

MARELDA RODRIGUES

Author, Speaker, Grief Massage & Wellness Specialist

www.movebeyondgrief.com

312-618-3609



SUFFERING IN GRIEF IS UNNECESSARY.

Speaker Intro: Marelda (Esmarelda without the “Es”) Rodrigues is an expert when it comes to feeling emotions through touch, and helping clients move through the ones that are stuck in their bodies, thereby creating disease. Her unique approach combining science and intuition has helped numerous clients experience freedom from pain.

Marelda believes that dealing with emotions constructively and confidently is the key to authenticity, and keeps us in the highest state of wellbeing. Being inauthentic is a sure path to illness. She learned this the hard way and wrote about it in her book *Thriving Authentically*.

Marelda is going to teach is why Grief Massage and Wellness must become additional “go-to” paths to healing, to end suffering and emerge confidently to lead meaningful lives.

WHAT YOU'LL LEARN FROM MARELDA RODRIGUES'S PRESENTATION

- WHY GRIEF WELLNESS IS THE MOST ESSENTIAL PART OF HEALING FROM LOSS
- HOW TO FIND THE RIGHT SUPPORT NETWORK
- HOW TO GO FROM FEAR TO CONFIDENT WHEN NAVIGATING THE EMOTIONAL WEIGHT OF GRIEF
- WHY GRIEF MASSAGE IS VITAL TO HEALING AND NOT A STEP TO BE MISSED
- SIMPLE WELLNESS TIPS TO HAVE BETTER MOODS, ENERGY & SLEEP

**To schedule
Marelda Rodrigues to
speak at your next event**

MARELDAHEALTHCOACH
@GMAIL.COM

Marelda Rodrigues, the Founder of Move Beyond Grief, is a Grief Massage and Wellness Specialist, author, and international speaker, with over 20 years of experience in the health and wellness space.

Through Grief Massage Therapy, Marelda helps her clients feel comforted when they are most vulnerable and navigating emotional unknowns of grief and loss, so they can feel more in control of their lives. Her wellness coaching programs help clients with mindset, food and lifestyle habits vital to staying healthy while adapting to loss and building emotional resilience. Her clients emerge from their transformation feeling revitalized, confident, and powerful.

Her book, *Thriving Authentically*, helps readers identify what's essential to being authentic, staying mindful of derailers, owning their personal power, and making life happen.