

## *2019 Spirit of Love Speakers*



Tragedy knocked on our door when Susan and her husband Darrell's seemingly-healthy only child Justin (age 16) died suddenly during swim practice in 2013 from an undiagnosed heart condition which later was determined to be cardiomyopathy. Susan previously managed design and construction projects for Walt Disney Imagineering, Universal Studios Creative and the University of Southern California and she worked for general contractors building stores including Tiffany & Co, YSL, Macy's and Crate & Barrel. She now works rebuilding lives and changing the conversation and responses to grief and loss and mental health by conducting workshops in the USA and Canada, in grief support groups and by providing non-therapeutic tools for how to live when facing grief. She is a Certified Grief Recovery Method® Specialist, an Education Advocate, Co-Founder of the Justin Carr Wants World Peace Foundation (<http://www.justincarrwantsworldpeace.org>) and has a B.S. in Civil Engineering from the University of Southern California (USC) and is a Registered Professional Engineer in CA, FL, and AZ. She has certificates in Business Mgt. Effectiveness (USC), College Counseling from UC San Diego and Mental Health First Aid® for Adults and Children.

**Susan Toler Carr**



The death of his son, Noah, in 1999 put brakes on the life he had so carefully planned. As Glen sought a new path, he realized that there was a need for genuine, accurate grief information. This realization, plus his extensive business experience, fueled the founding of The Grief Toolbox and creation of the Walking Through Grief® program. Both offer a community of grief resources around the world and a marketplace of grief and memorial products. Glen is past president of the national board of directors of The Compassionate Friends. He is a sought after keynote, inspirational presenter and workshop leader. Most recently Glen has come full circle as Co-Founder and CEO of the International Grief Institute, which provides a variety of grief education opportunities including Grief in the Workplace that promotes success in supporting grieving employees.

**Glen Lord**



Paula Stephens, M.A. is a speaker and author of "From Grief to Growth: Five Essential Elements of Action to Give Your Grief Purpose & Grow From Your Experience. She became a gold-star mom in 2010 after her oldest son passed away while home on leave from the Army. Since that event Paula created the organization "Crazy Good Grief" that provides support to those who've lost a loved one and want to learn to live in the sunshine of their loved one's life, not in the shadow of their death. She is also a yoga teacher who is known for her healing work within the military, law-enforcement communities and survivors of mass shootings such as the Aurora Theatre Shooting, and those who've lost a loved one in service to their country.

Paula has been a speaker for Concerns of Police Survivors (COPS), Tragedy Assistance Program for Survivors (TAPS), the State Department, The Compassionate Friends, the American Heart Association and many other organizations. She is a frequent guest blogger for sites such as MindBodyGreen, Positively Positive and Tiny Buddha. Paula currently works as a hospice chaplain and is also a certified Wellness Coach and ERYT Yoga Instructor. Her blog post, "What I Wish More People Understood About Losing A Child" has been shared worldwide over two million times. Paula has a master's degree in Exercise Physiology and is an adjunct professor at Metro State University in the Human Performance & Sport Department.

**Paula Stephens**



My youngest son, Timmy, died in 2008 aged 11, after a long illness. As I walked through my grief journey, I resolved to help others somehow. I founded Fly-Hope-Dream in 2014 to use aviation – specifically “Dream Flights” to bring hope and inspiration to others. To date I have flown over 150 guests – bereaved families, children with life-threatening medical conditions, and survivors of the December 20, 2017, Fort Thomas wildfire. All our guests have experienced major trauma. Having lost everything I owned in the Thomas fire; I can vouch that there are many similarities emotionally to losing a child. Surviving child loss has made me much more resilient than most wildfire survivors I have met. Previous speaking engagements: BPUSA 2016 Speaker, The Compassionate Friends 2016 workshop “Turning Lemons into Lemonade”

**Gareth Williams**