

# V. Ophelia Rigault



## ABOUT OPHELIA

Ophelia is a much loved spiritual teacher, intuitive grief coach, speaker, author, and transformational visionary guide. She specializes in working with people who self-identified as a woman and are dealing with grief, body confidence issues, self-worth, regret and developing their intuition. Ophelia is inspiring a consciousness movement around her belief that, as women, "We are divine beings and searching for a scared home, a place of rest, a place to grieve, a place where we can find body peace and a place where can find hope and joy. Ophelia's signature talks/workshops are: **Grief is the Price of Love®**, **Love Will Lead You Home®** , and **Live from Within & Stop Weighting to be Thin®**

## SPEAKING & FACILITATION POINTS

- Sacred Ways to grieve your inner child, so she can create a new innocence
- Intuitive Messages for Self-Care, Self Worth and Self-Compassion
- How not to be a "Low Fence" - so that you stop saying "Why didn't I just say NO?"
- Grieving Your "Dream" Body so you can embrace the one you have now - because you can't heal what you hate.

## PAST SPEAKING VENUES

- Ottawa Spiritual Pathways Centre
- City of Kingston
- Janati Yoga School
- Pennington's Store - Scarborough
- KEDCO Women's Retreat
- Sexual Assault Centre of Kingston (SACK)
- W.I.S.E. Women's Conference
- Ladies that Dine & Wine Women's Group

## AVAILABILITY

Ophelia is able to speak locally in Eastern Ontario and globally via Skype or phone. She lives in the Eastern Time, Zone.

## CONTACT INFO.

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