



A Good Death is the end of life coaching practice of Ann Forest Burns. Ann's greatest honor is to companion the dying and to support their loved ones. Using her training as a death doula, Ann helps her clients reflect on their lives and identify the legacy they leave for others.

An experienced advocate and mediator, Ann knows how to bring people together to focus on the common goal of a meaningful and peaceful transition.

As a spiritual advisor, she bears witness to the sacredness of life in the midst of death. Ann will help you plan a fitting end to your memorable life.

Mission

The mission of A Good Death is to support dying individuals and their loved ones, as well as to make the transition out of life on this plane peaceful and meaningful for all.

Vision

Our vision is a world where death is prepared for as a last great adventure of a life well lived and an opportunity to create sacred memories to sustain the living.

"In the end, we're all just walking each other home."

Ann Forest Burns

End of Life Coach

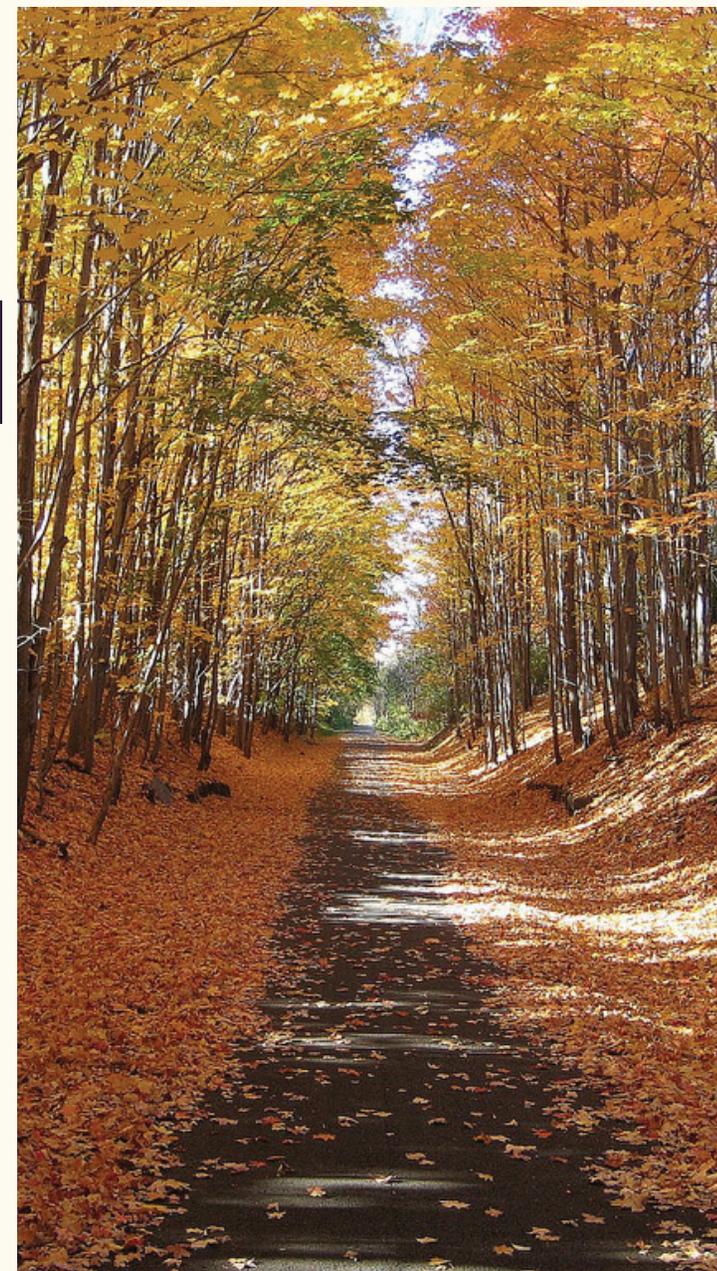
A Good Death

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Ann Forest Burns, End of Life Coach

What Is a Good Death?

Death is as natural as life itself. It is the one thing we will all do. Yet, within our culture, most of us avoid speaking or even thinking about our own death or that of someone we love. It is not surprising that when confronted with a terminal illness or the natural progression of age, we become confused, angry, and afraid. Often, those closest to us, to whom we turn with other troubles, are similarly at a loss for words of comfort or ways to calm our fears. We are left feeling alone or that we are burdening others with our fears. We are not even sure of what questions to ask or how to begin facing this new reality.

An end of life coach can help.



Services

Coach

- Walking with you, providing guidance and encouragement.

Mediator

- Bringing people together in the most difficult of times.

Advocate

- Assuring your wishes are honored by medical and support personnel.

Advisor

- Helping you find answers that are right for you and those you love.

Spiritual support

- Honoring and nurturing each person's connection to the Divine.

Bereavement / Grief Support

- Providing comfort and helping you navigate end of life and the days after death for those left behind.

A Good Death is an end of life service providing professional advice and coaching to and advocacy for those nearing the end of life and their loved ones. Our desire is to enhance the quality of the last days and decrease the anxiety of the dying experience. We also work with those who are simply interested in being more ready for their final days.

Like birth, death is one of life's great experiences. It need not be filled with pain and apprehension. It is opportunity for the dying person and those who will remain to live more fully and deeply.

Ann Forest Burns, End of Life Coach, stands ready to be your advisor, advocate, mediator, companion and coach. We work on a fee for services basis and offer an initial half hour consultation free of charge.



INTERNATIONAL
END OF LIFE
DOULA ASSOCIATION