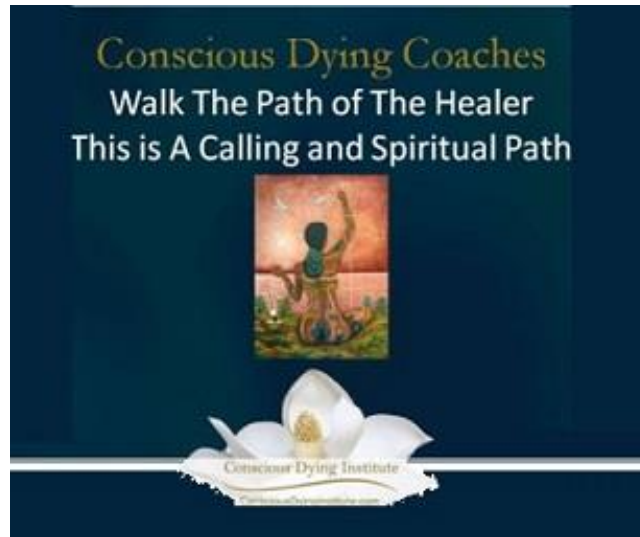


What is a Conscious Dying Coach?

A Conscious Dying Coach (CDC) offers caring healing presence, comfort, connection, and compassionate communication well before the dying time to support clients and patients to understand and implement what is most important to them well before death.



As a participant you will learn to use a powerful coaching model and Vision Plan called Best Three Months: End-of-Life Coaching and Care Planning Process (B3M). This B3M process tool is unlike advance directives which focus on what people don't want if they cannot speak for themselves. Your B3M coach will become a channel to promote intimate conversations before death, an end-of-life explorer, a conduit for allowing people to reach into their hearts and minds and understand their own unique and most profound values and life priorities that they wish to implement before they die.

A Conscious Dying Coach will ask powerful, bold questions about desires, wishes and life priorities in 5 domains of life poised within a "three months to live" timeframe. The coach establishes relationship early on while there is time to consider, design, plan and receive what matters most.

The Conscious Dying Coach hosts intimate conversations that lead people to have life completion and fulfillment well before the time of death and will be your steward of conscious death as defined by the clients, patients, and families.

How is a Conscious Dying Coach Different from a Professional Coach, Nurse Coach, or End-of- Life Doula?

Like the Professional Coach and Nurse Coach, the Conscious Dying Coach focuses on supporting clients and families to identify a clear life-fulfilling vision which shifts them from an unsatisfactory current reality to health, healing, wellbeing, and peace.

Unlike therapists and counselors, the coach focuses on the present and future vs. the past, allowing the past to be what it is and supporting clients to create steps to achieve a beautiful living and nearing death experience.

Conscious Dying Coaching differs from the Sacred Passage End-of-Life Doula. The EOL Doula has explicit focus on bedside attendance such as hands-on bedside healing modalities, vigil attendance, and end-of-life care-giving skills.

The Conscious Dying Coach can work with you, at any point in time, in any care setting, in any health condition or health status, with or without a terminal diagnosis. The Conscious Dying Coach may work with patients and families; husbands and wives desiring to deepen their relationship; faith-based groups; students; employees; cancer patients; elders; hospice patients; senior residents; student nurses— the list is endless.

Expected Results of Conscious Dying Coaching:

1. Increasing authentic caring healing presence and your connection to self and others.
2. Increasing your capacity to talk about death, communicate with confidence and ask bold questions important to people who may or may not have a terminal diagnosis or facing imminent death.
3. Increasing your self-awareness and understanding of what is most important to you if you were dying.
4. Educating families and patients to expand beyond curative medical technical care and understand and identify healing care and holistic options available to them.
5. Preparing you to use the “Best Three Months: Coaching and Care Planning Practice” wherein you will identify comforting care wishes and life priorities in advance of dying time.
6. Increasing the number of people who will know and receive the healing comforting care they truly want and need.
7. Increasing your capacity and confidence to have conversations about death and dying with anyone.
8. Preparing you to become stewards of conscious deaths as defined by your wishes.
9. Increasing your connection to the art of caring as a spiritual practice.
10. Restoring death to its sacred place in the beauty, mystery, and celebration of life.