

SAMPLE QUESTIONS FOR AURORA WINTER



Aurora Winter

My guest **Aurora Winter** is a sought-after speaker, trainer, and the author of **From Heartbreak to Happiness®** and **The Peace Method®**.

Aurora Winter is a successful coach trainer, grief recovery coach, speaker and author. She has been featured in the media, including **ABC, Fox, CNBC, and Oprah radio**. Aurora has been heard by over a million people on the topic of healing heartbreak and creating a life filled with genuine happiness.

Her book, **From Heartbreak to Happiness®** is her intimate diary of healing after her 33-year-old husband died suddenly, leaving her widowed with a 4-year-old son.

Dr. Wayne Dyer endorsed Aurora's book, saying, "I read every page of this beautiful diary – it touched my heart and I'm sure it will impact yours."

"If I can go from heartbreak to happiness, you can, too," says Aurora.

Formerly a film and TV executive producer, Aurora Winter is the founder of the **Grief Coach Academy**, which is dedicated to training coaches how to coach their clients through grief, and **From Heartbreak to Happiness®**.

Aurora was featured in the award-winning documentary feature film "**What If**" alongside best-selling authors including **Bernie Seigel** (author of "Love, Medicine, and Miracles").

SAMPLE QUESTIONS

Q Is there anything you'd like to say before we get started?

Q Why did you write your book "From Heartbreak to Happiness"?

Q What are some myths that prolong heartbreak?

Q What are 3 steps to an initial conversation with someone who is heartbroken?

Q Is it the same process to recover from heartbreak from divorce as from a death?

Q What are some of the best and worst things to say to someone who is heartbroken?

Q If I'm the person who is heartbroken, what are some steps that will help me heal more quickly?

Q How much of happiness is under our control?

Q How long does it take to heal from heartbreak?

Q What are some tips to finding love again after a death, divorce or breakup?

Q Why did you found the Grief Coach Academy?

Q What's the difference between coaching and therapy?

Q Who makes a good coach?

Q How can people get a complimentary copy of your book "From Heartbreak to Happiness" which has been endorsed by Dr. Wayne Dyer?

Q How can people learn more about grief coaching and get a complimentary CD?

Q Final words of wisdom?

Note: the above sample questions are suggestions only, to save you time. Please feel free to ask Aurora anything you'd like. As a resource to inspire and encourage others, Aurora's book "From Heartbreak to Happiness" is available as a complimentary ebook at www.aurorawinter.com/gift/ or www.FromHeartbreakToHappiness.com

To learn more about coaching people through grief and From Heartbreak to Happiness® visit <http://www.GriefCoachAcademy.com> and get a complimentary CD or Mp3. Articles, videos & other resources: www.FromHeartbreakToHappiness.com
Next event: www.FromHeartbreakToHappinessEvents.com
Home study coach training: www.GriefCoachU.com

Without support, people suffer for an average of 5-8 years after a devastating loss, according **Time** magazine. Aurora's vision is to change this statistic by training a team of certified coaches. Aurora and the coaches she has trained have already helped thousands of people go **From Heartbreak To Happiness®** more quickly and easily.

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