



Certified
Relationship
Coach

Round 7

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

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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. 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

Meet The Trainers

Dr. Sarah Elzahaby is an **ICF Professional Certified Coach (PCC)**, Pharmacist, Author, Trainer dedicated to empowering individuals, families, and professionals. Blending her scientific background with extensive expertise in human behavior, Dr. Sarah has spent over 12 years guiding and supporting couples, families, singles and mothers across digital platforms in the fields of relationships and parenting.

Her coaching framework is rooted in rigorous professional standards, holding multiple advanced credentials from the International **Coaching Federation (ICF):**

Professional Certified Coach (PCC)

Certified Relationship Coach

Certified Family and Parenting Coach

Certified Positive Psychology Coach

As a recognized thought leader,

Dr. Sarah is a regular columnist for Akhbar Al-Youm newspaper and the author of four published books focusing on relationships and parenting dynamics.

Passionate about empowering fellow professionals to share their message, she also leads specialized content creation workshops **in partnership with Mentarcise** to help coaches and experts **build and grow their presence on social media.**



Sarah Elzahaby, PCC

Program Details



150 ICF
Accredited hours



18 Oct 2026
26 Jan 2027



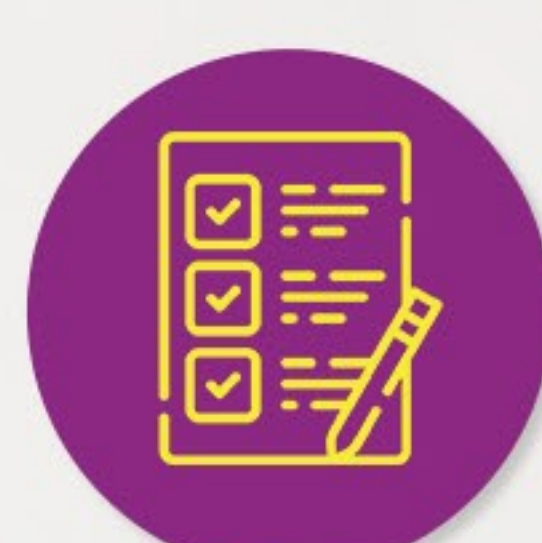
Language: Arabic
(materials in English)



10 Mentoring
hours



30 Online Training session
Sun & Tue
7:00 – 10:00 PM (Cairo Time)



Final Performance
Assessment

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

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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					

DECEMBER

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		

2027 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
					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						

Certificate Sample

MENTARCISE



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 all instructional modules and academic coursework encompassed within the program. The recipient is hereby awarded and formally recognized as:

'CERTIFIED RELATIONSHIP COACH'

5 Apr - 19 July 2029

Rehab Lotfy
Coach Instructor

Sarah Elzahaby
Coach Instructor



M. Moamen El Magedy
President

CRC01001

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