



GRIEF & TRAUMA COACHING

Many people struggle to rebuild their lives after trauma and loss. Coaching can be a great way to help with this process. Coaching is a collaborative partnership that does not focus on the past, clinical diagnosis or behavioral issues but rather on helping people find fulfillment and growth in life.

Grief and trauma coaching can help you as a survivor in:

- Identifying key elements of your personality and what helps in the grief journey
- Finding practical ways of managing the stress, anxiety and unknowns of the grief journey
- Assessing and evaluate relationships and support systems
- Learning ways to balance mourning and life engagement
- Finding fulfillment in new areas
- Exploring the future and roadblocks to growth
- Identifying primary and secondary losses
- Exploring what personal growth will look like after loss
- Releasing limiting beliefs and patterns
- Exploring the fine art of holding on and letting go
- Learning the ways in which grief can serve as a catalyst for growth and transformation
- Re-evaluating priorities, people and things in life
- Becoming aware of blind spots
- Developing a greater connection with God and others
- Growing spiritually as a result of struggling through the grief journey
- Reconstructing a more defined view of who you are and an enhanced purpose in life