

Charlene Lam

MEDIA KIT

<https://www.charlenelam.com/media-kit/>

SHORT BIO (Less than 150 words)

Charlene Lam is a certified grief coach, TEDx speaker, curator, and the author of *Curating Grief: A Creative Guide to Choosing What to Keep After a Loved One Dies*. After her mother died suddenly in 2013, Charlene leaned into her creativity and instincts as a curator to guide herself through grief.

With her creative platform The Grief Gallery® Charlene presents exhibitions internationally featuring the belongings of loved ones lost, including installations in Los Angeles, New York City, London, and Lisbon.

She's shared her life-affirming Curating Grief® approach with thousands of griever through her individual client work, group programs, events, and talks. Her TEDx talk, "What Grief and Soy Sauce Taught Me About Life After Loss," selected as a TEDx Editor's Pick, has been viewed more than 20,000 times.

A proud Chinese-American New Yorker like her mom, she's based in Lisbon, Portugal.

LONGER BIO (less than 400 words)

Charlene Lam is a certified grief coach, speaker, curator, and the founder of The Grief Gallery®. She helps grieving people to navigate the practical and emotional aftermath of losing a loved one. And when they're ready, to transform their pain and grief into something beautiful so they can move forward with living their own fullest lives.

After her mother died suddenly in 2013, Charlene leaned into her creativity and instincts as a curator to guide herself through grief. Charlene believes we are ALL curators, and developed her innovative Curating Grief® coaching framework to help people process grief in a creative, accessible way.

As curator of The Grief Gallery, she presents exhibitions exploring death and grief with particular focus on the belongings of loved ones internationally, including installations and events in New York City, Los Angeles, Toronto and London.

Charlene believes we are ALL curators after a loved one dies. As a grief coach, she uses the lens of curating to help busy professionals, entrepreneurs and overburdened grieving people to sort through the physical and emotional “stuff” after losing a loved one so they can emerge with their health, livelihoods, and relationships intact.

As a dynamic TEDx and keynote speaker, she speaks about the power of art, creativity and storytelling for healthy grieving and post-traumatic growth. By sharing her accessible and inspiring Curating Grief framework, she offers hope for other bereaved people to feel lighter after loss.

She's the author of *Curating Grief: A Creative Guide to Choosing What to Keep After a Loved One Dies*.

Her TEDx talk, “What Grief and Soy Sauce Taught Me About Life After Loss,” selected as a TEDx Editor's Pick, has been viewed more than 20,000 times.

She also stars in the short film *Curating Grief: Loss and Objects*, produced by London-based filmmaker Jamie Max Lee.

Her personal artwork has been showcased in group shows at the Brooklyn Museum (NY, USA), Bildmuseet (Sweden), and the Museum of Craft and Folk Art (San Francisco, CA, USA).

Her Curating Grief work has been featured by platforms like The Dinner Party, What's Your Grief, Reimagine, and the Good Grief Festival (UK).

Media appearances and mentions include the Grief Out Loud podcast by the Dougy Center, the What Works podcast with Tara McMullin, BBC Radio 4, Architectural Digest, AARP, Azure (Canada), and British Vogue.

A proud Chinese-American New Yorker (like her mother!), she's currently based in Lisbon, Portugal and travels frequently for work and pleasure.

ABOUT THE FRAMEWORK: CURATING GRIEF

Curating Grief® is a creative, object-centered approach developed by grief coach, author, and curator Charlene Lam. Drawing on the practices of curating, it invites people to engage with meaningful objects, stories, and memory to explore the many meanings attached to loss. Rather than treating grief as something to resolve, Curating Grief centers choice, interpretation, and agency — helping people consider what they want to remember, how they want to tell their stories, and what they want to carry forward.

Website (umbrella site about Curating Grief with explainer videos):

www.curatinggrief.com

ABOUT THE GRIEF GALLERY

The Grief Gallery® is a participatory arts project founded by grief coach, author, and curator Charlene Lam that explores grief through meaningful objects, stories, and shared witnessing. Beginning as a pop-up exhibition in 2015, it has grown into a body of work encompassing installations, gatherings, workshops, and public programs in community, cultural, and healthcare settings. Through objects as carriers of memory, narrative, and emotional resonance, The Grief Gallery creates space for grief to be seen, shared, and understood as both a deeply personal experience and a collective, cultural one.

Exhibitions and activations have been in diverse settings including:

- A community garden in East London during the London Design Festival, engaging with local residents and professional designers alike.
- The inaugural Grief Camp at the famous Kripalu yoga retreat in the Berkshires, where phone booths became gallery spaces for participants.
- Lisbon's biggest public hospital, with an exhibition co-created by and for healthcare workers, in partnership with the palliative care team.

Website: www.thegriefgallery.com

How Curating Grief® + The Grief Gallery® fit together

Curating Grief® is Charlene Lam's creative approach to engaging with loss through objects, stories, memory, interpretation, and intentional choice. **The Grief Gallery®** is the public-facing platform where that approach comes to life through participatory installations, gatherings, and shared witnessing. Together, the work moves between private reflection and public engagement, creating opportunities for people to explore their own experiences of loss while contributing to a broader cultural conversation about how grief is expressed, witnessed, and understood.

CONFERENCES AND RESEARCH

The Grief Gallery and Curating Grief have been presented at professional conferences and events including:

- End Well symposium in Los Angeles, CA in November 2023
- the Association of Death Education and Counseling (ADEC) conference in Baltimore, Maryland (US) in March 2026
- the forthcoming European Grief Conference in Porto, Portugal in Sept 2026

- the forthcoming National Organization for Arts in Health conference (NOAHCon) in Rochester, NY in Oct 2026

Charlene Lam, *The Grief Gallery* and/or *Curating Grief* has been cited or quoted in books including *Can Anyone Tell Me?: Essential Questions about Grief and Loss* by Meghan Riordan Jarvis and *Of Course I'm Here Right Now: Three Actually Helpful Things to Say to Someone Grieving* by Shelby Forsythia, as well as the forthcoming *The Little Book of Loss Rituals: 75 Practices for Grieving, Mourning, and Healing* by Stephanie Sarazin (Nov 2026).

LINKS

WEBSITES

Charlene Lam - for speaking, grief coaching and resources

www.charlenelam.com

Umbrella site with intro to *Curating Grief*, preferred for podcast interviews:

www.curatinggrief.com

The Grief Gallery - for exhibitions about grief and loss in Los Angeles, New York, Toronto, London, and Lisbon.

www.thegriefgallery.com

The Book: Author of *Curating Grief: A Creative Guide to Choosing What to Keep After a Loved One Dies*. Published December 2024.

<https://curatinggrief.com/book>

The TEDx Talk: "What Grief and Soy Sauce Taught Me About Life After Loss" has been viewed more than 20,000 times and was selected as a TEDx Editor's Pick. TEDxLisboa, March 2025.

<https://www.youtube.com/watch?v=diwFCVThEGc>

SOCIAL MEDIA

LinkedIn <https://www.linkedin.com/in/charclam/>

Instagram https://www.instagram.com/curating_grief

Threads https://www.threads.net/@curating_grief

YouTube <https://www.youtube.com/@thegriefgallery>

Facebook <https://facebook.com/thegriefgallery>