



NHS Education for Scotland

**Bereavement Education Conference 2022: 'The Value of Listening'-  
promotional clip**

**Speaker:** Brigid Russell – Coach, Consultant and Facilitator

I'm Bridget Russell, I live in Stirling, and I work for myself as a coach, a consultant and a facilitator, working with people all throughout the health service and public sector across Scotland.

I'm delighted to have this opportunity to speak as part of the Bereavement Conference with NES, what I want to do is to share my experience of living with the loss, the death of my husband Jim Russell, and my experience of grief in the last two and a half years. He died of leukaemia in February 2020, just before the pandemic, and I don't presume to have expertise about grief and bereavement.

I want to share with you my experiences and my reflections in the hope that some of that might be helpful, because after all, we all experience grief and loss and a number of times at different stages in our life. And the reason for calling the session, 'The Value of Listening' is that what I've come to realise, to appreciate and really value, is that listening to others and being listened to myself, has been a huge part of what's enabled me, helped me to live with grief in the last two and half years. And I also want to share some reflections about the power of listening that I really learned from Jim who, in facing up to and dealing with and accepting his terminal illness, taught me loads about the value of really listening and being able to talk about the experience of illness and loss and grief.

The film was produced in October 2022 and can be found at

<https://www.sad.scot.nhs.uk/events/2022-conference/> or <https://vimeo.com/756847378>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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