



 **Coaching**
at End of Life

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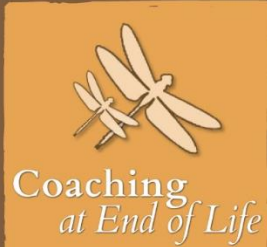
**Sharing Our Grief and
Our Hope with Those
We Serve**

Principles for Coaching **Others** Through Covid-19

- 1. Provide a Safe and Brave Space**
- 2. Ride The Roller Coaster with Them**
- 3. Invite Them to Tell Their Story**
- 4. Assure Them With What Is Normal**
- 5. Give Them as Much Time as They Need**
- 6. Be the Student, Not the Expert**
- 7. Celebrate Their Growth**
- 8. Encourage Them to Hold Onto Hope**

Coach Yourself Through Grief

Powerful Questions in the midst of COVID-19



- What do you really, *REALLY* need?
- What was it like when you learned Mary was infected?
- What do you think about while you lie here in bed all day?
- When is it most difficult?
- Who can help you with this?
- Where have you found your greatest support?
- What are some of the feelings you are experiencing?
- What's past this?