



Karina Lomholt

· Counsellor · Speaker ·

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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 her talk, 'Your Story Matters', Karina shares why she was 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



Your Life Talks
Conversation Starter Cards

About Karina

A lover of exploring markets and country towns, Karina is motivated to inspire families to have conversations about what really matters in life. She was primary carer to her mother for 7 years, and then to her husband for 13 years as both were diagnosed with terminal cancer. With her personal experience, knowledge, and background as a counsellor, she is passionate about the importance of creating a record of our life journey for future generations, and having conversations about our end of life wishes.