

Cynthia Gossman – The Emotion Strategist – JOY Restoration Coaching

Author, Coach, Entrepreneur, Pioneer, Speaker

Cynthia is the Founder and CEO of Life After Loss Healing Solutions , CG Consulting & Communications and CG Designs.



Life After Loss Healing Solutions: Cynthia is a JOY Restoration Coach who uses both her personal experience as a young widow and her professional expertise to help clients experience a change in perspective so that they may move successfully from pangs and darkness of bereavement to a lighter heart that finds peace by integrating life, loss and love.

CG Consulting: Cynthia is The Emotion Strategist and provides leadership enrichment and development including proven techniques and practical skills to individuals, leaders and communities who are struggling emotionally in life. We offer alternative methods against learned behaviors and perspective to our clients to help them make positive changes and restore joy.

She is a graduate of Professional Christian Coaching & Counseling Academy and GCS Facilitators and has become certified and licensed in grief coaching, anger management, JOY restoration, and leadership development. She practices and utilizes various proven models and methods in helping her clients feel a lighter heart filled less with pain, expand comfort zones, reduce emotional stress, and find and fulfill purpose.

Her personal experiences of overcoming adversities as a child, raising a special needs child with Down syndrome and Autistic Spectrum Disorder and becoming widowed at the age of 30 have been key components in developing her character as well as gifted her with much compassion and passion in helping others heal and live life to their fullest potential. She has over 15 years experience working in the bereavement aftercare industry. She has over 20 years experience working with intellectual disabilities. She has over 20 years experience with advocacy, volunteering and working with non-profits.

As an author, Cynthia is proud to announce the upcoming publications to be released in 2014.

“The Chronicles of a Widowed Mom *GONE MAD*”

“The Griever’s Digest”

As a speaker, Cynthia shares her personal experiences of implementing alternative methods against learned behaviors and shifting tragedy into triumph!

Accolades and Awards:

- She has been the award winning recipient of NBC’s WAVY-TV10 ***10 Who Care Award*** and of CBS’s WTKR-TV3 ***Your Community Star Award*** for her achievements in the Hampton Roads Communities.
- She has been Nationally Recognized as a Founder, Visionary, and Pioneer in the Bereavement Aftercare industry through ***Parade Magazine*** and on 700 Club’s ***Living the Life*** (WVEC-TV13, ABC television).
- As an author she has been published in ***Mourning Has Broken, A Collection of Creative Writing About Grief and Healing, 2nd edition*** by Liz Pearl and in ***Tidewater Women Magazine***

Association Memberships:

- DSAHR Down Syndrome Association of Hampton Roads
- NAMI National Alliance for Mental Illness
- AFSP American Foundation for Suicide Prevention
- NAPW National Association of Professional Women, VP Norfolk Local Chapter
- Public Speakers Association, Director , PSA Hampton Roads Chapter