**Legacy**

 - explanation of the legacy letter that might accompany your will and the significance of it

 - exploration of how to use your future obituary to guide your current business and your life

 - considerations of bequeathing your body to science or organ donation as part of your legacy

**Environment**

 - introduction to exploring more green-focussed burial practices, including aquamation, green burials and composting

 - Columbia University in New York has a division called "DeathLab" entirely dedicated to sustainable and socially integrated disposition of remains

 - much of the world is way ahead of Western traditional burials and we explore whether other cultures might provide more environmentally friendly options for us to consider

**Mental Health**

 - discussion of benefits and disadvantages of the medicalization of death with direct application towards your own decision making

 - conversation geared towards uncovering some of the factors that contribute to complex grief, anticipatory grief and feelings of loss

 - validating the feeling that "I didn't sign up for this" and providing possible reframes to support working through grief

**Humour**

 - introduction of humour as a healthy, appropriate coping strategy

 - presentation of authentic, "laugh-out-loud" obituaries where people have shown their spark, their wit and their eccentricities

 - reading of the best living will ever, full of lightness, laughter and straightforward "no-holds-barred" honesty, despite the writer being ill

**Untangling the words**

 - explanation of the difference between long term care, palliative care and hospice care

 - advantages and disadvantages of having someone die at home vs hospice experience

 - deconstruction of the "palliative narrative" and how it impacts the perception of our own life journey

Interwoven throughout any consultation, if needed, are **further discussion points** about medical directives, MAiD, the work of death doulas, cardiopulmonary resuscitation and the physiology of a natural death. Resources are available to support each topic, including movies, videos, books and peer-reviewed, scientific publications.

All consultations will be offered a **“confidentiality agreement”**. Due to the nature of the topic, the decision makers at the boardroom table will be made aware that “what happens in Vegas, stays in Vegas”. Professionally, as a Registered Nurse, I am bound by non-disclosure however, a written document will provide an additional level of comfort for privacy around raw, authentic conversation, wherever it may lead.