

TANYA UNKOVICH

8 Week Living again After Loss Programme

Week One: Individual Coaching call #1

Creating Peaceful Surroundings
Self Care
What do you really want and Why?

Week Two:

Self-Worth and Identity
Beliefs and Values
Living One Day at a Time

Week Three:

Identifying and Managing your Feelings
Mediation, Quiet time, Prayer and Rituals
Journaling, Reflecting.

Week Four: Individual Coaching Call #2

Get Moving
Overcoming Loneliness
Stepping out of your Comfort Zone

Week Five:

Managing your Feelings – Managing your Life
Strategies for Changing Behaviour

Week Six:

Making Decisions with Certainty
Creating a Vision for your Future
Precautionary Measures

Week Seven:

Living a Life of Purpose
Finding Meaning in your Experiences

Week Eight: Individual Coaching Call #3

Moving Forward
Opening yourself to what is possible.
What next?
Growth and Contribution

Every week:

Two Group coaching sessions. Live video sessions with Tanya.
Private Group for all participants. Tanya will be checking in the group every day.
Help desk availability.

Optional Extra. (please enquire)

Weekly personal coaching sessions. (By video on Zoom.)