

Yvonne Heath



A registered nurse since 1988, Yvonne Heath has worked in the United States and Canada in many areas including emergency, intensive care, chemotherapy, palliative care, and hospice. She became disheartened by our society's reluctance to talk about, plan and prepare for grief, transitions and death — causing excessive suffering in life and at the end of life. She suffered too, not knowing how to do it differently. In 2015, she took a leap of faith, left her nursing career, and blazed a new trail to create social change. She shares her message with heart and humour as an Inspirational Speaker, with her book *Love Your Life to Death*, online program, and as a television host. In 2019, she delivered her **TEDx Talk** — *Transforming Our Grief, by Just Showing Up*. Yvonne is passionate about the **#IJustShowedUp Movement**: teaching people of all ages how to **Just Show Up** for themselves and others, so they are empowered and resilient when grief arrives. Yvonne is sharing her message with the world and supporting great organizations along the way.