whatever your faith tradition, you must be prepared to amp it up when you come into this field. You come face to face with some of the most hardest emotions, hardest situations, and hardest times people will ever face. Yes we know this can be beautiful. That is why you are wanting to do this and yes some people will ask for you because they want to create sacred space and a beautiful dying experience AND many people won't be in this head and heart space.

I am so glad you are respectful of your heart and of the realities of being between 2 worlds often and of being in the presence of significant grief. You can be in this space if you are taking care of yourself in a loving and consistent way and you are somehow spiritually supporting yourself on a deep level. The reasons why these two things must happen, self care and spiritual support, is because you not only need it to be able to do this work over the long haul, but you need it to be able to 'be' in the only space that truly matters PRESENT.

If this report resonates with you and you would like to inquire about next steps, please begin that process by filling out the application. Please click => [Application](#).

I wish you joy as you explore your calling. It is a true celebration to be called to this work. I hope to meet you on this trailblazing path!