

MENTARCISE



**Certified**  
**Relationship**  
**Coach**

Round 6

## About CRC (Certified Relationship Coach)

As human beings, our need for contact and interaction often drives us in and out of relationships. Often our needs in relationships are ignored or misunderstood.

CRC - Certified Relationship Coach is a program that offers an effective framework to help people form and secure sustainable life-partnerships and to improve their relationship with themselves and/or their partners.

## What are the benefits of Relationship Coaching?

- Heal old wounds and restore trust
- Become an expert of your emotional needs
- Create a deeper emotional contact
- Learn tools to solve relationship problems
- Commit to and realize emotional meaningful goals
- Learn tools to solve relationship problems
- Feel appreciated as you are now

## How does Certified Relationship Coach (CRC) program work?

CRC provides theories and practical ways to prepare individuals to be a relationship coach.

Relationship Coaching clients can take the form of individuals or a couple. you will be able to help them create a dynamic, respectful, and romantic "conscious relationship" that boost their journey.



## Table of Contents

### **Chapter 1:** **Introduction to Relationships**

- The Stages of a Relationship
- The Triangular Theory of Love

### **Chapter 2:** **Relationship Pillars**

- Rights & Boundaries
- Communication & Empathy

### **Chapter 3:** **Knowing the Self & the Other**

- Flexible thinking
- Rigid beliefs & thoughts

### **Chapter 4:** **Toxic and Abusive Relationships**

- Man Versus Woman
- Attachment in Relationships
- The 5 Love Languages

### **Chapter 5:** **Mending the Relationship with Self**

- Self-Factors
- Reparenting Ourselves

### **Chapter 6:** **Roadmap to Healthy Relationships**

- Sound Relationship House

# Table of Contents

## Chapter 7: Breakups & Divorce

- Early signs of Divorce/Breakup
- Reasons for Divorce/Breakup
- Attachment Injury
- Infidelity
- Grief
- Rebound Relationships
- Relations Post-traumatic Stress Disorder (PTSD)
- Regaining confidence

## Chapter 8: Introduction to Coaching

- A- The Evolution of Coaching
- B- Coaching Defined
  - 1-What is Coaching?
  - 2- What is NOT Coaching?
- C- The Pillars of Coaching

## Chapter 9: Core Coaching Competencies

- A- Setting the Foundation
- B- Co-Creating the Relationship
- C- Communicating Effectively
- D- Facilitating Learning and Results

## Chapter 10: Code of Ethics

- A- Part One: Definitions
- B- Part Two: The ICF Standards of Ethical Conduct
  - Section 1:** Professional Conduct at Large
  - Section 2:** Conflicts of Interest
  - Section 3:** Professional Conduct with Clients
  - Section 4:** Confidentiality/Privacy
- C- Part Three: The ICF Pledge of Ethics
  - Section 5:** Continuing Development

## Chapter 11: Marketing Your Coaching Business

- The 7 approaches to build your Coaching Business



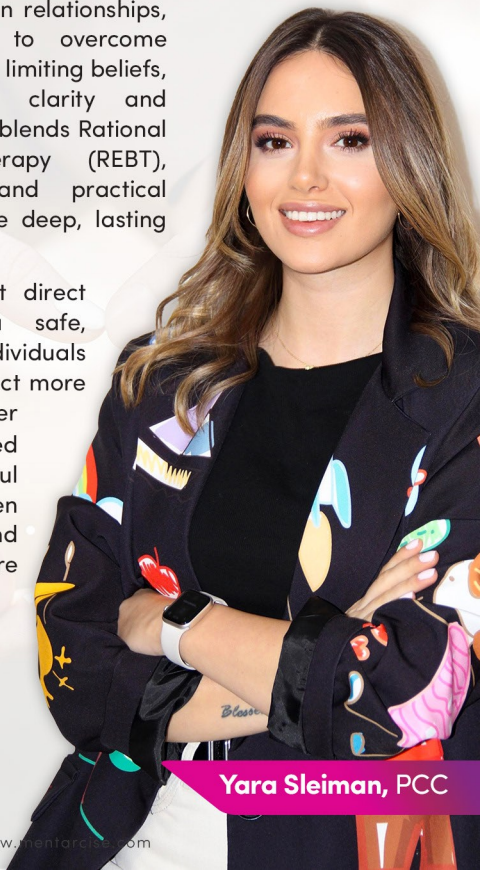


# Meet The Trainers

**Yara Sleiman** is a **Confidence and Relationship Coach, Professional Certified Coach (PCC)** credentialed by ICF, REBT Specialist, Personality Decoder, and Trainer dedicated to helping individuals build authentic, fulfilling relationships—starting with the one they have with themselves.

With a specialized focus on relationships, Yara empowers clients to overcome self-doubt, break free from limiting beliefs, and develop emotional clarity and confidence. Her approach blends Rational Emotive Behavior Therapy (REBT), personality decoding, and practical coaching tools to promote deep, lasting transformation.

Known for her warm yet direct style, Yara creates a safe, supportive space where individuals can grow, heal, and connect more meaningfully. She equips her clients with science-backed strategies to shift unhelpful thought patterns, strengthen communication skills, and cultivate healthier, more empowered relationships.



**Yara Sleiman, PCC**

# Meet The Trainers

**Rehab Lotfy** is a distinguished **Relationship Coach** with over 1,500 hours of professional coaching experience. With a deep expertise in transforming personal and romantic relationships, she integrates a holistic approach with advanced coaching techniques to help individuals and couples achieve profound emotional connection and lasting growth.

Rehab's qualifications include certification as a Couple Counselor and Inner Child Healer Practitioner, equipping her with specialized tools to identify and heal past emotional wounds that influence present dynamics. Her compassionate and empowering coaching style is designed to support clients in overcoming challenges, enhancing communication, and fostering enduring harmony in their relationships.

Renowned for her commitment to excellence, Rehab is dedicated to guiding her clients towards meaningful personal development, helping them create resilient, fulfilling relationships rooted in trust and understanding.



**Rehab Lotfy, PCC**

# Program Details



**150 ICF**  
Accredited hours



**5 Apr - 19 July**  
2026



**Language: Arabic**  
(materials in English)



**10 Mentoring**  
hours



**30 Training session**  
Sun & Tue  
7:00 - 10:00 PM (Cairo Time)



**Final Performance**  
Assessment

## APRIL

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26	27	28	29	30		

## MAY

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31						

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## JULY

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19	20	21	22	23	24	25
26	27	28	29	30	31	

# Certificate Sample



## Certificate of Completion

This is to certify that

*Name Here*

Has completed 150 ICF - International Coaching Federation accredited training hours  
and met all the requirements of Certified Relationship Coach program  
and hereby awarded and certified as  
**'RELATIONSHIP COACH'**

8 JAN - 31 MAY 2029

Rehab Lotfy  
Coach Instructor

Yara Sleiman  
Coach Instructor



M. Moamen El Magedy  
President

CRCo4041



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**PEOPLE  
EMPOWERING  
PEOPLE**