

BIGS 4-Step Conversation Starter Kit



Our 4-step process to starting a conversation about end of life matters so that the person you're talking to doesn't feel threatened and you don't feel awkward

by Jane Duncan Rogers
www.beforeigosolutions.com

Before I Go Solutions®

4-Step Conversation Starter Kit

1. GET READY

What do you need to reflect on before you can even think of having a conversation? Eg how might having a conversation affect all those around you? Do you need to make private notes about it for yourself first? What is important for you about dying, death and grief that you might want to share with someone?

Step 1

4-Step Conversation Starter Kit

2. GET SET

Who might you talk to? When would be a good time to talk to them? Where would be the best location? What do you want to make sure you say? (3 most important things)

Step 2

4-Step Conversation Starter Kit

3. GO!

What are the different ways you could start this conversation?

E.g.

- Since X died, I've been thinking about life and death a lot. How do you feel about it?
- What do you think happens after you die?
- Do you know what you want for your funeral?
- What do you think a 'good' death might look like?
- I'd love your help with something...

Step 3

4-Step Conversation Starter Kit

4. KEEP ON GOING!

Keep asking questions and sharing your thoughts.

- Remember to LISTEN!
- Keep focused on being curious, instead of criticism or being judgmental
- Be patient; it's a big conversation and people often need time to think and ponder.
- This is an ongoing conversation, you don't have to cover everything in one go
- Be open to changing minds – nothing needs to be set in stone, it can always be changed

Step 4

If you feel you'd like further encouragement,
help and support:

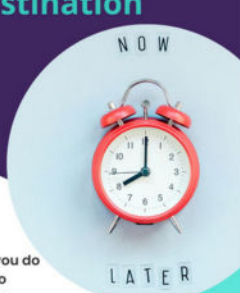
Join the Before I Go: End of Life
Conversations Facebook group

<https://beforeigosolutions.com/fbgroup>

What next?

Other guides in the series:

10 Ways To Avoid Procrastination



The reasons why you do this and what to do instead, so you can make progress and achieve success in anything you want.

by Jane Duncan Rogers
www.beforeigosolutions.com

Before I Go Solutions®

25 Questions To Ask When Thinking About Your Funeral



so that when you're gone, those left behind can grieve well without guessing or arguing about what you wanted.

by Jane Duncan Rogers
www.beforeigosolutions.com

Before I Go Solutions®

13 End of Life Plan Questions to Ask Your Lawyer



so you can avoid hidden charges and unpleasant surprises later down the line

by Jane Duncan Rogers
www.beforeigosolutions.com

Before I Go Solutions®

10 Best and Worst Things to Say to Someone Who is Bereaved



so you don't put your foot in it and embarrass yourself or the other person and instead come across as sensitive and compassionate

by Jane Duncan Rogers
www.beforeigosolutions.com

Before I Go Solutions®

Join the movement

"I believe passionately that society needs to be more open about grief, death and dying".

Jane Duncan Rogers

Jane Duncan Rogers founded Before I Go Solutions in 2017 after her husband died and she discovered just how important planning in advance for a good end of life is.

It's enabled her to bring together over 25 years in coaching, personal growth leadership (Jane was the first person to lead the famous Louise L Hay's 'You Can Heal Your Life' study groups in the UK and Europe) and small business mentoring.

We train and equip people to help others make their end of life plans, bringing peace of mind, reassurance and relief to those you are working with AND their families through our accredited intensive training, the tools, the systems, and the ongoing support so you can bring to the world this crucial work.

Save loved ones from the unnecessary stress, arguments, and expense that happens when a loved one dies without an end of life plan in place.

Interested in becoming an End of Life Plan Facilitator?

Register for our FREE Info Session

www.beforeigosolutions.com/infosession

