

Leslie Allen

guiding end-of-life conversations

leslieallen.ca

if not now, when?



Leslie guides end-of-life conversations to ensure people live and die honouring what matters most.

Leslie has experienced significant life transitions, her most recent being the death of her husband Don, who, after a 6-year journey with cancer, died at age 56. It profoundly impacted Leslie's life and work and revealed that conversations on aging and end-of-life are essential. Through bold conversations, coaching, workshops, and speaking, she helps people explore and discover what matters most in life and death.

For the past 20 years, Leslie has been working in the arena of human development. She has a BA in Psychology, is a Certified Coach & Mediator, a Facilitator, and Speaker. She volunteers with Calgary Hospice supporting those living with cancer and those grieving the loss of a loved one. Leslie lives with her three children in Calgary, who are embarking on their own coming of age journeys.

upcoming offerings



Learn how to host your next B.O.L.D conversation

We usually don't like to talk about aging, illness, death, and loss. Our fear of conflict, assumptions, judgments, and old stories can get in the way. This interactive course offers a simple yet powerful approach teaching you to move past these obstacles and into these challenging yet essential conversations.

By the end of the course, you will:

- develop skills and competence to host a meaningful conversation
- increase your confidence in making crucial decisions and getting critical things done.
- gain a greater perspective on how to enhance your relationships
- appreciate the value of expressing and respecting your wishes and those of your loved ones

With good intentions, authentic skills and a robust process, I believe these conversations are not only possible but can be inspiring. Learn how to host your next B.O.L.D conversation and move from fear and avoidance to connection and compassion.

Next offering: Mondays. January 11 - February 1, 2021 (Virtually by ZOOM)

Fee: \$150

Time: 6:00 pm -8:30 pm (mst)



You're Invited to "Virtual Death Over Dinner"

let's talk about what scares us most & what brings us to life

Wednesday November 18, 2020

5:30 pm -8:30 pm (mst)

this is a free event open to everyone

learn more about this movement: deathoverdinner.org



To register go to leslieallen.ca