

Grief Coach Training

Week 2 February 15, 2022



Build a Life
AFTER LOSS

Goal:

to become...

- **Comfortable**
- **Confident**
- **Effective**

in supporting a client in their grief and assisting them in incremental healing steps and shifts.

What is loss?

death, divorce, ill health, relationship difficulty, break up, miscarriage, still birth, pet loss, financial loss, estrangement, abuse, etc.

All loss causes feelings of grief.





What is Grief?

Traditional definition: deep sorrow, especially that caused by someone's death.

What is Grief?

Expanded definition:

The unrelenting painful feelings caused by emotional injury or loss of any kind. The painful feelings of loss of a desired future or outcome.





What is Healing?

The release of unrelenting painful feelings.

Experiencing feelings of purpose, happiness and enthusiasm for life.

Feeling occasional sadness about your loss.

Being comfortable talking about your loss.

Living a full life with a full range of emotions.

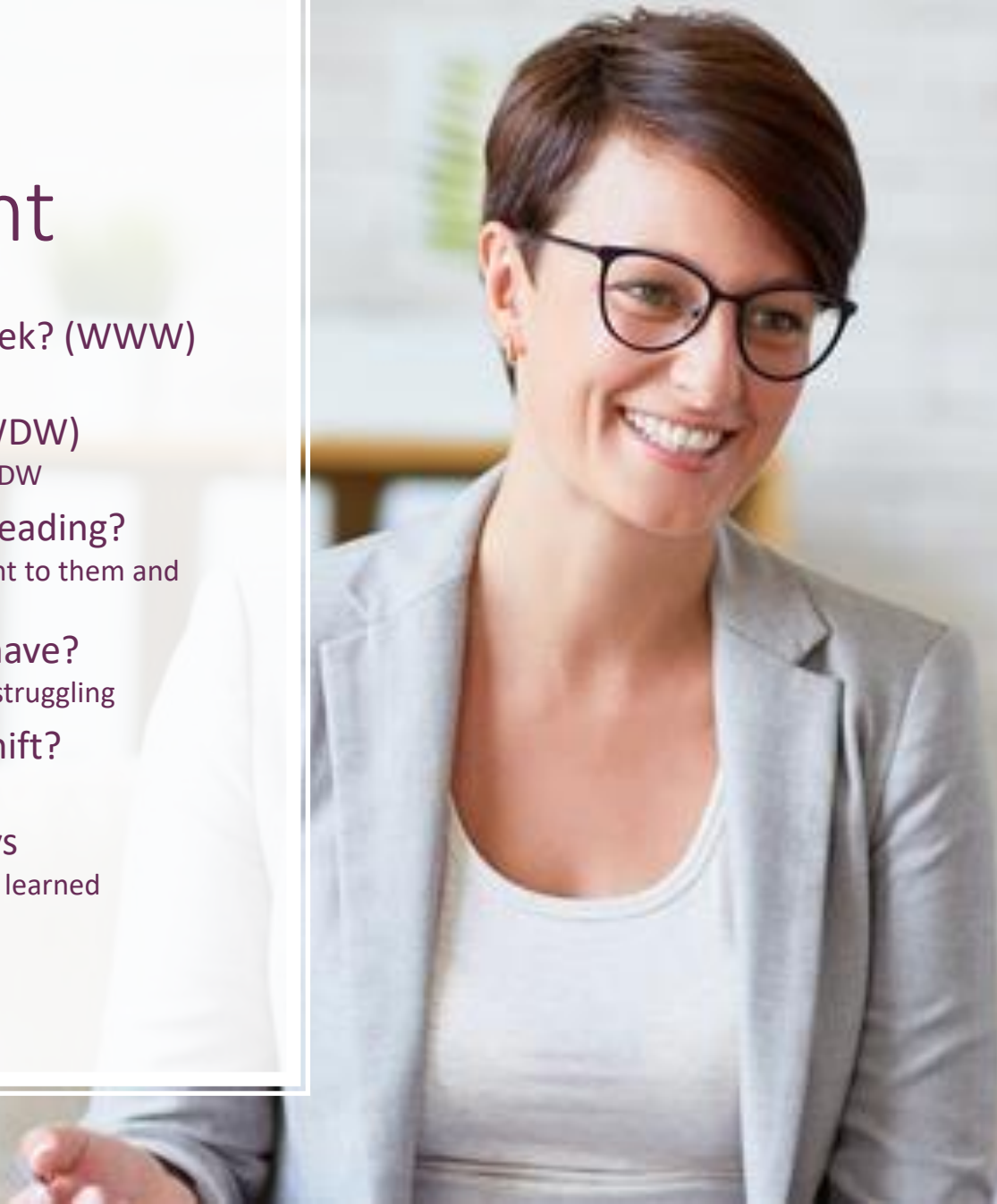
Coaching Package

- 12 appointments
- 1st appointment: Assessment
 - Grief
 - Confidence
 - Relationships
 - Health
 - Purpose
- Each appointment review a new chapter/assignment



Weekly Appointment

- What Went Well this Week? (WWW)
 - Anchor in WWW
- What Didn't Go Well? (WDW)
 - Find the lessons in the WDW
- What stood out in your reading?
 - Discover what is important to them and what is shifting
- What questions do you have?
 - Discover where they are struggling
- What are you ready to shift?
 - Find their concerns
- What are your take aways
 - Anchor in the things they learned
- Use Session Prep Form



The Power of a Good Question

- Use for Discovery
- Expand Understanding
- Create Space for Shifts



The Power of a Good Question

- What?
 - What happened?
 - What did you think? Feel? Do?
- When?
- Where?
- How?
 - How did you feel?
 - How did you respond?

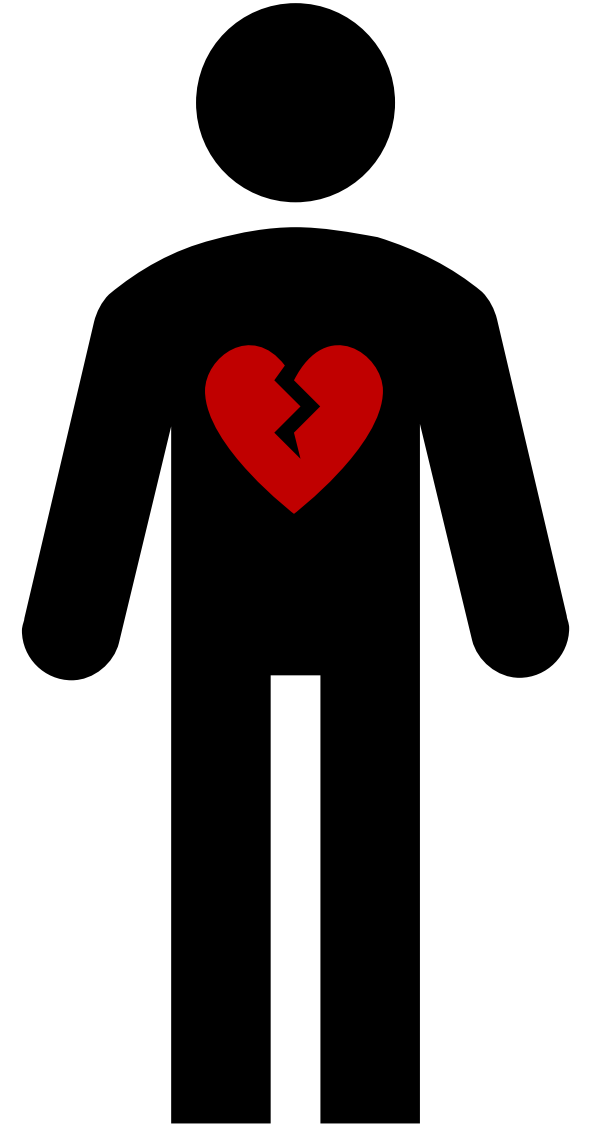
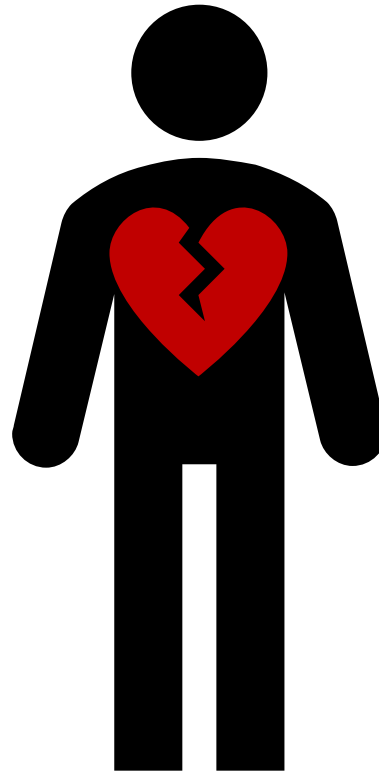
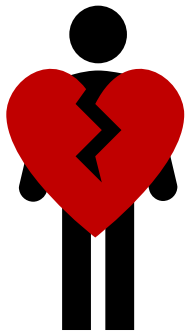


The Power of a Good Question

- Why?
 - Use sparingly
 - Why did you choose to think/feel that? Why do you think/feel this happened/ she did this?
- What if?
 - What if it's ok to be sad?
 - What if it's possible to allow this?
 - What if you could let go of carrying this heavy burden?



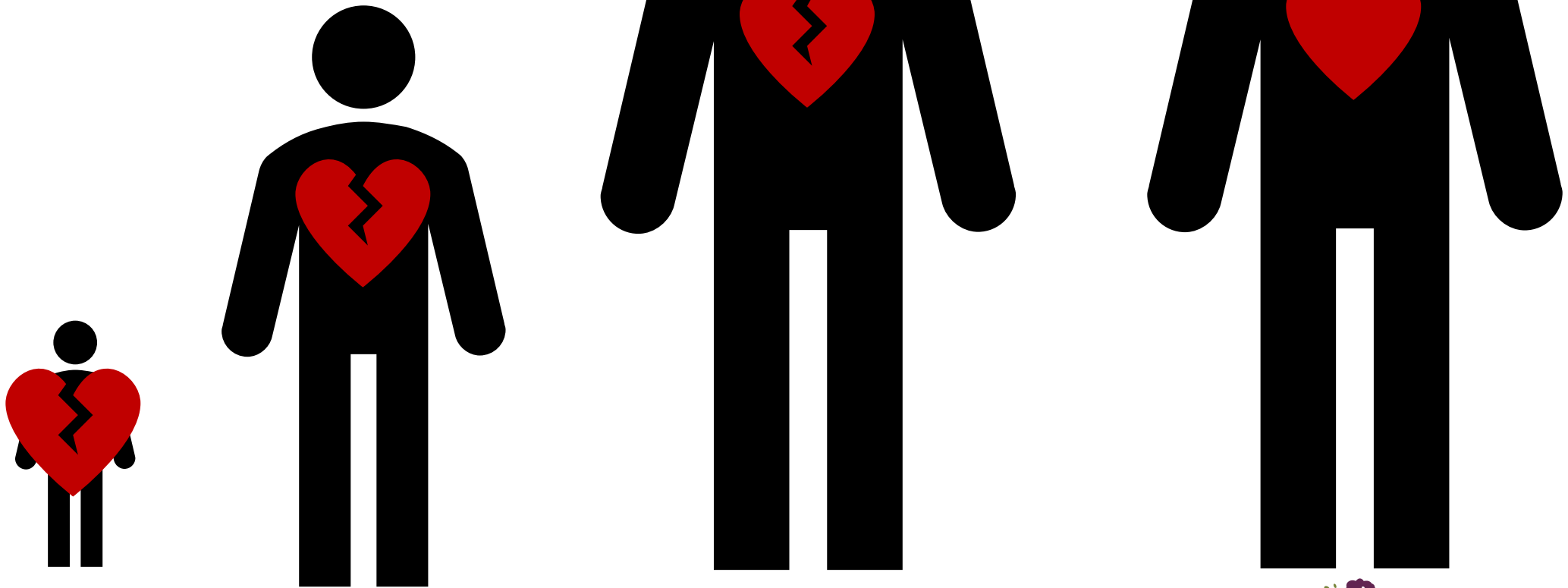
Growing Around Grief

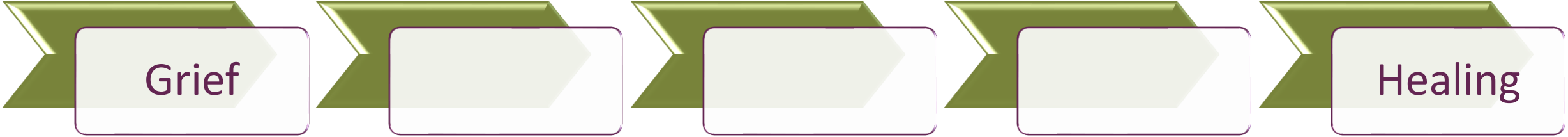
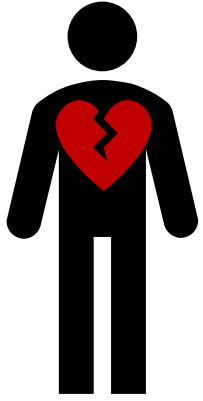


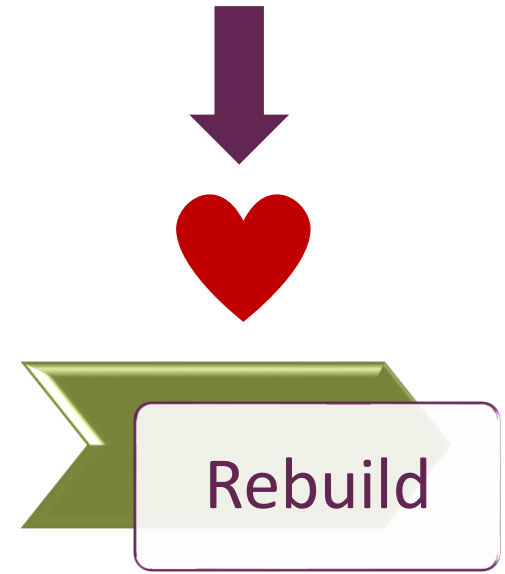
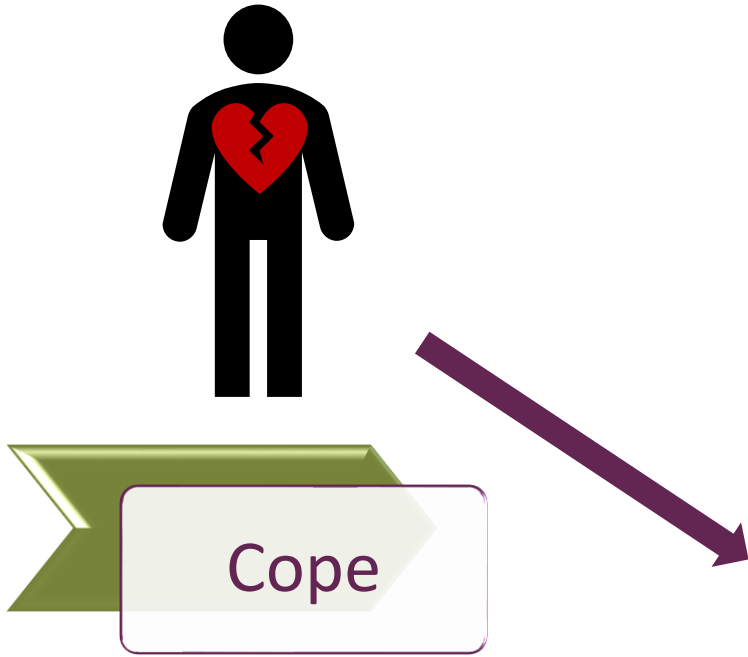
HOPE

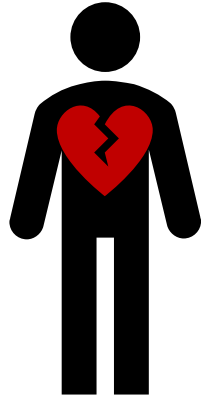
Model of Healing

When we have the strength to carry the grief, we have the strength to heal.





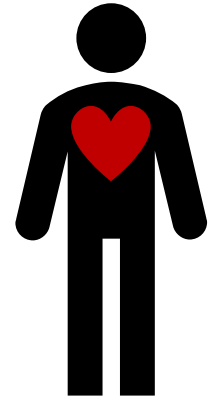




Grief

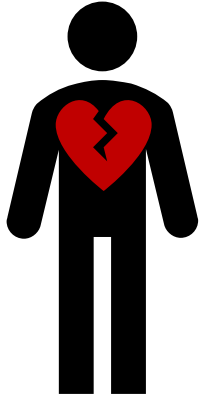
Healing

Vision



Grief

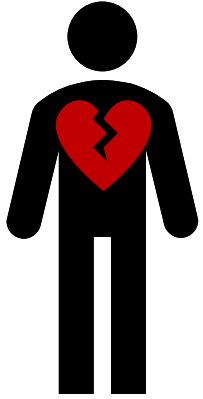
Healing



Grief



Healing



Cope

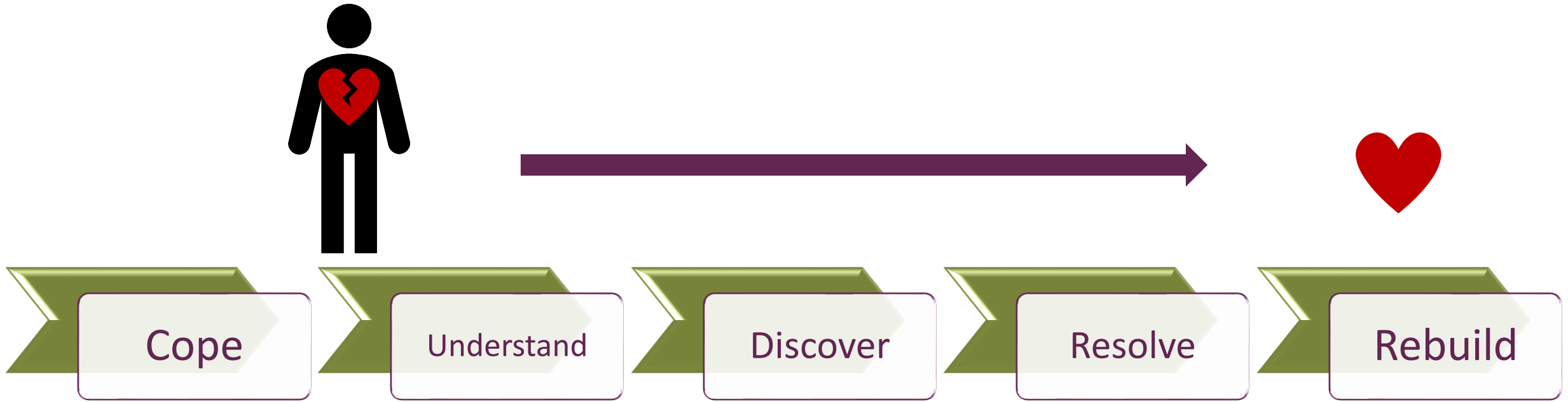
Understand

Discover

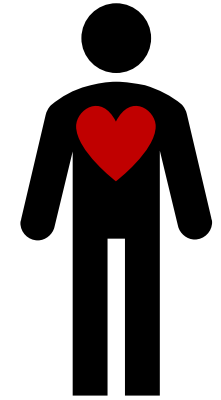
Resolve

Rebuild

HOPE Model of Healing 5 Foundations of Growth



HOPE Model of Healing 5 Foundations of Growth



Cope

Understand

Discover

Resolve

Rebuild

HOPE Model of Healing 5 Foundations of Growth

HOPE Model of Healing

5 Foundations of Growth



REBUILDING

RESOLVING

DISCOVERING

UNDERSTANDING

COPING



The problem isn't grief.
Grief is the solution.
The problem is the misunderstanding
and judgment of grief.

Week 2 Assignments:

- Read, study chapter 2
- Answer the questions in the workbook