

Surviving Valentine's Day

What to do when it's not all romance & roses

Tips from Aurora Winter, author of "From Heartbreak to Happiness"

Half of your audience will be alone on Valentine's Day – and the other half know someone who will be alone. Valentine's Day can be very challenging for people dealing with a death, divorce, or breakup. This upbeat segment will help your audience go from surviving to thriving.

Your audience will learn:

- 3 keys to consoling a heartbroken friend
- 5 steps to finding love again after a death, divorce, or breakup
- Top 10 best and worst things to say to someone heartbroken
- 3 steps to healing if you're dealing with a death, divorce or breakup
- How much of our happiness is under our control (vs due to life circumstances)
- A quick and easy way to double your happiness

Aurora Winter – Formerly a film and TV executive producer, Aurora Winter is the Founder of the Grief Coach Academy and the author of "From Heartbreak to Happiness" and "Encouraging Words." Aurora understands heartbreak both professionally and personally, as her 33-year-old husband died suddenly, leaving her widowed with a 4-year old son. Aurora is a popular guest on radio and TV, and has appeared on KTLA, ABC-TV, Fox TV, Better TV, Oprah radio, and more. She is a sought-after coach trainer, speaker, and author. Visit www.FromHeartbreaktoHappiness.com or www.GriefCoachAcademy.com for details.

Aurora Winter will share:

- 3 keys to consoling your heartbroken friend (*acknowledge their feelings, listen without fixing, encourage*)
- 5 steps to finding love again after a death, divorce, or breakup (*1. Get clear, 2. No mixed signals, 3. Release the past, 4. Improve yourself, 5. Choose gratitude*)
- Top 10 best and worst things to say to someone heartbroken (*Worst: It just takes time, Don't feel bad, You're young, you can get another husband, There are plenty of fish in the sea, I know how you feel. Best: You're not alone, I'm here. This is a normal and natural reaction to loss, My heart goes out to you, What can I do to support you? I don't know what to say*)
- 3 steps to healing if you're dealing with a death, divorce or breakup (*Express, Accept, Forgive*)
- How much of our happiness is under our control vs due to life circumstances (*only 10% is life circumstances, the rest is under our control*)
- A quick and easy way to double your happiness (*gratitude*)

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SAMPLE QUESTIONS
SURVIVING VALENTINE'S DAY
What to do when it's not all romance and roses
with Aurora Winter

AURORA WINTER – BIO

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Feel free to ask Aurora anything. Here are some suggested questions:

- Why is Valentine's Day so hard for some people?
- What are 3 keys to consoling someone heartbroken from a death, divorce, or breakup?
- What are some action steps to finding love again after a death, divorce, or breakup?
- What are 3 steps to healing if I'm the one suffering after a death, divorce or breakup?
- How much of our happiness is due to life circumstances?
- What's a quick and easy way for the audience to double their happiness?
- What are some other happiness tips?
- How does being happy relate to dating?
- What are some of the best and worst things to say to someone who is heartbroken on Valentine's Day?
- Where can people get a free copy of your book "From Heartbreak to Happiness"?

MEDIA ONLY:

Watch Aurora on KTLA and ABC-TV, listen to radio interviews here:

<http://aurorawinter.com/media/>

GENERAL PUBLIC:

<http://www.FromHeartbreaktoHappiness.com>