

Dying to Live: About Us and What We Offer

About Us

We are part of the rapidly expanding community of ordinary people and professional practitioners who are interested in exploring dying as a way to live fully. We believe this taboo subject needs to be brought into the light, into conversation and preparation, so that we can inhabit our days with confidence and wellbeing.

Who We Are

We are a group of concerned elders who are facing into our own endings. We are seasoned facilitators, coaches, teachers and caregivers. We hope to promote conversations and preparations for dying that free us to fully inhabit our days without fear that we are not ready or have not made our wishes known.

Susan Wright is a teacher, coach, facilitator, writer and scholar. She specializes in human development through complex changes, particularly at the end of life. She has a Doctorate in Education and is a certified Conscious Aging facilitator. Her current interests include dark night transitions in later life. Susan is an artist, a granny and a world traveler.

Amy Phillips has been working as a consultant through her company, Aim True Enterprises, since 2002. In 2012 she earned the designation of Integral Master Coach™ and in 2015 took a deep dive into The Work of Byron Katie. She is a certified Conscious Aging facilitator who wholeheartedly believes that contemplating our mortality is a crucial step toward living life fully in the now, and she is dedicated to evolving that conversation.

How We Work

Talking about and preparing for dying can be very challenging yet it is something we will all face. We work in small personal circles of up to twelve persons meeting in a quiet home-like setting with a professional coach facilitator or two. We use poetry, readings, journaling, and other resources to help us express what may be difficult to put into words.

We also provide a wide variety of resources - books, articles, websites, movies, videos, templates, etc. so you can follow up on your own time and with your family members and loved ones.

Resources covering the following topics are available to download from Other Resources:

End of Life Care

The Process of Dying

Physician Assisted Dying (MAID)

Grief and Loss

Green Burial and Other Alternatives

Of Interest

What We Offer

We offer a range of programs, practices and services to support adults and their families in talking about and getting ready for dying. We call these sacred conversations. We provide a safe environment in which to explore your wishes for your end of life care and the support for sharing those wishes with friends and family.

Dying to Live Series:

A six week class for a small group designed to facilitate conversations and preparations about dying.

Conscious living prepares us for graceful dying. Join us for an exploration of stimulating topics ranging from a perspective on dying across cultures to current views about an afterlife. In this highly successful workshop, we will express our thoughts and feelings through a variety of art forms: journaling, guided meditation, improvisation, story, drawing, reflection and vision boards, as well as through shared conversation. A structured workbook and resources are provided.

This class is offered periodically both in person and on line. It consists of six two-hour weekly sessions for up to twelve participants. It is ideal for individuals, family members attending together, and intact groups. It can also be tailored to your existing group - for more information, give us a call.

Dying to Live Workshop:

A weekend intensive workshop designed to introduce perspectives on dying into conversation and motivate preparation.

This workshop is designed with similar content to the six-week class but is held over a weekend so those who are working full time or have other time constraints can participate.

This is a deep dive introduction. It is recommended that some quiet time over the week following the workshop be allowed for integration of the experience.

The session is held in person, beginning Friday evening and ending Sunday midday. Lunch on Saturday and snacks are provided. No overnight accommodation is provided.

Necessary Preparations:

Ongoing individual and group support for preparing the documents needed for you and your loved ones.

We often find that completing the necessary documenting of your wishes for your end of life care is challenging to tackle alone, despite the motivation of our groups and information.

We offer facilitated individual and group support for thinking through your options and choices, and preparing to finalize your documents with a notary or lawyer, as required.

We can also support you in creating the memories you wish to leave - letters to children and grandchildren, videos, memoirs, eulogies - and the practices you would like followed - where you would like to die, how you would like to be treated, how you would like to be buried, and so on.

Being with Dying:

Coaching individuals and families who seek support for conversations and preparations when death is near.

Sometimes it is hard to know what is the best option. We offer a free half hour call to discuss our opportunities and what would be best for you. We will coach you to find your priorities and the best way to meet them.

Testimonials

All your resources and your knowledge of the material were truly amazing. The whole structure of the course, with the different creativity pieces each week was really good. You really know how to design a course! T.B.

Taking the Art of Dying class with you was a significant and meaningful highlight of this year. L.B.

I liked all the stories and conversation the course generated. I also liked how the sessions deepened from week to week. And I like how the topic kept growing in me and occupied my thoughts. Lots of encouragement! L.A.

I appreciated the depth you were able to take the class to with ease. You provided a beautifully safe, kind, graceful vessel which provided a space to talk and express emotions intimately with ease. The well thought out rhythm of each class, the variety of ways to connect and shifting of this in the moment to what the class desired, the different expressive component each week, the varied similarity of homework each week ... all were thought provoking. I thoroughly enjoyed each class and found the course deeply engaging and thought provoking. Doing it over the six weeks gave time to actually take action. It is so clear that you have taken great care and consideration in preparing and refining it. I highly recommend it. A.M.

I really liked the material and the format, the meditation before we launched into the material, and the writing exercises. I liked the way the facilitators worked together seamlessly to create a safe and contained space where everyone felt included and able to express themselves openly. This is an important subject, and I hope you will continue to offer these workshops. M.P.

The facilitators are compassionate, wise and skillful. They handled the sobering and important conversation with sensitivity and patience. I highly recommend the workshop. N.H.

I was touched and impressed by your knowledge and passion for this area of our LIFE and so appreciated your consistent INVITATIONS as we moved through the three days. I valued the rituals that you are growing in this work, such as the meditations and gentle recognition of each person's contributions. Your compassion and humor were tangible throughout. Sharing your own stories encouraged each of us to share ours. You created an inclusive and reflective environment through your presences as well as through the thoughtfully crafted activities. You were able to engage us through the variety you offered, recognizing the diversity, even in a small group, of multiple intelligences! I.e: the kinesthetic, the visual, the linguistic, musical etc. You offered us carefully prepared and researched information and materials with which to further explore our journey. I always LOVE the drawing and collage opportunities to demonstrate learning. THANK YOU for these days! H.S.

I liked the free open compassionate and sensitive discussion of the subject of death. And my ability to be courageous, helped by the facilitator. Also meeting wonderful, kind, thoughtful people. Thank you! This has made a deep lasting impression on my life. You kept it light and spiritual. Terrific support and caring. V.B.