

## EP #070: How Grief Can Unlock Your Reinvention Potential



### Full Episode Transcript

With Your Host

**Sandy Linda**

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with Sandy Linda

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In the corporate world, we are taught to keep personal transformation and professional development in separate boxes. But what if that's why so many leaders struggle to create meaningful change? Stay tuned to discover why your grief journey might be the exact foundation you need for extraordinary leadership.

Welcome to *The Reinvention Lab: Where Ambitious Women Transform Loss into Legacy*. Hosted by Master Certified Life Coach and fellow trailblazer, Sandy Linda, this is your space to discover how life's biggest challenges can ignite profound transformation—where grief becomes growth, setbacks become stepping stones, and your unique story lights the way for others. If you're ready to turn life's challenges into opportunities for leadership, legacy, and forward momentum, you're in the right place. Let's dive in.

Hello, creative Humans, how are you all doing? You know what question keeps haunting me these days? What's your New Year's resolutions? But here's the thing, I don't do resolutions. I do intentions, and there's a powerful difference.

See, every December I sit down with my journal and a cup of coffee, and I do something that changed my life. Instead of making grand promises I might break by February, I map out intentions that align deeply within who I am and who I am becoming. Think of it like plotting a course for a ship. You know your destinations, but you also know you might need to adjust your sales along the way.

I break these intentions into quarterly milestones, like stepping stones across a river. Each stone gets you closer to the other side, but you can pause, steady yourself, and even change your path if needed. This approach has transformed how I achieve both personal and professional goals. It's about progress, not perfection.

Speaking of transformation, many of you have already taken our grief recovery quiz and discovered your archetype. Last time we dove deep into the trailblazer archetype and the response was overwhelming. Your message about blazing new trails after personal loss, they touched my heart and confirmed something I've been feeling for a while.

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Today's episode marks a turning point in our journey together. While we've been talking about overcoming grief, I realized something profound. Grief isn't something you overcome, it's something to transform through. That's why I am thrilled to introduce the Reinvention Lab.

If you resonate with the trailblazer archetype, this episode is for you. It's an invitation to something new, especially if you've faced losing a loved one and dealing with career changes or shifting relationships. Those experiences were not just challenges, they were opportunities for transformation.

Think about it, when you lost that job right after losing a family member, when a certain friend stepped away because they couldn't handle your grief, these weren't just setbacks. They were clearing the path for something new, something you're ready to build.

Today, I am going to explore why the concept of overcoming grief never quite felt complete and why reinvention is a more powerful framework. Don't worry, we'll still have episodes dedicated to grief recovery for those in the early stages of their journey. But for those of you ready to take your experience and transform it into something meaningful, whether you are a professional seeking new direction, a creative looking to infuse your work with deeper purpose, or someone navigating a midlife career transition. This is your laboratory for reinvention.

I used to think grief was something to overcome, like scaling a mountain. You reach the top, plant your flag, and it's done. But my journey showed me something different. And I want to share that story with you.

In my element, managing major corporate events for pharmaceutical and financial industry giants, the buzz of strategic planning, the thrill of creating seamless experiences, the energy of bringing people together, this was my world. I was the event management specialist who could make magic happen, until grief knocked on my door and then knocked again and again.

When multiple losses hit, that high-energy world I thrived in suddenly felt stressful. Every strategic meeting, every social connection became a reminder

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of what I've lost. The framework I had for success, push through, overcome, keep going, it started slipping. I realized I needed to step away, not because I was failing, but because something deeper was calling.

But here's where it gets interesting. As I studied grief, As I explored the personal development industry, I started seeing patterns. Those devastating losses that brought me to my knees, they weren't obstacles to overcome. They were initiations into a new way of being. Each loss was like a chisel, sculpting me into something who could see deeper, lead differently, understand more profoundly.

That's why overcoming grief did not feel right. When you overcome something, you leave it behind. You conquer it. But what if grief isn't meant to be conquered? What if it's meant to be transformed? Perhaps each setback is paving the way for your greatest achievement.

Today, I stand before you not as someone who overcame grief, but as someone who was transformed by it. I am a different kind of a leader now. One who understands that our darkest chapters can become the foundation of our most meaningful work. The reinvention lab isn't about pushing past pain or pretending it never happened.

It's about redesigning that experience into something powerful and purposeful. Think about it. When you are trying to overcome something, you're in a battle stance. You're fighting against it. But when you are reinventing, you're in a creative stance. You're working with your experience. Let it inform your new direction, your new purpose.

This isn't about changing careers or learning new skills. It's about fundamental transformation, about creating possibilities that seem unimaginable in those dark moments. Through my journey of grief transformation, I discovered principles that now form the foundation of the Reinvention Lab. I'm gonna share with you one of them, and they're not just theory. There are hard-won insights that can guide your own transformation.

One of the principles I wanna share with you today is called the creative principle. In my event management days, I thought creativity was about

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designing beautiful experiences when everything was going right. But grief taught me something profound. Creativity thrives in discomfort. When my world was turned upside down, when all my familiar tools and solutions stop working, that's when true innovation emerges.

Let me show you how this principle plays out in both our personal and work lives. In personal territory, grief often forces us to re-imagine the most basic aspects of daily life. I remember the first holiday season after my loss. All our cherished traditions suddenly felt hollow. The discomfort was overwhelming until I realized this emptiness was actually an invitation to create new meaning. Instead of trying to recreate the past, I began designing new rituals that honor both what was lost and what was emerging. This wasn't just about changing traditions, it was about learning to use creativity as a healing force.

Now, let me show you the same principle that can transform professional leadership. When facing business challenges, most leaders default to established solutions, the equivalent of trying to maintain old holiday traditions. But those who have experienced profound loss bring a different perspective. They understand that sometimes the old playbook needs to be completely re-imagined.

My change from event planning to real estate highlighted this for me. Instead of trying to force my old high energy approach into a new industry, I let the discomfort guide me toward innovation. For example, when I started in real estate, I noticed how many clients were going through major life transitions, divorce, downsizing, moving after loss. My grief experience has taught me to see the creative potential in these moments of upheaval.

While other agents focus on transaction metrics, I created a unique approach that combined practical real estate expertise with transition support. This wasn't just a business strategy. It was creativity born from discomfort.

In the *Reinvention Lab*, we have discovered that leaders who understand this principle bring a unique sense to their work. They recognize that the same creative force that helps us rebuild our personal lives can transform entire organizations. When a team faces an unexpected setback, these leaders don't

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just seek a solution, they create spaces where discomfort becomes a motivation for innovation.

Now, I want to offer you some immediate steps you can take to apply the creative principle in your life this week.

First, choose one area of discomfort in your life, personal or professional, and spend 15 minutes brainstorming without judgment. Let yourself imagine solutions that might seem impossible at first. What I've discovered is that our most unrealistic ideas often contain seeds of brilliant innovation.

Second, find a creative companion, someone who's also navigating change or transition. Share your morning journaling pages and commit to discussing your insights once a week. When we verbalize our creative process, they become more tangible and actionable.

And last, this is crucial, document your moments of creative breakthrough, especially those that emerge from discomfort. Keep a simple note on your phone or a small journal nearby. This practice will help you recognize patterns in your creative process and build confidence in your ability to transform challenges into opportunities.

You know, the creative principles is just the first of several transformative principles I've developed in the *Reinvention Lab*. Each one builds upon the others, creating a comprehensive framework for turning your grief journey into leadership wisdom. However, I will share more of those principles in future episodes.

But here's what I've learned. While these principles are powerful, the real magic happens when you have guidance applying them to your unique situations. That's why I have opened up spots in my one-to-one coaching program for January, 2025. If you are ready to move beyond just coping with loss and start reinventing your life in leadership, this program is designed for you.

In this program, we will work together to apply all the reinvention lab principles to your unique journey. You'll receive personalized guidance, practical tools, and

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most importantly, a structured pathway to transform your experiences into your greatest leadership assets.

Here's what makes this program different. We're not just focusing on healing, we're focusing on transformation.

This isn't traditional grief coaching or leadership development. It's a unique fusion that helps you harness your experiences to create something powerful and meaningful. And I will leave you all the information on the show notes.

Before I close, let's recap. Grief strips away our usual patterns and forces us to imagine new possibilities. It's uncomfortable, yes, but that discomfort becomes the birthplace of our most original thinking.

In the *Reinvention Lab*, we don't just accept this discomfort, we learn to use it as a creative motivation. When everything familiar has been stripped away, we are forced to see with fresh eyes to imagine solutions we never would have considered in our comfort zone.

This principle teaches us that our most uncomfortable moments often hold the seeds of our greatest innovations. Remember, the creative principle teaches us that our moments of greatest discomfort can become our catalyst for our most meaningful innovations.

Your grief journey hasn't been about loss. It's been preparing you for something bigger. Let's discover what that is together.

Thank you so much for listening and I will catch you

Thanks for joining us on *The Reinvention Lab*. If today's episode inspired you, don't forget to follow and share it with someone who's ready to turn their challenges into opportunities. Want to take your journey to the next level? Visit [sandy linda.com/program](http://sandy linda.com/program) and apply for coaching today. Together, we'll turn your story into a legacy. Until next time, keep moving forward with purpose, passion, and power.