

# Kali Caramia & Helen Bolton

· Educators · Funeral Celebrants · Story Tellers

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## Life's short...so let's talk

Everything in our life, from the everyday to the extraordinary, is a story waiting to be told.

Our life journey encompasses so many experiences. It is a tapestry of milestones and memories that come to mind when we reflect on our lives.

The power of telling your own life story cannot be underestimated, and the empathy that develops through listening to a person's story can only serve us better to truly respect that person as an individual, to be cherished and cared for, connecting the human spirit of a life well lived.

What most people need is a reason or a little bit of encouragement to kick-start these conversations.

In their talk, 'Your Story Matters', Kali and Helen share why they were inspired to join Your Life Talks, with a mission to raise community awareness of the importance of initiating meaningful conversations within families, to recognise our intrinsic need to remember and celebrate our life and achievements.

The innovative Conversation Starter cards, 'Your Life Story' & 'Your Life Wishes' have been embraced by the community as an ideal way to assist families with kick-starting these conversations.

Each of us is a constantly unfolding narrative, and yet so many of us leave our stories untold, our songs unsung. Telling our story is the best medicine on earth for putting us back in touch with our life's purpose.

We all have within us a story to tell, a song yet unsung. Is it time for you to tell your story?

*"Stories have to be told or they die, and when they die we can't remember who we are or why we're here" ...Sue Monk Kidd*

## About Kali & Helen

Kali Caramia & Helen Bolton created Life Tree Celebrants with a dream of providing funeral celebrancy services delivered by truly professional, compassionate and caring women. In embarking on this journey, they realised that many had missed the chance to tell their life stories or have conversations about their end of life wishes. Kali and Helen, with their many years of experience in public presentation, passion for working with inspirational groups and commitment to ensuring we all have these important conversations with family & friends, are thrilled to now be a part of the 'Your Life Talks' team.



Your Life Talks  
Conversation Starter Cards