



Donna Stoneham

I am the author of the *Catch Me When I Fall: Poems of Mother Loss and Healing* (SWP, May 2023), *The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead* (SWP, 2015), and a contributor to the anthology, *Art in the Time of Unbearable Crisis: Women Writer's Respond to the Call* (SWP, 2022).

Having a deep connection to my spiritual life and being of service in the world is what brings me joy and meaning. Over the span of my thirty-year career in leadership development, I've coached hundreds of leaders, teams, and executives, guiding them to live more fulfilling, authentic lives while expressing their gifts in the world [www.positiveimpactllc.com]. Certified in integral coaching, energy codes coaching, and workplace mindfulness facilitation, my mission is to guide those I serve to thrive and pay it forward. Trained as a spiritual director, I worked for twelve years part-time as a chaplain and a hospice chaplain, providing spiritual and end-of-life care in nursing homes, and assisted living facilities.

A poet since childhood, I have been a spiritual seeker for as long as I can remember, traversing a variety of spiritual paths, and learning from many teachers. A near-death experience in my adolescence opened my eyes and heart to the lived experience of how thin the veil is between this world and the next, wisdom which guided me through my grief journey following the loss of my beloved mother, recounted in *Catch Me When I Fall*.

My work has been featured in the **Wall Street Journal**, **Woman's Day Magazine**, **The Huffington Post**, **TD Magazine**, **Woman's World**, **First for Women Magazine**, **Chispa Magazine**, **Conscious Lifestyle Magazine**, **The Globe and Mail**, and **Investor's Business Daily**, and in numerous podcasts and television media. [Website: Press]

When I'm not writing or coaching, I love playing with our rambunctious puppy, Gracie, and getting tips on living a good life from Bella, our fifteen-year-old Labrador retriever. Passionate about traveling to new countries and learning about different cultures, when closer to home, I enjoy hiking, swimming, and sailing and kayaking in the San Francisco bay. I adore binge watching British television, painting my dreams and meditations, and hanging out doing anything or nothing with my wife of thirty-two years, Julie. Lately, I have been spending time communing with spirit and nature as I contemplate the themes of love, loss, and liberation, and how to best express them through my words and work.

My hope is that my books will bring you comfort, healing, hope, and inspiration. Whether you are grieving the loss of a loved one, are seeking to heal a fractured relationship, or if you are yearning to develop a more loving and compassionate relationships with others or with yourself, my prayer is that my words will be a healing balm on your journey, wherever it may lead you.

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