

CALM WATER WRITING . COM



EMILIE LANCOUR

MEDIA KIT



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Emilie is a mom, retired educator, and reader. Professionally, she is a journaling mentor, grief guide, and author.

After her husband passed away in 2017, she started a blog, grieffaithandfinances.com, and a podcast, 'Grief is Random and Real.' As an author, she has published four books. Two are about her journey through grief, healing and learning to love again. Another is about the miracles she's experienced. In 2023, she released *New Growth Poetry*. Emilie has also created multiple courses, workbooks, and journals.

After retiring from a career in special education, Emilie started "Calm Water Writing," a company that offers healing and soul connection through journaling. Her primary work is with other widows to allow the discovery that grief and joy coexist. Emilie trusts that journaling connects with parts of our souls and deepens the journey we are all on. She offers long-form journaling, grief healing, bullet journaling, and SoulCollage® in one-on-one sessions, classes, and courses.

Family, friends, and faith are most important to her. She is outgoing but loves quiet time on the beach with God, her camera, and a journal. Emilie also spends her free time with her partner, picking agates and photographing nature, mainly in the beautiful Upper Peninsula of Michigan and Lake Superior.



Emilie also hosts a Facebook group
for all levels of journalers:

Calm Water Writers

and for grieving widows:

Grief and Joy Coexist

Event and Interview Requests
elancour@gmail.com

“It felt like you were writing for and to all of our collective parts. The parts of us that are doing our best even when it's not always good enough. The parts of us that were on the receiving end of someone's best that wasn't good enough for our little selves.

It was sweet and healing.”

-Zoe Lincoln, LPC
Parts Work Therapist

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Other works:

***"It's Okay to be Okay;
Finding Joy through Grief"***
(2020)

"A Cup of Miracles" (2022)

"It's Okay to Love Again"
(2023)

"New Growth Poetry" (2023)

"My Spouse Died, Now What?"
(2023)

***"Healing through Holiday
Grief"*** (2023)

***"Grief and Joy Coexist
Journal"*** (2024)

***"A Year of Journaling with
One Sentence"*** (2024)

***"G is for Grief, A Coloring
Book and Journal"*** (2025)

Emilie is
an Amazon
Bestselling
Author!



Event & Interview Introduction Points

Emilie guides others to discover and develop a personalized journaling practice.

- Lancour is a widow and grief guide, offering support to those on the journey from grief and grieving to joy and healing. She meets one-on-one and also in widow groups, workshops, and conferences.
- Those experiencing loss may also participate in the Heartfelt Healing email series to receive writing activities and accountability.
- Journaling is a way to get thoughts out of your head onto paper, but it requires the right tools. Emilie helps people learn the what, where, when, and why of journaling that fit each individual's needs and lifestyle. This practice enables people to process your thoughts, dreams, and goals.

Client Review

When I met with Emilie for a private 1:1 guided grief healing session as I am struggling with acceptance of my mom's declining health and approaching death, I left with comfort in knowing I'm not alone in my experience.

Grief can feel so very heavy and isolating at times, but Emilie helped me see that it's not only ok but encouraging to see glimmers of joy throughout this time. My session was filled with laughter, tears, shared stories, and most importantly, space to be exactly as I am.

It is comforting to know I'm not alone, and I'm thankful to have Emilie as a grief guide.

-Danielle

Interview Resources

Interview Topics

- Discovering that grief and joy coexist
- Using journaling to process your thoughts
- Writing letters to and from your soul
- Finding the right journaling tools and techniques for you
- Support for the grief and healing journey
- Using bullet journaling to create the perfect planner
- Creating SoulCollage® cards and using journaling to connect with yourself

Sample Interview Questions

- Are you grieving the loss of someone special and want support as you heal?
- How can you use journaling to heal through grieving?
- Do you want to create or develop a journaling practice?
- What tools are you using for your journaling or writing?
- How can you organize your life with the use of a bullet journal?
- How can you create the perfect planning tool for your lifestyle?
- Do you wish you could create your own personalized deck of soul cards?

Currently Promoting

- *Letters to & from My Soul*
- Heartfelt Healing Journaling Experience
- Triggers and Glimmers Monthly Journaling
- Calm Water Connections newsletter