

Grief



A Course Designed for Coaches

Coach Academy
Canada | USA | Global





Coach Academy



Syllabus & Course Expectations

Coach Academy

Learning Leader Nathalie Blais, MA, MCC

Head of Training & Course Programming

All courses at Coach Academy are designed by Nathalie and qualify for ICF Coach Education Hours or Continuing Coach Education Credits.

CEO & Founder

Nathalie Founded the Academy in 2016 to multiply the impact of coaching in the world by mentoring world-class coaches.

Harvard Masters

Nathalie recently graduated with a Master's in Liberal Arts with a major in Behavioral Psychology at prestigious Harvard University.



Course Details



[Book a Call With Admissions](#)

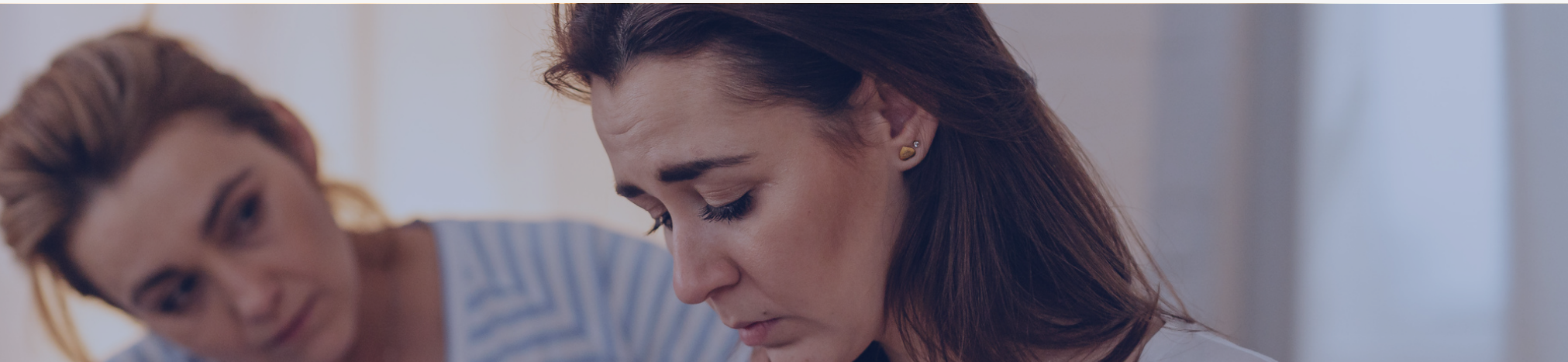
Annual, Starts in August

Day and time to be determined.

10 Continuing Coach Education (CCE) Credits

Attendance is 'on demand'. Students are invited to attend live in person or watch the recording at a convenient time and earn full credit for this course.

Course Overview



General Description

This course is designed to create awareness and connection skills for coaches supporting others through grief. We will explore grounded theory to better understand the stages of grieving, dimensions of grief and the difference between coaching and therapy.



Prerequisites

Students must have a minimum of 30 ICF coach education hours or be enrolled in an ICF Coach Certification Program to qualify for enrolment.

Ask an Admissions Coach for more details.

Course Objectives



Comfort in Discomfort

Increase awareness of, and stretch your comfort with, holding space for grief, both on a personal level and in support of others. Comfort and ease begin with you, especially when holding strong emotions.



Cultural Dexterity + Grief

Challenge existing paradigms of grief and cultural biases surrounding grief, Learn about different types of grief, resilience, post-traumatic growth and when to refer to a therapist.



Shared Wisdom

Learn through peer discussions, articles, videos and audio materials. Raise your level of awareness through engaging, weekly activities and a thought-provoking final project.

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Course Requirements

8 weeks | 10 CCEs | Live Virtual

Weekly Reading/ Viewing/ Listening & Reflections

Sink into a stimulating selection of readings, videos and audio materials to learn surprising aspects of grief.

Weekly Classes & Challenges

Each week, students will be presented with a challenge to apply the learning, and will be asked to reflect on each challenge.

Final Project

A creative, practical opportunity to tie in learning and self-reflection.

Course Policies

Format

Classes are live each week. Students are invited to attend and participate in the rich discussions, or they can watch the recordings and post reflections in the online classroom as they follow along asynchronously.

Success Criteria

To earn full credit, students must post in the classroom each week and complete all assignments.

Classroom Access

Students will have access to the classroom for 3 months after the last day of the course to complete all requirements. There will be no extension offered for completion of the course successfully beyond three months.

Recommended Books



- ✓ When Bad Things Happen to Good People,
Harold Kushner
- ✓ Resilient Grieving,
Lucy Hone
- ✓ The Other Side of Sadness,
George Bonanno
- ✓ How to Live When a Loved One Dies,
Thich Nhat Hahn
- ✓ It's OK You're Not OK,
Megan Devine

Coach Academy

Student Investment

Tuition for New Students

\$950

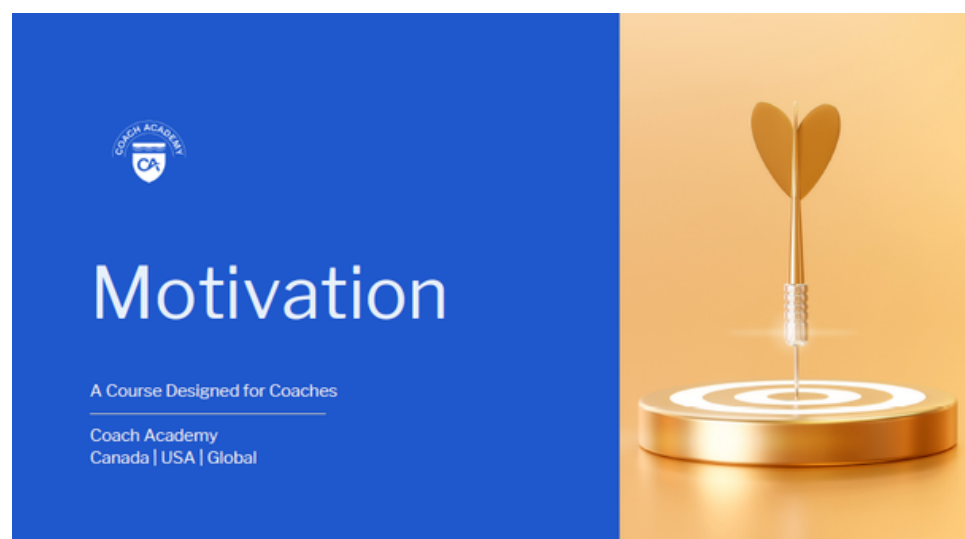
Tuition for CA Returning Students

\$750

Prices are subject to change.



Explore Other Programs:



Coach Academy

Begin Here. Contact Us.

Admissions Team

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