



GRIEF COACHING



Grief | Denial | Anger | Bargaining | Depression | Acceptance



Mini-Grief Coaching Series

On-Demand Class Information



**Grief Coaching
1-Month Mini-Grief
Coaching Series.**

Two Ways to Participate

\$25.00 | Digital Content Only

\$135.00 | Includes 2) One-to One Support Calls +
Digital Content

Coach

Katie Hindahl

- National Board Certified Health and Wellness Coach
- Certified Success Principle Trainer
- Certified Quantum Success Coach
- Christian Coach
- Over seven years of experience in behavioral health
- Fifteen years studying human behavior

Content & Lesson Titles

Refer to the class content and syllabus below.

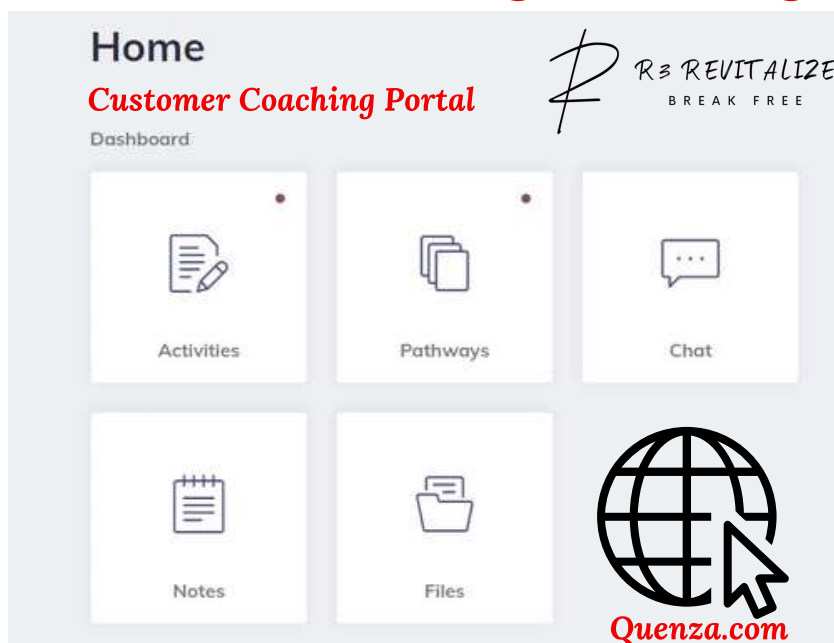
Content

Join Coach Katie Hindahl, one of less than 10,000 national board-certified health and wellness coaches and a disciple of Jesus Christ, on a journey toward grief recovery. Coach Katie spent seven years Health Coaching in healthcare, helping chronic health patients to better health. With a 98% customer satisfaction rating and many success stories her patients shared, she is passionate about supporting ordinary people toward better emotional, spiritual, and physical health.

R3 Revitalize is Different Because

- We compassionately understand that every human processes grief differently; it comes and goes like a wave.
- We acknowledge grief comes in all forms of personal or professional change and loss, including death, empty nesting, divorce, breakup, animal loss, job change, retirement, moving, financial changes, injury, illness, church hurt, etc.
- We intentionally provide you with tools to understand the stage of grief and allow you to work through the complete process.
- We acknowledge that the grief process is not linear and will ebb and flow with triggers, emotions, thoughts, and environmental factors.
- We acknowledge that suppressing grief can cause a longer healing process and emotional turmoil.
- We offer round-the-clock digital coaching message support. With a coach response time that varies with the program option you choose.
- We offer the program at an affordable rate so that you can go at your own pace and repurchase if necessary.

Secure & Confidential Digital Coaching Portal



Coaching Portal Lessons: Processing Grief & Sadness

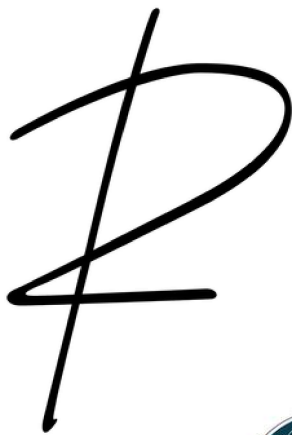
- 1 **Mini-Grief Coaching Series Coaching Agreement**
- 1 **Introduction: Mini-Grief Coaching Series**
- 1 **Metaphors of Grief**
- 2 **You Are Not Alone in Your Suffering**
- 3 **People Supporting You As You Grieve**
- 4 **Restoring the Broken Mirror Metaphor**
- 5 **Continuing the Bond to the Deceased Through Ritual**
- 6 **A Letter to the Deceased**
- 7 **Taking Care of the Grieving Self**
- 8 **Objects of Connection**
- 9 **Working Through the Four Tasks of Mourning**
- 10 **Drawing Grief**
- 11 **Reconnecting With the Loss Through Imagery**
- 12 **Avoidance or Helpful Distraction?**
- 13 **The Life Certificate**
- 14 **Final Step: Mini Grief Coaching Series**
- 15 **Bonus Activity #1: Personal Needs Meditation**
- 16 **Bonus Activity #2: Self-Care Promise**

Action Points Checklist

- SCHEDULE YOUR FIRST COACHING CALL** at www.r3revitalize.com (OPTIONAL)
- Pick the way you want to participate: **OPTIONS:** Digital | 1-2-1 + Digital
- Pay at www.r3revitalize.com
- Expect an email from Katie Hindahl with an invitation to log into your coaching portal.
- Expect a welcome phone call from Coach Katie at 727-265-1246 to support you with technology questions, help you get logged in, and answer any questions you have.

Summary

A one-month grief coaching series. Grief is a complex emotion with several moving parts. Giving yourself permission to create an outlet to disclose the emotions and feelings surrounding grief to yourself and someone else can be a decisive step in healing. An important reminder: getting stuck in the past can be a critical blocker for you in successful moving toward desired goals. It is not a guarantee that you will feel back to normal in one month, as everyone processes grief differently. You can access repurchase if you want to participate for over a month. If additional professional support is needed for mental health concerns or medical advice, R3 Revitalize has the right and responsibility to refer you for appropriate support, counsel, or/and your PCP for medical advice. R3 Revitalize does not treat, diagnose, or prescribe medical advice, psychological advice, psychiatric advice, or therapy. Professional coaching meets you where you are at and supports you in moving toward your goals.



R3 REVITALIZE

B R E A K F R E E

