

Liz Gleeson

Grief Specialist

- * Psychotherapist Specializing in Loss & Grief
- * Founder & Director Shapes of Grief/Grief & Loss Training Hub
- * International Keynote Speaker
- * Media Grief Expert Contributor
- * Multi Award Winning Social Entrepreneur
- * Podcast Host
- * Grief Trainer and Educator
- * Academic and Researcher PhD Candidate)

Speaker Deck



About Liz

Liz Gleeson is one of Ireland's leading grief specialists, with over a decade of clinical practice. She is the creator of *Shapes of Grief*, an online grief training hub offering **40+ hours of education from global experts**, now used by **7,000+ professionals worldwide**.

Her award-winning Podcast *Shapes Of Grief* has been downloaded hundreds of thousands of times.

Her work addresses a critical gap in healthcare and corporate training: **how to respond effectively to grief and loss**.

Liz also lectures on the MSc in Bereavement & Loss at the Irish Hospice Foundation, is a sought-after media contributor and delivers trainings and workshops internationally.



SHAPES OF GRIEF



SHAPES OF GRIEF

Keynote Speaker & Regular Expert Media Contributor

THE IRISH TIMES



newstalk



What Drives Liz?

Grief is one of the most universal human experiences — yet one of the least understood in workplaces and healthcare systems. Unacknowledged grief affects:

- **Employee wellbeing**
- **Staff retention & morale**
- **Patient care and outcomes**

Liz is driven to **equip professionals and organisations** with the tools to respond to grief confidently, compassionately, and effectively.



What Clients & Collaborators Say

“Our organisation has run several Dealing with Grief webinars with Liz, each being insightful and impactful.

Liz approaches grief with compassion, expertise, and professionalism. She offers practical strategies, empathetic support, and creates a safe, inclusive space for open discussion.

What stood out was her genuine empathy and dedication, blending evidence-based practices with relatable personal anecdotes.

I highly recommend Liz for her exceptional ability to handle this delicate subject, providing clarity, comfort, and empowering participants towards healing.”

William Flynn, Health & Safety Authority Ireland

“I first met Liz through volunteer work and was immediately struck by her care for people and deep understanding of grief.

Her stories and insights illustrated the personal complexity of grief and how compassion and connection help navigate it.

Liz’s expertise proved invaluable, offering lessons I could apply both personally and professionally.

Sharing her wisdom in our leadership program at eBay helped our leaders better support themselves and others while managing complex emotions in the workplace.”

Adrienne Pesler, Leadership Programme, eBAY USA



Presentation Topics Include



- Grief at Work – Cultivating Compassionate Workplaces
- An Introduction to Loss & Grief
- Understanding & Supporting Loss & Grief – for Healthcare workers
- The Physiology of Grief
- Prolonged Grief Disorder
- Burnout & Self-Care for providers

Rate Card

€900 (exc. vat) Panel Appearance

€1400 (exc. vat) 1-hour online training followed by Q & A

€2200 (exc. vat) 1 hour in-person training, followed by Q & A

€2800 (exc. vat) 2-hour workshop

€3500 (exc. vat) Keynote Speech

All content is tailored to your organization's needs.

***30% discount is offered for Public Bodies, Educational Institutions, Registered Charities & Social Enterprises. Contact Liz to discuss**

Some of Our Customers Include

PAC A

Psychotherapy and Counselling
Federation of Australia



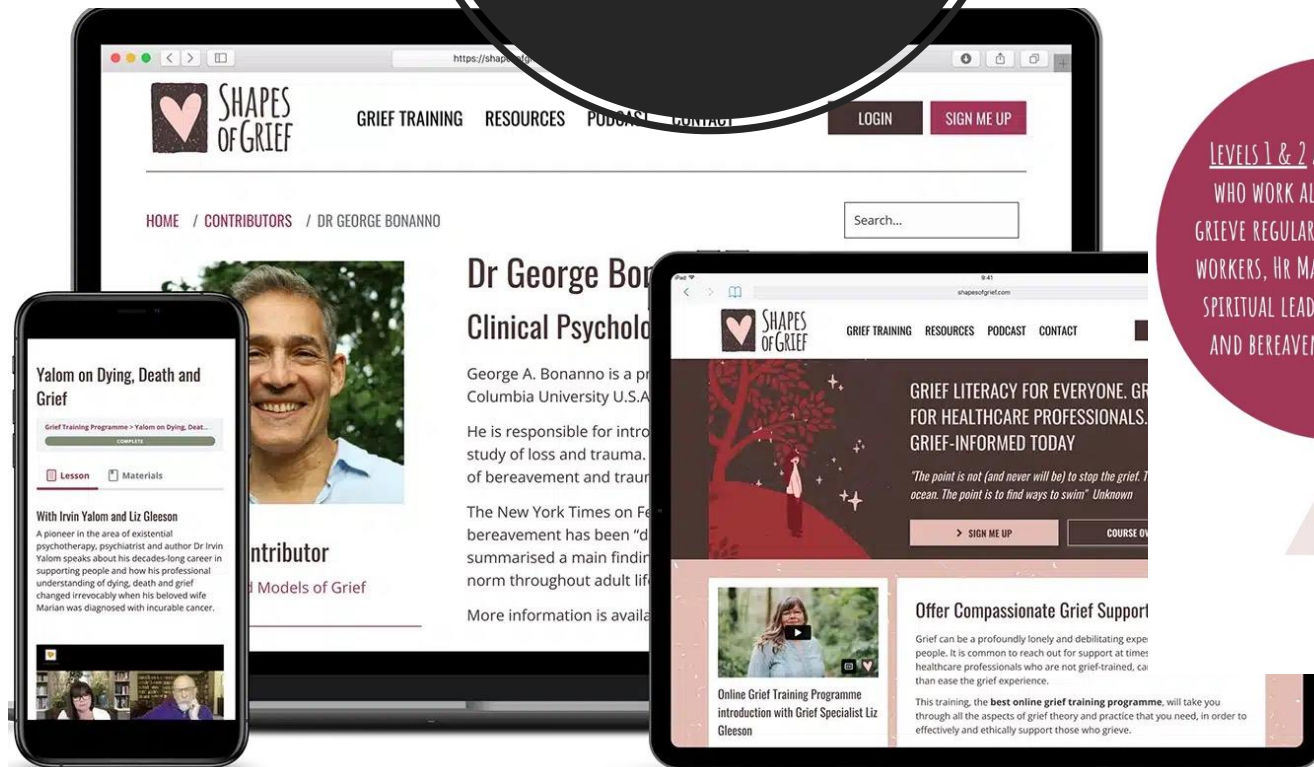
NSW Health



Jersey Hospice Care



Online Professional Training Course



LEVEL 4 IS FOR EXPERIENCED MENTAL HEALTH PRACTITIONERS SUCH AS GRIEF THERAPISTS & PSYCHIATRISTS WHO WANT TO UNDERSTAND PROLONGED GRIEF THERAPY

Level 4
Prolonged Grief Disorder and Prolonged Grief Therapy

Level 3
Advanced Certificate in Loss and Grief

LEVELS 1, 2 & 3 ARE FOR QUALIFIED HEALTH PROFESSIONALS SUCH AS COUNSELLORS, PSYCHOTHERAPISTS, SOCIAL WORKERS, BEREAVEMENT MIDWIVES, CARE HOME STAFF, END OF LIFE PROVIDERS, CONSULTANT DOCTORS

LEVELS 1 & 2 ARE FOR INDIVIDUALS WHO WORK ALONGSIDE THOSE WHO GRIEVE REGULARLY SUCH AS FRONT LINE WORKERS, HR MANAGERS, RELIGIOUS OR SPIRITUAL LEADERS, NURSES, DOCTORS AND BEREAVEMENT GROUP LEADERS

Level 2
Intermediate Certificate in Loss and Grief

Level 1
Foundation Certificate in Loss and Grief

EVERYONE SHOULD HAVE LEVEL 1 GRIEF LITERACY. IT IS PARTICULARLY RELEVANT FOR TEACHERS, FRONTLINE STAFF, CLINICAL AND NON-CLINICAL HEALTHWORKERS



Want Liz at your event?
Looking for some training?
Need to upskill your
healthcare staff?

Drop us an email at:
liz@shapesofgrief.com
& follow along on social media

