

MENTARCISE



CFPO

CERTIFIED FAMILY  
& PARENTING COACH

Round 8



## 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, PCC

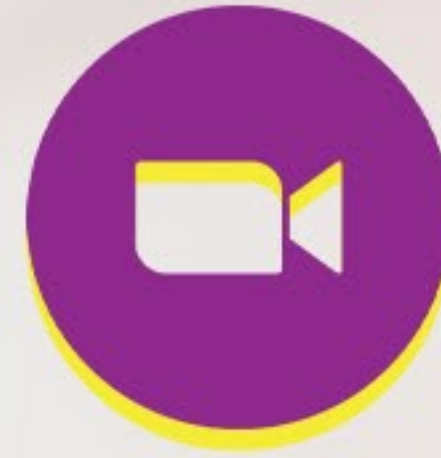
- A Certified **Positive Discipline Educator** from Positive Discipline Association USA, An **PCC Certified Relationship and Positive Psychology** from The International Coaching federation.
- Rana is a **mental health expert** and **qualified Professional Trainer**.
- Since joining the coaching and 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.**



# Program Information



**150 ICF**  
Accredited hours



Delivery  
**Online (Zoom)**



Date  
**21 Oct 2026**  
**03 Feb 2027**



Schedule

**31 Training session** Monday & Wednesday  
**7 – 10 PM (Cairo Time)**

## OCTOBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## NOVEMBER

| S  | M  | T  | W  | T  | F  | S  |
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| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |    |    |    |    |    |

## DECEMBER

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

## 2027 JANUARY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
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| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 31  | 1   | 2   | 3   | 4   | 5   | 6   |

# Certificate Sample



## Certificate of Completion

This is to certify that

*Name Goes Here*

has completed 150 hours of ICF (International Coaching Federation) accredited training and has fully participated in the instructional modules and academic coursework encompassed within the program. The recipient is hereby awarded and formally recognized as a

**'CERTIFIED FAMILY AND PARENTING COACH'**

14 APRIL – 4 AUGUST, 2029

Rana Hany Yassen  
Coach Instructor



M. Moamen El Magedy  
President

CFPO5193

# Program Reviews



**Samira Abdel Latif**

3 reviews · 1 photo



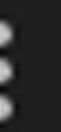
★★★★★ Edited a year ago

وبقول عادي رح يكون مثل أي كورس ورح اخلص واخذ الشهادة وخلصنا.. ما كنت بحرف أنه الكوتش ما family & parenting كنت داخله كورس صار مثلها كوتشز أبدأ وإني عم بدرس بأكثر مكان داعم وطولة بال ❤️ ومن كم المعلومات المفيدة والقيمة يلي support لو شو ما أقول ما بوفيكم حقكم سواء كوتش رنا أو آية.. من مراعاة لكل شخص و استفتتها سواء على الصعيد الشخصي أو الكوتشنج  
شكراً منتريسايز على التيم الرائع ❤️ وما كانت مجرد تجربة ويس أنا بعين منتريسايز عيلتي الثانية هلا



**fatmeh soliman**

2 reviews



★★★★★ a year ago

I had a great experience with the family parenting coaching course. The insights and support were invaluable! The people there were fantastic, and Dr. Rana, who led the course, was excellent

Hover to react



**Sherwit Ayman**

3 reviews



★★★★★ 2 months ago

Attended CFPC program with Dr.Rana Hany..Amazing program would highly recommend it to anyone, it was such a transformational journey!..And also Omar Hesham was very helpful and supportive to us throughout the whole program.

Hover to react



**Heba Gouda**

9 reviews



★★★★★ 11 months ago

I had the opportunity to participate in Certified Family & Parenting Coach (CFPC) Course with Mentarcise and it's really add alot of knowledge, behaviour education to me. My personal impression that the course was perfectly organised, well structured topics & case study related to the topics.  
Many thanks to my Amazing coach (Dr.Rana Hany) & all the supportive team.

Hover to react



# Program Reviews



**Yassokhaled Khaled**

2 reviews



★★★★★ a year ago

وكان family and parenting مميزه جدا مكنتني بحب الدراسه اونلاين ومش بالقي نفسي فيها بس كان نفسي ادرس mentarcise تجربتي مع كثير ان الكورس ممتاز ومعلومات قيمه وفي تفاعل وبصراحه اتفاجأت من اول سيشن محسنتش اني بدرس كورس اونلاين حسيت اني reviews في وسط عيالي وفي تفاعل وألفه كده وحاجه جميله جدا ودكتور رنا حد محترم جدا ويتعلم من قلبها بجد ومش بتبخل بأي معلومه ربنا بياركلها وبوفقها highly recommended وان شاء الله مش آخر تعامل وهدرس معاهم كورسات تانيه كثير mentarcise وبياركلنا ف كلهم حلوين قوي واستاذة لميا من اول م كلمتها علشان احجز الكورس وهي وضحتلي كل حاجه وردت علي كل اسئلتني mentarcise كمان فريق عمل وكانت صبوراه جدا معايها وعندهم طرق دفع مريحه واكواد خصم وحاجه زي الفل واستاذة تقي واستاذة ايه كمان داس محترمين جدا وببساطه جدا

[See translation \(English\)](#)



Hover to react



**marwa elboghdady**

1 review



★★★★★ a year ago

I highly recommend the family and parenting coaching program at Mentarcise, it was a valuable learning experience, covering a wide range of topics that helped me understand how to make my life easier The instructor was highly knowledgeable and passionate, she tried as much as she could to explain complex concepts clearly and engagingly and the support team was always available to answer the required questions and provide guidance ❤️ ❤️



Hover to react



**ghada abdel aal**

2 reviews



★★★★★ a year ago

I attended (family & parenting coach) program with Rana Hany Yassin, such a valuable course and the instructor was very keen that everyone understood and all our questions answered I really enjoyed attending the course and I recommend it to everyone who is interested in coaching parents or who is interested in a better way in dealing with children



Hover to react





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[www.mentarcise.com](http://www.mentarcise.com)