

# Leaving A Legacy Of Love, Hope & Healing

## Melody Chardon CPCC, ACC, CGRS Leader of Conscious Change



**When we experience loss, debilitating emotions overwhelm us, clouding rational thought, even generating enough anxiety to cause us physical harm. We panic, caught up in blame, shame, remorse, even guilt.**

The truth is, however, that loss is as integral to life as finding love or feeling joy. The dissolving of a marriage, the unexpected end of a career, the actual event is not what's so devastating. It's our reaction to the change; the intrinsic feelings triggered in response to the traumatic issues it stirs up from our past.

Intentional living leader, and Certified Grief Recovery Specialist® Melody Chardon explains that much like a diamond is comprised of many facets, so, too, is our reaction to loss.

“The first step to recovery is an in-depth look at your life, the recurring themes, hot buttons, and specific patterns. Your inner wisdom knows that the same old story you keep telling yourself is irrelevant and obsolete. Your heart may have been broken, but you're definitely not.”

Melody works to empower women experiencing life transition, be it the loss of a loved one, or even their own identity, effectively leading them to address their negative self-beliefs, and release the toxic feelings of inadequacy and unworthiness holding them back from healthier relationships, lucrative business success and joyous self-love.

“Numbing out with addictive behaviours doesn't solve the real problem. The solution is examining the core emotions beyond the pain. If you're trying to stop reactive overeating, you must discover why you are actually prompted to soothe with food. Instead of living by default, the goal is to learn to make conscious choices and design a life you love living.”

Certainly, her countless clients will attest that this enlightened facilitator, speaker, and certified life and loss coach has made all the difference in their lives.

“Melody was able to help me heal my grief as well as my physical symptoms. She gently and compassionately guided me to deep peace. I now live pain and allergy-free.”

“Melody guided me to release the grief I was carrying from certain relationships. I literally felt lighter when we were done. I now know how to continue to process and release past hurts so I can live a vibrant, full life.”

“Intentional living” is Melody's message. Deliberately creating the reality of your dreams, you have that power.

“Don't let your past define your future. Loss is ultimately a catalyst for transformation and awakening to your true potential.”

Know always that, just like that diamond, you are brilliant, resilient, and truly awe-inspiring.



**Melody Chardon – DiamondLight Leadership**  
**Conscious Choices For Intentional Living**  
**Freedom To Choose – Power To Change - Courage to Let Go**

403-671-8511  
melody@DiamondLightLeadership.com  
www.DiamondLightLeadership.com