

**MENTARCISE**



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

## 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

**Rehab Lotfy** is a distinguished **Relationship Coach** with over 1,500 hours of professional coaching experience, **certified by the International Coaching Federation (ICF)**. 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**

## Meet The Trainers

**Yara Sleiman** is a renowned **ICF-certified Confidence and Relationship Coach**, globally recognized for her mastery in Rational Emotive Behavior Therapy (REBT) and Personality Decoding. With an unmatched ability to transform lives, Yara equips her clients with the tools to dismantle deeply ingrained limiting beliefs, elevate their self-confidence, and foster emotionally intelligent, high-impact relationships.

Her coaching philosophy is rooted in a profound understanding of human behavior, combining cutting-edge psychological strategies with actionable insights that empower individuals to lead with purpose, resilience, and clarity. Yara's work transcends traditional coaching, offering a transformative experience that enables her clients to excel in both personal and societal spheres, while unlocking their fullest potential. Her reputation for delivering powerful, lasting results has solidified her as a trailblazer in the world of confidence and relationship coaching.



**Yara Sleiman**

## Meet The Trainers

**Magedy** is one of the very first individuals who took Training & Coaching as a career, a real full-time job. Leaving behind his multinational successful engineering career in 2011 and shifting career to Training and Coaching. He worked as a full-time life coach for 2 full years and in 2013 he has recruited by Blackberry as a Training manager before he founded Mentarcise in 2014. Since then, he has helped thousands of people change their lives and graduated more than 600 Trainer & Coach with a proven record of outstanding results.

**Magedy** is an empowerment Thinker and strategist based between Egypt and Germany, He is a true teacher who walks the talk equipped with his extraordinary hands on experience and his knowledge gained from years & years of study in the Coaching field.

- Founder of Mentarcise
- NLP Master Trainer
- ICF PCC Coach
- PCC Portfolio Assesor
- ICF Egypt advisor to the board since 2020
- Holds an MSc of Psychology - Liverpool John Moores University
- Expert in changing behaviors & paradigm shifting
- Former Training Manager at BlackBerry



**Moamen El Magedy**

# 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 2026

Rehab Lotfy  
Coach Instructor

Yara Sleiman  
Coach Instructor



M. Moamen El Magedy  
President

CRC04041



# Program Details



**150 ICF**  
Accredited hours



**10**  
Mentoring hours



**3 Aug - 11 Nov**  
2025



**Sun & Tue**  
7:00 - 10:00 PM UTC



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



**Final Performance**  
**Assessment**

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