



CRC

**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.

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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

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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**

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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

CRC04041

Rehab Lotfy
Coach Instructor

Yara Sleiman
Coach Instructor



M. Moamen El Magedy
President

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PEOPLE
EMPOWERING
PEOPLE