

Intellect.

Certified Grief Coach Program



About the program

Accredited by the International Coach Federation, the Certified Grief Coach Program combines the knowledge and skills of how to become Grief Coach, based on the most current researches in coaching techniques, strategies, and skills.

Intellect Grief Coach Program provides guidance that helps grieving clients identify life going forward after loss, discovering challenges associated with their grief, and begin to find hope again.

The Certified Grief Coach Training Program provides a wealth of knowledge, powerful techniques and applicable proven tools to enable coaches aid their clients through their journey using different learning platforms that meet their specific needs.

During your certified Grief Coach program, you will have access to a wealth of information. The training materials include videos, coaching cases, practices and supplemental readings to ensure a valuable learning experience.



Program Objectives

- One of the very few truths all mankind face and share is loss. And no matter the different types of losses, we all grieve.
- The goal of this program is to qualify and equip coaches with knowledge, proven tools and coaching skills to enable them to help clients reach their goals and find a new meaning for their lives after loss.

Why Invest in this program with Intellect?

- Intellect Coaching School is a leading Coaching and Development Provider in Egypt and the MENA region with more than 1000 graduates over the past 10 years.
- Our customized coaching approach is adapted to Middle Eastern culture and relevant to real life cases to provide you with proven tools and techniques to help your clients succeed.
- Become an ICF Certified Coach with 90 ICF Accredited Training Hours.
- Be a part of the "Intellect Coaches Community", the biggest coaching community in Egypt and enjoy all the shared experiences, knowledge, discussions, activities and events.

Program Content

Coaching Foundation

- Introduction to essential coaching qualities (ICF code of ethics and Core Competencies)
- Coaching skills
- Coaching presence techniques
- Coaching techniques
- Coaching structures
- Coaching tools

Grief

- Definition of Grief
- Types of Grief
- Forms of Grief
- Characteristics of Grief
- When to refer

Habit correction

- What to say and what to avoid
- Ten Tenets of Wellness (Michael Arloski)

Grief Coaching

- Introduction to Grief Coaching
- Grief Coaching Purpose
- Difference between Grief Coaching and Therapy
- Definition of Loss
- Different types of Loss

Mourning

- Definition of Mourning
- Difference between Grief and Mourning.
- Mourning Tasks
- Mourning Mediators
- Eleven Tenets of Companionship the Bereaved
- Mourning Principles

Is this the right program for you?

The program will appeal to you if you are:

- Professional Coach who is willing to develop deeper understanding to losses, grief.
- Psychologist/Psychotherapist willing to get equipped with tools, techniques and strategies to that guides grievers to move on and forwards.
- Managers, Executives, HR functions who are willing to extend their knowledge, skills and experience to understand losses, and grief; and their impact on the wellbeing of the employees.
- Anyone who has gone through losses that impacted their wellbeing and willing to gain deepened understanding and wisdom to grief, or caregivers willing to support and help others through their grief journey.

Training Hours

90

ICF Certified Hours

Program Trainer



ROBA OMAR, PCC

Coach Roba Omar has graduated from the American University in Cairo with Computer Science major 1991, She holds several certificates in Psychology and education.

She has 16 years of experience in education field, she's a certified from the International Coaching Federation as a Professional, Relationship and Grief Coach.

She got her first certificate in coaching 2018.

She is recognized for being the developer and instructor of the first ICF Grief Coaching program in the MENA region

Coach Roba has over 1000 hours helping clients through her one-to-one coaching, in addition to helping hundreds of thousands of people and inspiring them through her videos.

Roba's objective is to spread awareness and support people to live a positive, healthy, and balanced life specially after going through life challenges by coaching.

Her dream is to teach and graduate hundreds of grief coaches. Together, they would all help people reach their goals through awareness, support and finding meaning for their lives modifications, leaving an impact that people can use even after she's gone.

Intellect.

connect@intellect-coaches.com
intellect-coaches.com
01014394443

© Intellect, all rights reserved - 2018