

Rebuild Your Life After Loss

Carrie Hopkins-Doubts

by Tom Hood

“Grief is not a ‘problem’ to be solved. It’s a message that wants our attention,” says Carrie Hopkins-Doubts. You may not have lost a spouse, but divorce, job loss, or loss of a significant other person in your life are changes that you might have experienced. Carrie’s life work is to support people going through the upheaval and chaos of major life transitions along with the grief and identity confusion that are part of these changes. Carrie helps people embrace change as a co-creative partner and transformational opportunity rather than wasting precious time, energy and money resisting and reacting to those changes.



As the founder of Life’s Next Chapter Coaching, Carrie’s passion is to help men and women accelerate their healing process, discover new dreams for themselves, and to consciously and powerfully rebuild their lives. She aids people in reconnecting with their heart, reclaiming their power and realigning with their purpose to create the next chapter of their lives.

Through her own experiences with divorce and death of her spouse, she used her educational experience to answer the call to serve people who were going through difficult periods in their lives. As she says, “I discovered a passion for guiding people into consciously creating lives that they love on the other side of their upheaval.” She created Life’s Next Chapter Coaching, knowing that this would be her life’s work. She currently serves as the chair of the Ethics Independent Review Board for the International Coaching Federation, is a Certified Grief Counselor, and holds a credential with the Center for Transformational Presence Coaching and Leadership. She also works with business groups and has provided bereavement outreach for hospice families.

No matter what your specific situation, Carrie’s class will have a wonderful impact on your emotional health and well-being.