

# LIGHTBEARERS

## A Journey of Remembrance & Healing

In professions where caring for the aged is at the heart of work, loss is an inevitable reality. The emotional toll of repeated grief can lead to burnout, compassion fatigue, and emotional exhaustion—impacting both well-being and job performance.

Grief is a profound and personal journey—one that can feel overwhelming without the right support. No one should have to navigate grief alone.

With the right support and facilitation, grief can pave the way for deep personal discovery and healing, increasing one's empathy, compassion and resilience while also increasing our capacity for profound joy in journeying and caring for others in their last years.

The program from Lightbearers for your organization offers a journey that includes:

- (I) 3-hour Grief Processing and Learning Session for up to 30 pax
- (II) Monthly clinic for 1-to-1 consultation & healing sessions for individuals from 12pm to 5pm (3 to 4 slots of 60-90mins of 1-to-1 support)
- (III) Identification and training of Bereavement Facilitators.

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Coach Carrie's highly tailored approach will help your organization, leaders and staff discover and develop their own inner capacity and skills for timely personal self-care and peer support.

She will impart techniques and tools from cognitive psychology, somatic healing, Compassionate Inquiry, family constellation, mindfulness & prayers that are adaptable to individuals' needs.

Your community will experience and learn the tools for self-healing and emotional resilience, as well as support strategies to process grief in healthy ways—ensuring they can continue their vital work with strength and compassion.

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## On (III) Bereavement Facilitators' Training

Effective space holding for the facilitation of any form of healing requires proficiency in emotional intelligence & literacy, self-awareness and emotional regulation. Hence the journey for facilitators' training requires some extent of self-work as a pre-condition. The pre-requisite for each facilitator is a minimum of 3 self-work coaching sessions. This is to ensure that the facilitator attains sufficient

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level of emotional self-awareness and regulation skills before proceeding to guide others in the terrains of the heart.

A dedication to carve out time and space for slowing down, contemplation and to incorporate mindfulness practices into one's life on a regular basis is essential. It is not mutually exclusive from the pursuit of other endeavors in life. The beauty of healing is the opening up of possibilities - of many things happening at once with little stress and with maximum ease.

Coach Carrie's bio below.

Email [CoachCarrie@Lbinc.co](mailto:CoachCarrie@Lbinc.co) for a further discussion.

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## Coach Carrie Bio



Transformative coach and healer, change-maker, entrepreneur, culture-shifter as well as Member of Parliament in Singapore.

A healing coach to master and ICF-certified coaches, performance coaches, influencers, venture capitalists, public sector leaders, change-makers and entrepreneurs, Carrie has effected positive transformation in individuals, teams and organizations, connecting thousands of people to meaning, purpose and growth.

In Nov 2015, Carrie was selected from amongst 500 young leaders in the region from the Young Southeast Asian Leaders Initiative to introduce President Obama at Town Hall in Kuala Lumpur. In 2016, she was mentioned and quoted by President Obama in the White House, and awarded Honoree for the Children, World Peace and Human Rights category in the Ten Outstanding Young Persons Award by Junior Chambers International in Singapore.

For her humanitarian service, Carrie founded two charitable organizations in Singapore enabling individuals towards social mobility. Carrie is a Member of Parliament in Singapore since 2020. She champions women's development, mental wellness, social mobility and community care as sustainability. She speaks, writes, coaches and trains on self-awareness, self-leadership, authentic communication, emotional awareness, inner mastery, and contributes regularly at leadership, philanthropy and policy conferences.

Her transformation practice – “Lightbearers” brings light, learning and breakthrough performance to individuals, communities and systems. She uses Compassionate Inquiry, mindfulness, somatic and intuitive practices to connect individuals with their inner awareness. Her clients come from various religions and cultures, and many have discovered a deeper connection to peace, wisdom and fulfilment through their self-work journeys with Carrie.