HeatherStang

Mindfulness & Grief Keynote Speaker & Author



Heather Stang, MA, C-IAYT

is an award-winning thanatologist, author, yoga therapist, and founder of the Mindfulness & Grief Institute.

She brings contemporary grief research and mindfulness to the stage with warmth and humanity. Her experiential keynotes give audiences a deeper understanding of grief and loss, fresh perspectives, and practical tools to care for themselves and the people they support.

> *"Heather is a seasoned professional whose commitment and passion shines through her work and her presentations."*
>
> **Barbara L. Bouton, MA, FT**
> Former Vice President, Professional Development
> National Hospice & Palliative Care Organization

Expertise & Credentials

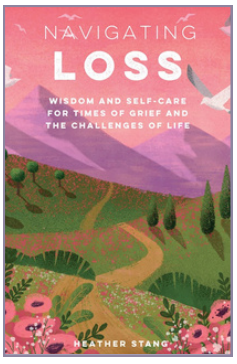
- Master's Degree in Thanatology
- Author of 3 Books and 7 Chapters
- Certified Yoga Therapist (C-IAYT)
- Certified Integrated Attachment Theory Coach
- Board Member, Frederick Health Hospice
- Advisory Board Member, Tragedy Assistance Program for Survivors (TAPS)
- Creator, 8-Step Mindfulness & Grief System and the Mindfulness & Grief Coach Certification Program
- Host, Mindfulness & Grief Podcast

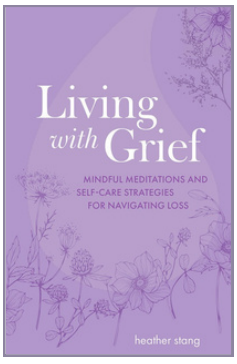


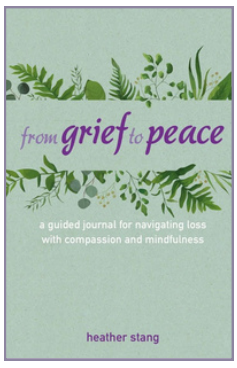
Association for Death Education & Counseling

2025 Clinical Practice Award Recipient

AUTHOR OF







Let's talk about your event

heatherstang.com/keynote

HeatherStang.com

Signature Keynotes

HeatherStang

Don't Lose Yourself While Caring for Everyone Else

Sustaining Compassion in High-Loss Environments

Healthcare professionals don't need another talk on self-care. They need a more compassionate relationship with themselves.

Ideal for: Healthcare, hospice, oncology, and helping professionals.

What to Do When Grief Walks Into the Room

Grief Literacy and the Art of Showing Up

Challenge outdated beliefs about grief and develop practical skills for supporting others without fixing, minimizing, or comparing loss.

Ideal for: Professional associations, healthcare, workplaces, and educators.

Navigating Invisible Loss

Finding Our Footing in the Face of Unwelcome Change

Explore grief beyond death and discover mindfulness practices for navigating unexpected change, uncertainty, and life transitions.

Ideal for: Corporate, leadership, healthcare, and general conferences.

Mindfulness & Grief

Cultivating Compassion and Equanimity Through Loss

Ancient mindfulness practices meet modern grief research, offering guidance through loss without prescribing how to grieve.

Ideal for: Bereavement, remembrance, mindfulness, and wellness events.

When Love and Loss Are Complicated

Grief, Attachment, and the Relationships That Shape Us

Explore the complexities of grief following difficult relationships, death, divorce, and estrangement.

Ideal for: Grief professionals, mental health professionals, and bereavement conferences.

Customized keynotes, interactive workshops, and continuing education available.