



Sub-module 1.2 - The role and responsibilities of a GRIEF COACH

The GRIEF COACH plays a crucial role in assisting those who are mourning. Their main goal is to create a safe and compassionate space where clients can freely express their emotions, explore their grief and find coping strategies that suit them. The GRIEF COACH is a guide, a support, and a catalyst for change for people going through a period of mourning.

One of the key responsibilities of the GRIEF COACH is to offer active and empathetic listening. This involves being fully present for the client, giving them all their attention and allowing them to express themselves without judgment. For example, when a client shares a painful memory related to the loss of a loved one, the GRIEF COACH should be able to listen with compassion, validate their emotions, and show them that they are not alone in their grief.

The GRIEF COACH also has a mission to help clients navigate through the different stages of grief. This can involve informing them about common emotional reactions to loss, reassuring them that their experience is normal, and encouraging them to allow themselves to grieve at their own pace. For instance, if a client feels guilty for being angry at the deceased person, the GRIEF COACH can help them understand that anger is a natural and legitimate emotion in the grieving process.

Another important responsibility of the GRIEF COACH is to assist clients in identifying and mobilizing their internal and external resources. This can involve helping them recognize their strengths and qualities, find activities that bring them comfort and meaning, and seek support from their surroundings. For instance, the GRIEF COACH may encourage a client to resume an artistic activity that they were passionate about before the loss, or to participate

in a support group for people who are mourning.

The GRIEF COACH also has a role in supporting clients in finding meaning and in rebuilding their life after the loss. This can involve helping them reflect on the impact of the loss on their identity, values, and priorities, and in finding new life goals and projects. For example, the GRIEF COACH can help a client explore how to honor the memory of the deceased while continuing to move forward in their own life.

Finally, the GRIEF COACH has the responsibility of maintaining their own emotional health and personal balance. Supporting people in mourning can be emotionally draining, and it is essential that the GRIEF COACH takes care of themselves to offer quality support. This may involve regularly practicing self-care activities, such as meditation, sports, or supervision, and being able to set healthy boundaries in the support relationship.

In summary, the role of the GRIEF COACH is to offer personalized and compassionate support to people going through bereavement, helping them to express their emotions, utilize their resources and find new meaning in their life. By embodying the values of empathy, non-judgment, and respect for each individual's pace, the GRIEF COACH can have a profound and lasting impact on the emotional well-being of those in mourning.

Key takeaways:

- The GRIEF COACH creates a safe and compassionate space to allow those in mourning to express their emotions and find coping strategies.
- Active and empathic listening is a key responsibility of the GRIEF COACH, who needs to be fully present and validate the client's emotions without judgment.
- The GRIEF COACH assists clients in navigating through the stages of grief, informing them about common reactions and reassuring them about the normality of their experience.
- Identifying and mobilizing the clients' internal and external resources, such as their strengths, comforting activities, and their support network, is part of the GRIEF COACH'S role.
- The GRIEF COACH supports clients in finding meaning and rebuilding their life after loss, exploring the impact on their identity, values, and projects.
- Taking care of their own emotional health is an essential responsibility of the GRIEF COACH in offering quality support.
- By embodying empathy, non-judgment, and respect for each person's pace, the GRIEF COACH can have a profound impact on the emotional well-being of those in mourning.