



Ann Allen

RN - Advanced Grief Recovery Specialist®
Reiki Master - Speaker

Ann is an advocate for real and honest recovery from grief, loss and finding joy in living, again.

She has a very unique approach by using specific steps (not therapy) and optional Energy/Reiki support, that gets her clients “unstuck” and back into their lives, again.

As a speaker and podcast guest, she engages the audience on a heart to heart level and ends the idea that grief is a taboo subject.

She has helped many, many people create peace out of pain; comfort out of loss and hope out of despair.

Her clients report that her compassion, empathy and really understanding them, has helped them get back into their lives with a renewed sense of hope and purpose.

When she's not helping people, or animals, she's relaxing with a binge-worthy TV show or doing something creative.

She adores speed and since she's been skydiving, nothing is fast enough, for her (here on Earth, that is...)!

*Heal Your Grief
Heal Your Life*

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