



RACHEL POPE



@Rachel Pope
@Gifts from Grief



@giftsfromgrief



@giftsfromgrief



The Grief Recovery Method[®]
by The Grief Recovery Institute[®]

WWW.GIFTSFROMGRIEF.COM

Press/Media

Bio



Highly admired for her positivity and work as a grief specialist, Rachel inspires people to recreate a life of gratitude, growth, and adventure, beyond loss.

Well known as one of Australia's heartfelt and motivational speakers, Rachel engages her audience with lived experiences, compassion and grace.

Having spoken for many groups, Rachel leaves her audience feeling empowered to take action and make positive changes in their life, while still honouring their grief.

Rachel is a thought leader, an encourager, and a survivor. She is an author, inspirational speaker and grief coach.

As someone who has experienced compounded loss in her life, Rachel's personal mission is to lift the lid on grief, one conversation at a time. She has lived it, survived, and resurfaced, with a proven track record to help people grow through grief, and recognise the gifts within their story.

Her unique workshops, courses, book, and motivational speaking events, have transformed the lives of thousands who have now found a new purpose, beyond the pain of loss, through Rachel Pope's message.

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In the News



BUSINESS

Changing the world: Coast widow channels loss into action



Sunshine Coast woman Rachel Pope has been nominated in two categories for the AusMumpreneur Business Awards: one in the Queensland Women who will change the World Award.

LACEE FROESCHL

Ms Pope's business's dream is to roll out the Helping Children with Loss program for teachers and caregivers in southeast Queensland, in primary schools, kindergartens and day cares in 2021.

Throw another snag on the barbie: Iconic fundraiser returns

"By far my biggest gift from grief is the opportunity to use my story and lived experiences for a purpose," Ms Pope said.

"Helping others move beyond the pain of grief and loss is now my 'life's work', and I won't stop until we as a society are educated and informed on all things grief."

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- ausmumpreneur
- rachel pope
- sunshine coast community

Widowed at 38, with two small children, and running a Gymbaroo franchise, she looked for resources to help in her time of need.

She founded Gifts from Grief, which led her to writing a published book in 2019.

"The heartbreaking loss of my husband brought forward a lot of other grief and loss, of my dad and brother, that I have not completed or healed from," Ms Pope said.

Tips for success from Coast's top Laundry Lady

"I realised there was a much needed market here for support and education surrounding grief."

Ms Pope has been nominated in two categories for the AusMumpreneur Business Awards: one in the Queensland Women who will change the World Award.



A Sunshine Coast widow has been recognised for her work helping others deal with and understand grief.

As someone who has experienced compounded loss in her life, Rachel Pope's personal mission is to lift the lid on grief, one conversation at a time.

She is an author and grief coach with a niche in facilitating online "grief recovery" and "helping children with loss" workshops.

Her extraordinary story has been heard by many.

Feature

PROFILE



It's time to talk about grief

Rachel Pope is opening up the conversation about loss with her first book. WORDS: Leigh Robshaw.

Rachel Pope knows grief. She has lived it for 26 years, having suffered traumatic loss that's difficult to comprehend. Now, she says it's time we open up the conversation around grief.

In June, she's launching her first book, *Gifts from Grief*, which contains 12 lessons she's learned through her experience of grief and how, when seen from a different perspective, these are actually gifts.

When Ms Pope was 17, she had just finished school and was training to be a pilot. She had the world at her feet but then her father died of bowel cancer. He was just 47 and it was only six weeks from diagnosis to his passing. "You're not equipped at that age to think about grief," she says. "You just put on a brave face and get on with it."

But it wasn't the last tragedy Ms Pope would face. Eight years later, in 2000, her

brother died in a car accident. Then, in 2012, Ms Pope's husband and father of her two young children died of the same cancer that killed her father – at the same age.

"With my husband, we had a little over 16 months," she says. "We were hopeful right to the end. We never talked about losing the battle with it. He was fit, healthy, loved to ride his mountain bike. To look at him during chemo, nobody could really tell he was sick. He was still taking the kids to kindy and school. He was very strong on the outside; people didn't know."

Finding herself widowed at 38 with two young children to care for, Ms Pope began looking for help and what she found – or rather, what she didn't find – changed her life.

"I went looking for resources – there was a lot of clinical stuff about the stages of grief but what I was experiencing wasn't the orderly stages as something you start and end. When I started trying to talk to people, I quickly discovered it's not something that's discussed."

"It was a full circle awakening for me to go through all that again and I realised I hadn't dealt with the grief of my dad, because it brought it all up for me. I started writing and journaling about what I was going through and I started a community called Gifts from Grief on Instagram about 18 months ago."

The group now has more than 8000 followers and when Ms Pope realised it had tapped into something universal, she decided to write a book.

"A lot of people talk about grief in the US, but not so much here in Australia. I quickly became passionate about lifting the lid around conversations around grief, making it okay to talk about it, realising people don't

know what to say or how to help.

"What I find with grief is you have support around you for the first few months then everyone gets on with their life," she says. "The loneliest time can be a year down the track when you're still missing them every day and everyone else is getting on with their life."

"People are well meaning but they don't understand. It's better to say 'I don't know what to say and I'm here for you' and to show up rather than trying to fix it."

"I've written a bonus chapter on how to help a friend. It's had an amazing response. I've done some speaking events and so much of what kept me going and why I eventually decided to write the book was all the

messages from people saying 'I lost my mum last year and I don't talk about her anymore'. People feel awkward when you're talking about somebody who has passed."

Ms Pope has repartnered and while she's living a fulfilling and happy life with her two children and her partner's daughter, she says the grieving isn't over.

"It doesn't go away. I still think about my loved ones every day. I see them in my children every day. But the pain eases and you learn better coping mechanisms. You learn how to embrace life in honour of them."

Rachel Pope will launch her book *Gifts from Grief* on Tuesday June 4 at Kingdom House in Tanawha. If she sells 100 tickets to the event, she has committed to donating \$1000 to Samuel Johnson's Lap Around Australia fundraiser for his Love Your Sister campaign. Visit eventbrite.com.au and search for 'Gifts from Grief Official Book Launch'. Visit facebook.com/giftsfromgrief for more information.

"It doesn't go away. I still think about my loved ones every day."

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Podcasts



Wake Up to what MATTERS - Episode Three - Rachel Pope
Wake Up to What MATTERS!

Health & Fitness

In this episode Vickie chats with Rachel Pope lost her Dad (age 47) to cancer, and eight years later her eldest brother in a tragic car accident. Little did she know that her grief journey would come full circle for her...

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How To Journey Back To Home & Self When Times Are Tough with Special Guest: Rachel Pope from Gifts From Grief

SHINE'ing the Spotlight... Unleashed

Entrepreneurship

How To Journey Back To Home & Self When Times Are Tough with Special Guest: Rachel Pope from Gifts From Grief. At 17, Rachel Pope lost her Dad (age 47) to cancer, and eight years later, her eldest brother in a tragic car accident. Little did she know that her grief journey would come full circle with the death of her husband, at the same age and from the same cancer as her Dad. Their children were six and four years old. Rachel Pope is the founder of the online community 'Gifts from Grief', and is highly admired for her positive attitude and work as a Grief Specialist. She is a writer, inspirational speaker, former trained-pilot and early learning educator, with a personal mission to lift the lid on grief and loss, one conversation at a time. Rachel has lived it, survived, and resurfaced with a passion to help people grow through grief and recognise the gifts within their story.

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56. Finding the Gifts from Grief with Rachel Pope

Conscious

Alternative H

We all experience grief & loss, so how do we relate to it better?

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EP59 Gifts From Grief. Finding Life After Loss | Rachel Pope

Roll With The Punches

Self-Improvement

Imagine losing your father at 17 years of age... merely weeks after a sudden cancer diagnosis.

Losing your brother to a car accident 8 years after that.

And losing your husband, the father of your children, to the same cancer that took your father 12 years after that.

Rachel Pope doesn't have to imagine this, it is the reality she faced. Grief, death and loss are an unavoidable part of life.

A part we don't get to prepare for, and a part that's individual from person to person. We grieve the loss

of our loved ones, of careers, of our identities... It can package a variety of sneaky ways. Rachel's book Gift's

allows her to open up these crucial conversations and guide others in navigating them.

Sharing the gifts from grief is a journey. It's about finding the gifts within the loss.

▶ PLAY



Rachel Pope (Gifts from Grief) with Matt Collins — 6 February 2019



#172 Gifts From Grief | The You Project

Education

At 17, Rachel Pope had her whole world thrown into chaos when her father was given weeks to live. He died at 47. Eight years later she tragically lost her brother in a car accident and then at 37, the mum of two became a widow, when her husband Ray passed away from the same cancer that killed her dad. Tragedy, grief and death are unavoidable components of the human experience, which is why conversations like this one are so important. There's definitely no 'three-step' plan when it comes to grieving or supporting others through their grief but opening the door on this topic is definitely a step in the right direction. These days, Rachel helps people find some light in their darkness with her book (Gifts from Grief), her speaking and the community she's building to empower and support others. This was a really important chat and I was privileged to be part of it.

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