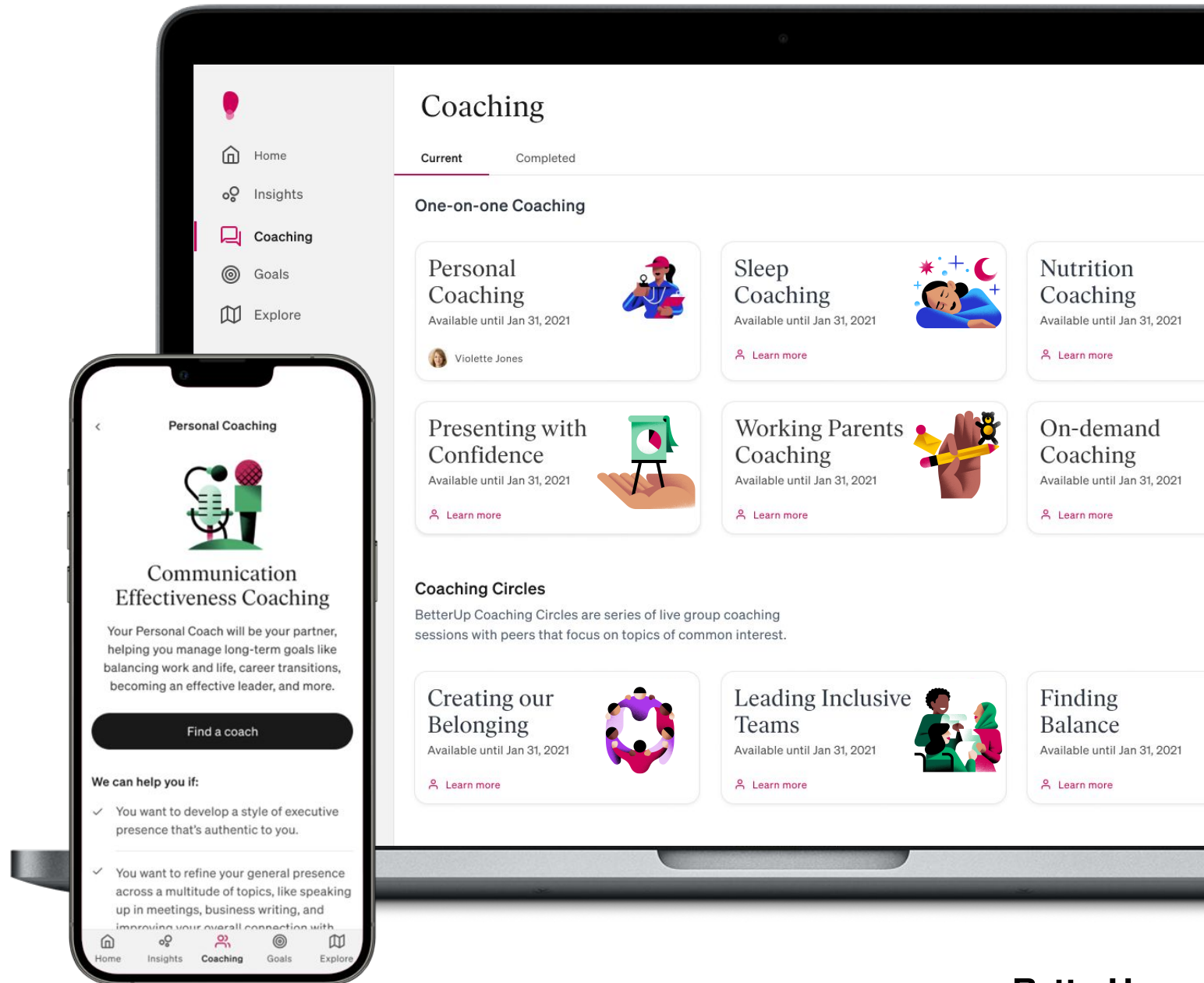


Access a network of  
specialists for  
*targeted support*



## Specialist Coaching

# Navigating grief

**Learn how to support and care for yourself as you grieve a loss or an ending.**

- Learn what's "normal" in grief
- Understand what to expect when grieving
- Gain practical ways to navigate grief
- Access a safe space to share experiences and emotions

### *Did you know?*

More than 57% of Americans reported pre-pandemic grieving of a loved one. And beyond loss of a loved one, grief shows up in all of us when we experience loss – loss of a relationship, of business or income, of community, and so much more.





Nikki M.

**BetterUp Grief Coach**

Certified Grief and End of Life Coach  
with a graduate certificate in Thanatology



I had the honor of meeting Nikki when her daughter, Erin, became my patient during her final days of life. Nikki and Erin had much to teach me about unconditional love and making meaning in times of hardship and sorrow.

Nikki asked hard questions, held boundaries with staff, and together with her husband made thoughtful decisions that allowed Erin a peaceful, dignified passing. Nikki knows what it means to be strong without being overbearing, to be kind without being passive, and to hold space with true empathy in moments where there are no words.”

## Quick View

- Certified Grief and End of Life Coach
- ICF-certified Coach
- Trained in Thanatology

## Career Overview

Nikki is a business person who became a Coach. She has functional expertise in sales, product management, marketing and communications and strategy and planning. She received her Certified Executive and Leadership Coach certification from George Mason University in 2016 and attained ICF credential shortly thereafter.

Further, Nikki is a certified Grief and End of Life Coach with a graduate certificate in Thanatology, and has had personal experience as a griever. She honed the skills of resilience and adaptability in the face of personal challenges, including her own daughter’s complex medical diagnosis which ultimately resulted in her death in December 2019.

## Specialist Coaching

# Supporting others in grief

**Increase your skills to support colleagues, friends and family who are grieving or struggling.**

- Learn how grief might show up in the workplace or at home
- Understand what colleagues and others need while grieving
- Know what you can say or do for a grieving teammate or loved one
- Learn how to create a safe space for those experiencing grief

*With BetterUp coaching, we can shift grief from a difficult workplace topic to becoming a source of universal connection by validating and acknowledging grievers' experiences.*





## Melody C.

### BetterUp Grief Coach

Certified Grief Recovery Specialist with over 10 years of work with individuals to enhance their quality of life and relationships after experiencing loss.



I recently experienced a shocking loss. While I grappled with making sense of this tragedy, Melody gently helped me to see grief in a new way. My relationships are significantly better, I feel calm and complete, I know myself better, I feel equipped to take on life's difficult experiences, and I have freed myself to live fully.”

## Quick View

- ICF-certified Coach
- Certified Grief Recovery Specialist
- Certified in Conscious Business

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## Career Overview

Melody has been coaching individuals and leaders since 2010. She has become an expert in many difficulties, including grief – a topic that an organization, its leaders and employees all experience during uncertain times of change.

She has supported over 300 people to enhance their quality of life and relationships after any kind of loss: death, divorce, career change, retirement, etc.

In her personal life, Melody has experience with many of these kinds of loss and through it has learned to remain productive and focused at work, and to still have fun in life. Her experiences and realizations have fueled her passion to help others succeed and grow.

## Specialist Coaching

# Well-Being Habits

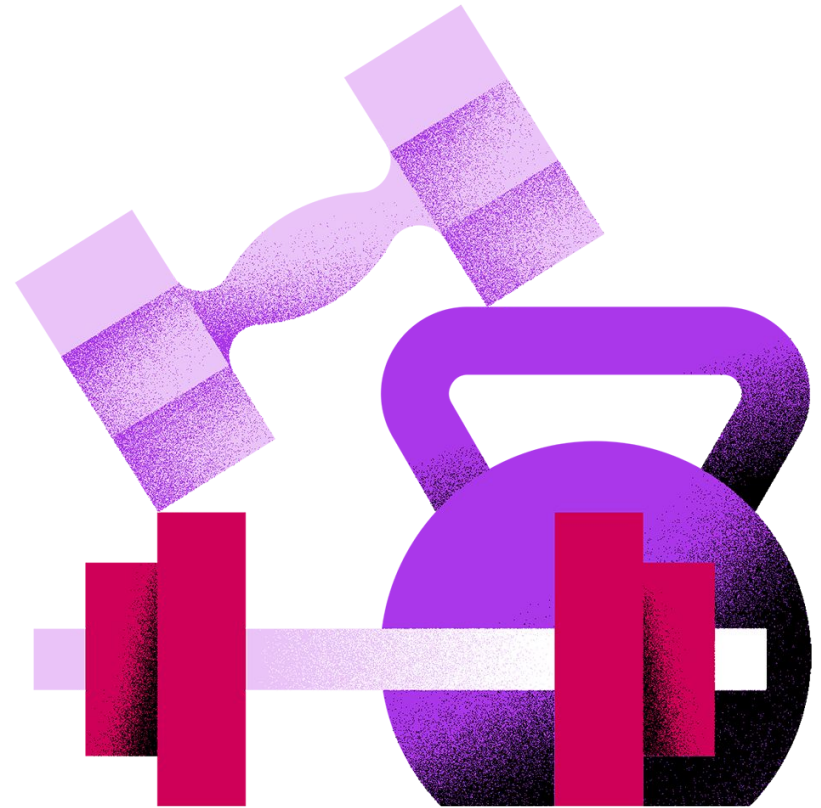
**Develop new habits to support your short- and long-term well-being goals.**

- Learn to set goals to improve your overall health and well-being
- Form new, lasting habits
- Develop personal boundaries
- Improve your breathing, mindfulness, energy, and physical health

### *Did you know?*

50% of Americans set New Year's resolutions. 80% of those goals are abandoned. Instead, this "habits" topic will focus on smaller changes that can bring longer, lasting impact.

This topic is currently available in North America and in English, only







## Evelyn S.

### BetterUp Well-Being Habits Coach

Accredited Senior Habit Practitioner with 20 years of corporate experience.



I don't even know where to begin when praising her life coaching skills and all the ways she has helped me this year. She has helped me sort out my goals and create a map so that my dreams can become reality. She has taught me how important balance is, including embracing self-care and scheduling some downtime.

I doubt that it will ever be possible to organize all of my thoughts, but Evelyn showed me that things I thought were too hard and unattainable actually are very possible. On top of that, she also taught me to step back from my emotions and observe my feelings in a constructive way.”

## Quick View

- Accredited Senior Habit Practitioner
- 20 years of corporate experience
- ICF-certified Coach

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## Career Overview

Evelyn is an accredited Senior Habit Practitioner with 20 years of corporate experience in a wide variety of corporate management and leadership roles. She coaches leaders at all levels, in both the technical and non-technical worlds, helping them build confidence, engage staff, improve productivity, remove blockers, overcome imposter syndrome and navigate a world of constant changes and challenges.

She also specializes in coaching executives and leaders in understanding their beliefs, habits and Emotional Intelligence to improve all aspects of well-being.