

MENTARCISE

CFPO

**CERTIFIED FAMILY
& PARENTING COACH**



What is Family Coaching?

Family coaching is a process where one or more members of a family partners with a coach to address goals that will ultimately improve their family dynamics. Family Coaching is a holistic approach that can focus on different areas like, building new families, solving marriage issues, handling teenagers, solving marriage issues, enhancing relationships with the extened families, developing specific parenting skills, etc..

What does a Family & Parenting Coach do?

A CFPC (Certified Family & Parenting Coach) doesn't prescribe solutions to the clients, but inspire them to find a solution that fits their family. A CFPC coach will help you get clear on your family & relationship values, experiences and goals. Happier people (and families) tend to enjoy better family relationships, live a healthier life, have closer friendships, are more creative and productive at work and in life, and achieve greater success.



How does A Family & Parenting Coach (CFPC) help their clients

Some of the most common points that a CFPC can address are:

- General feeling of Overload
- Marriage challenges
- Difficult phases of children development
- Blended family issues
- Dealing with external pressure (School, Finance, grandparents, etc..)
- Commit to and realize meaningful goals

Positive psychology provides important research-backed solutions and practices for coaches that when combined with the techniques and strategies of coaching, clients can achieve a much more powerful growth.



Chapter 1: **Understanding Family Dynamics**

- What Is A Family?
- Types of Family Structures
- What is Family Dynamics?
- Family System Theory
- The Characteristics of Family Systems
- Types of Dysfunctional Families
- Effects of Growing Up in A Dysfunctional family
- The Role of Family Coaching in Maintaining a Healthy Family
- Defining Family Coaching
- Why do all Families need a Family Coach?
- Family Coaching Values and Principles

Chapter 3: **The Inner Child**

- What is the "Inner Child"?
- What Is Childhood Trauma?
- The Effect of Childhood Trauma on the Brain
- Cognitive Distortions
- Types of Inner Child Wounds
- The Effect of the Wounded Inner child on Relationships
- Reparenting the Inner Child

Chapter 2: **The Role of Emotions in Family Coaching**

- What's a Family Coach to do with emotions?
- The Difference between Feelings and Emotions
- Emotions and the Brain
- The 6 Basic Emotions
- Broaden and build theory
- Emotions and Values
- Impact of Positive and Negative emotions
- Emotional Intelligence

Chapter 4: **Early Childhood Parenting**

- Preparing Couples to be Parents
- Understanding Children
- Erikson's 8 Stages of Development
- Parenting Styles
- Misbehaving child
- Emotional Barriers of Effective Parenting
- Positive Discipline Tools

Chapter 5: Coaching teens

- Emotional and Psychological Changes
- Puberty & teens sex education
- Exploring identity
- Shifting attachments
- Resolving teens issues

Chapter 7: Coaching Competencies & Practical applications

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

Chapter 6: Grief "Divorce & Death"

- Early Signs of Divorce
- Preparing for Divorce
- Changing Perceptions of Single Parenting
- Single Parenting Skills
- How to talk with Kids about Death & Divorce
- Stages of Grief
- Coping with Difficult Feelings
- Post-Traumatic Stress Disorder



Dr. Rana Hany Yaseen

- A Certified **Positive Discipline Educator** from Positive Discipline Association USA, An ACC **Certified Relationship and Positive Psychology** from The International Coaching federation.
- Rana is a **mental health expert** and **qualified Professional Trainer**.
- Since joining the coaching and development industry in 2017, Rana has trained hundreds of families “Parents, Kids and Teens” through her workshops and online sessions.
- She designed and delivered several programs & workshops to raise awareness about children’s mental health and different applicable tools supporting parents main challenges to empower communication and connection in home and school.
- In 2019, Rana started her own children sex education initiative called “مش حاجة عيب” and She designed a program aiming to educate parents about children sex education and body safety. And to be their ultimate guide age by age, and was Media covered by Ministry of Education in Egypt.
- Rana has a rich professional record by supporting and helping thousands of families by being the Head Parenting Coach for 4 years now in “Rahet Bally” the biggest online and on-ground support mothers platform.
- Her main focus on developing the best version of parents, kids and teens to flourish and bring out the best of them.
- Currently Rana is following her passion to the next level, she partnered with Mentarcise Coaching School to design and deliver **the first ICF CFCP “Certified Family and Parenting Coaching Program” in the Middle East.**



Certificate Sample



Certificate of Completion

This is to certify that

Name Here

Has completed 150 ICF accredited training hours and met all the requirements of Certified Family & Parenting Coach program and hereby awarded and certified as

'FAMILY AND PARENTING COACH'

JUNE - NOV 2026

Rana Hany Yassen
Coach Instructor



M. Moamen El Magedy
President

CFPO121

Program Details



150 ICF Accredited hours



Zoom Online Live Sessions



Mon & Wed 7-10 pm
Cairo Time (GMT+2)



25 Aug - 17 Dec 2025



Language: Arabic
(materials in English)



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