**DONE-FOR-YOU-EMAIL TO MY FRIEND**

*(Just copy, paste, and send to your friend to help bridge the connection)*

Hey there (fill in Your Friend’s Name),

I want to keep this simple, because it can be awkward enough as it is, and I am so afraid I will say the wrong thing and unintentionally upset you. I have watched you navigate the hardest blows, and I know you must be exhausted. I love you and wish I could take the heavy away. I can’t do that, but I *can* introduce you to someone who I know has been there. Someone who has lost everything, and figured out a few things along the way. She has a calling to work with others who are trying to create some traction after being blindsided by Grief.

Her name is Lindsay McKinnon, and she works with people who have been impacted by Grief in various ways. She speaks to large and small groups, she coaches to individuals and groups, she’s created an online grief group (that is not therapy but a really cool tribe talking about real life stuff), and she facilitates retreats where you can go relax, be taken care of, and even work with horses!

I’ll let her explain all of that to you though. The important thing is that you are important to me. My heart still hurts for you, and I care about how you experience your life. [Click this link](https://lindsaymckinnon.coachesconsole.com/calendar/connection-conversation)and follow the popcorn trail straight to her calendar to schedule a free one-on-one Discovery Session. Check out her website below if you wish, but just make sure to speak with her directly. I know she will help, one way or another. Please tell her I sent you, and know how much you are loved.

Here for you always,

And in All Ways,

*(This is where you sign Your Name)*

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