

A SHY ROSE PUBLISHING LLC

GRIEF WORKSHOP

Take Courage

Moving Through Grief with Clarity and Courage

FROM SILENT WEIGHT → TO STEADY STRENGTH

*"Our hidden grief — and how it quietly drains our lives. Our unprocessed loss.
Emotional overload. The exhaustion we can't explain."*

FEATURING

Ashley Rose Marcum

SPEAKER · ARTISTIC DIRECTOR · AWARD-WINNING AUTHOR

WELCOME

This Is Not About Staying in Grief.

It's about moving through it — and finding the strength that's been waiting on the other side.

Distraction doesn't just interrupt your day — it interrupts your healing. And sometimes the distraction isn't a device or a busy schedule. Sometimes it's unprocessed grief.

In today's culture, we are deeply uncomfortable with grief. We rush it. We rename it. We numb it. We outperform it. But we don't move *through* it. And when grief is not processed, it doesn't disappear.

You cannot build forward momentum while silently carrying yesterday's weight. Today is not about pushing harder. It's about taking courage — to move through what you're holding.

Courage isn't something you wait for. It's something you take — one focused step at a time.

THE REALITY

The Hidden Grief Most People Carry

Grief isn't just death. It's every loss that quietly changed who you are.

In today's high-performing culture, grief is often mislabeled as burnout, distraction, irritability, overachievement, or emotional numbness. But grief isn't weakness. **It's the cost of loving deeply, leading bravely, and hoping fully.**

Most people are grieving more than they admit. Hidden grief can look like:

A version of yourself that no longer exists

Broken trust that was never fully healed

A season that ended before you were ready

A dream that quietly dissolved

A relationship that shifted beyond repair

Expectations that slowly died without ceremony

An identity that shattered under pressure

A betrayal that altered your ability to trust

When grief isn't processed, it doesn't disappear. It leaks — into leadership, relationships, confidence, and focus. You cannot build on buried sorrow.

Here's what neuroscience confirms: unprocessed emotional stress keeps the nervous system in survival mode. When the brain feels unsafe, attention narrows, decision-making weakens, and energy drains. **You're not weak. Your brain is protecting you. But protection mode is not living mode.**

THE GRIEF F.O.C.U.S. FRAMEWORK™

Find F.O.C.U.S. When You're Grieving

Five gentle, powerful steps — from silent weight to steady strength.

F

NAME THE WEIGHT

Find What You're Holding

Grief asks us first to name what we're carrying — not to fix it, but to honor it. Before we move forward, we must gently acknowledge what we're holding. Research in emotional processing shows that naming an emotion reduces its intensity and increases cognitive control. Clarity begins with honesty.

O

STRUCTURE CREATES SAFETY

Organize What You Carry

You don't have to carry everything at once. Grief becomes lighter when it's held with intention. Healing begins when we decide what must be carried now and what can rest. Predictability lowers anxiety and increases engagement. Overwhelm is rarely a capacity issue — it's a clarity issue.

C

STRENGTH WITHOUT SELF-PUNISHMENT

Cultivate Compassionate Time

In grief, time is not something to manage — it's something to treat with compassion. After grief, the inner dialogue often becomes harsh: "I should be over this." "I should be stronger." But self-criticism increases cortisol. Compassion lowers it. Compassion restores cognitive flexibility. Compassion allows courage to last.

U

CALM THE MENTAL NOISE

Unclutter the Inner Storm

Grief creates internal noise — rumination, what-ifs, replay loops, shame spirals. When emotions collide, clarity comes not from control, but from kindness. We breathe. We release narratives that no longer serve. We forgive — not to excuse, but to free. When the inner storm settles, clarity returns. When clarity returns, movement becomes possible again.

S

COURAGE IN SMALL MOVEMENT

Step Gently Back Into Life

Courage in grief is not moving on — it's choosing to step forward while carrying love. Not every season is for acceleration. Some seasons are for stabilization. Momentum in grief might look like getting out of bed, making one phone call, taking a short walk. Small action restores agency. Agency restores confidence. Courage isn't loud. It's consistent.

GRIEVING & HEALING THROUGH MOVEMENT

What the Body Knows

Ashley's background as a ballerina and artistic director brings a unique, science-backed dimension to grief healing.

Grief is not just emotional — it is physical. While the mind tries to unclutter the noise, the body is still holding the storm. Movement is one of the most powerful tools for processing what words cannot reach.



ON VAGAL TONE

Rhythmic Movement & the Nervous System

"Rhythmic movement isn't just exercise; it is a physical signal that tells your nervous system it is finally safe to stop surviving and start breathing again."

ON THE AMYGDALA & TRAUMA



When Grief Has Stolen Your Words

"Movement speaks a language the brain can hear when grief has stolen your words."



ON INFLAMMATION

Quieting the Broken Heart

"We don't move to burn off energy; we move to clear the external and internal noise and quiet the physical inflammation of a broken heart."



ON PROPRIOCEPTION & IDENTITY

Re-inhabiting Your Body

"When loss makes you feel like a ghost in your own life, dance is the discipline that helps you re-inhabit your body and reclaim your agency."



ON OXYTOCIN & HARMONY

Rhythm Unites What Grief Isolates

"Grief isolates us, but rhythm unites us; when we move in harmony, we trade the 'cheap hits' of distraction for the steady chemical buffer of human connection."

YOU WERE NEVER MEANT TO CARRY THIS ALONE

Finding Support

Healing was never designed to happen in isolation.

Grief has a way of isolating us. It tells us: *"No one will understand." "I don't want to burden anyone." "I should be able to handle this."*

Support is not weakness. It is regulated strength. Connection calms the nervous system — it reminds your mind and body: You are safe. You are seen. You are not alone.

*"The Lord is close to the brokenhearted
and saves those who are crushed in spirit."*

— PSALM 34:18

You are not unseen in your grief. You are held.

"Cast your cares... because He cares for you."

— 1 PETER 5:7

You don't have to carry everything you've been holding.

YOUR TURN

Moving Through It on Paper

Putting words to what you're carrying is the first act of courage.

WORKSHEET 1 — NAME THE WEIGHT

What am I still carrying that I've never paused to fully acknowledge?

What actually changed or ended that I haven't grieved yet?

What has this unprocessed grief been quietly draining from me?

WORKSHEET 2 — UNCLUTTER THE INNER STORM

What harsh inner voice do I keep hearing after this loss?

Is this voice speaking truth — or speaking fear?

What would I say to a dear friend carrying this same weight?

What narrative am I ready to release today?

WORKSHEET 3 — STEP GENTLY FORWARD

One weight I will allow myself to set down today:

One gentle, focused step I will take to honor my heart:

What would courage choose for me in the next 24 hours?

Momentum doesn't require perfection. It requires presence. Take Courage.

THE TURNING POINT

Grief Does Not Disqualify You.

It deepens you.

TAKE COURAGE is not a cheer. It's a choice. A decision to move forward even when clarity feels incomplete. Even when confidence hasn't caught up yet.

And when you move through grief intentionally — you don't just heal. **You lead differently. You love differently. You live differently.**

OUTCOMES

What Participants Walk Away With

By the end of this experience, something has genuinely shifted.



Emotional Clarity

They can finally name what they've been carrying — and feel the weight begin to lift.



Reduced Internal Pressure

The harsh inner voice softens. Self-compassion replaces self-criticism.



Renewed Steadiness

A sense of groundedness returns — not forced, not frantic. But steady. Rooted. Real.



Healthier Leadership Presence

They stop leading from a place of unacknowledged pain and start leading from wholeness.



Greater Resilience

They're no longer fighting their grief — they're moving through it with courage.



Compassion for Self & Others

What we learn to extend to ourselves, we begin to extend to the people around us.

WHAT PEOPLE SAY

Why People Love This Program

In their own words.

"Ashley speaks to universal truths about the human condition in a positive, simple, and accessible manner. Everyone can relate to her message in their own life, which is the first step to positive change."

"This keynote is a wonderful maverick. It focuses on cleaning the conscience. Without guilt or jealousy clouding the mind, one is free to mentally follow the dream one holds in their heart. An honest concept — excitingly presented."

MURIEL CANFIELD · AWARD-WINNING AUTHOR

"Ashley is a dynamic speaker. She delivers with clarity and conviction. What stands out is how genuine and confident she is from her presentation. If you are looking to hire a speaker for your next event I highly recommend Ashley Rose Marcum."

JESSE CRUZ · SPEAKER & AUTHOR

CLOSING

Take Courage.

Freedom grows when we choose focus — when we turn toward what matters most.

When we name what we're holding,
organize what we carry,
lead with compassion,
clear the noise within,
and step forward with courage...

Momentum returns.

Not forced.

Not frantic.

But steady.

Rooted.

Real.

The strongest sung harmonies
are born from a solid tune of many.

— *Ashley Rose Marcum*

Bring This Workshop to Your People

If your organization, leadership team, church, or community group is ready to help people move through hidden grief instead of silently carrying it — let's replace quiet emotional exhaustion with grounded courage.

[BOOK ASHLEY](#)

Ashley Rose Marcum

Speaker · Artistic Director · Award-Winning Author

Keynote: Take Courage — Moving Through Grief with Clarity and Courage

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