

BIO for Rachel Kodanaz

Rachel Kodanaz entered the grief world in 1992 when her husband suddenly passed away leaving her with a 2-year-old daughter. She spent several years trying to find her path through grief and as part of her recovery became active in supporting others who were suffering a loss. Currently, Rachel is the Executive Director of HeartLight Grief and Loss Center located in Denver. She facilitates numerous groups including a Baby Boomer Widow Support Group (5 years), multi-day workshops, keynote addresses and training classes.

In addition, her experience in management in large corporations led her to develop and publish material to support the workplace when dealing with a grieving employee or workgroup, with emphasis in educating managers and co-workers. Rachel presents to and educates corporations, communities, not-for-profit organizations, funeral directors, and conferences.

Rachel has published numerous articles, grief programs, is a columnist for *Living with Loss* magazine and participated in a grief segment on *Good Morning America*. She completed the World Championship Hawaiian Ironman honoring her late husband.

Contact Information

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