

After watching the Women Who Wow episode featuring Marilee Eerkes, take a moment to think about her story and the impact it may have had on you. Answer the questions below to engage in some self-reflection and/or group discussion.

1. Has there been a time in your life when you experienced a significant tragedy or moment of grief? How did you feel during that time?

2. Personally, how do you find the strength or energy to move forward when facing challenges, adversity, or tragedy? Do you find it difficult to do so? Why or why not?

3. If someone close to you is experiencing a tragedy or grieving, what are some things you can do to support them?

4. Why is it important to support and be there for others who are experience a significant tragedy or grieving?