

Emotional Awareness & Grief



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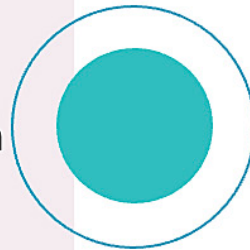
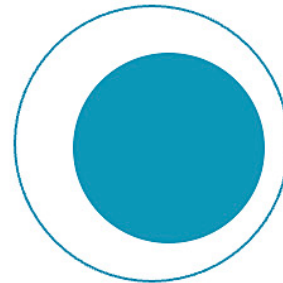
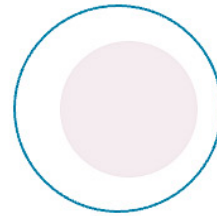
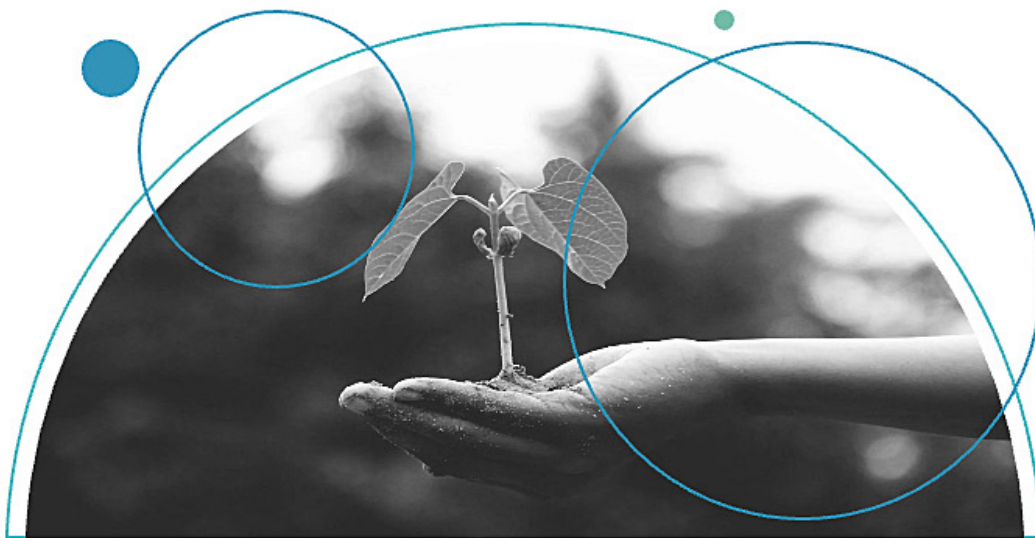


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Emotional Awareness & Grief is a program for individuals and groups. It can be run virtually or in person and, depending on the number of participants, has a time commitment of 4.5 hours to 6 hours, and is delivered over three different days. For fee information, please contact Carleen directly:

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OVERVIEW OF COURSE MATERIAL

How we personally process loss and experiences

Before we can support others, we first need to understand ourselves. We can only support others as well as we have supported ourselves. The importance of learning about ourselves first is that we can then understand where we end, and others begin—developing an emotional boundary system.

How to use emotionally attuned language

Being emotionally attuned is the ability to recognize and respect that others have unique ways of thinking, feeling, and processing information. It's about using this understanding to shape our interactions and taking the time to see the world from their perspective. It is about being present in the moment.

How to support others experiencing loss

Learning how to understand and implement the skills needed to support others, no matter their processing style (neurodivergent or neurotypical), allows us to show how capable we are. This means understanding our strengths and limitations when supporting others while learning compassionate language to use with them. Once this skill is developed, you can be a part of the healthy solution for others.



WORKING WITH OURSELVES FIRST

Why is this important?

Everything that we experience is unique to our own story, as we can only know what it is like to experience the world through our own emotions, thoughts, experience, and genetics. Too many times others will say that they know what another is experiencing or thinks, however without asking the individual you can only speak from your own experiences.

When we take the time to learn about how we relate and work with our emotions, thoughts, and behaviours around grief and loss, we can begin to understand the space that we may hold when supporting another in their time of need. The reason why we need to take training to learn about ourselves this way, is that society can sometimes inhibit us from learning about ourselves as the focus is usually placed onto another. Which is why “Supporting Others in Times of Need” was developed.

“BEFORE YOU CAN UNDERSTAND AND SUPPORT OTHERS, YOU NEED TO FIRST UNDERSTAND YOURSELF.”

What this allows us?

When you can truly understand where you exist within a situation you are then able to comprehend how another’s suffering could affect you. In a sense you create the boundary of where you end and the other person’s response to their loss begins. Allowing you to:

- Show up authentically in your relationships
- Feel more secure in supporting others
- Gain more understanding about those around you

EMOTIONALLY ATTUNED LANGUAGE

What is emotionally attuned language?

Emotional Attuned Language is when you consciously use your words to communicate with another. By doing this you offer the other person autonomy and freedom to share how they experience the world, without setting limitations to how they should be.

By becoming emotionally attuned to another you can support them no matter how they think, feel, or experience the world, even if it is significantly different from you.

“ATTUNEMENT REQUIRES PRESENCE AND IS A PROCESS OF FOCUSED ATTENTION AND CLEAR PERCEPTION.”

DANIEL J. SIEGEL

What this allows us?

When you become emotionally attuned to another you advance your emotional intelligence into not only knowing that others experience the world differently. It is about building a space for connection to occur so that the other person feels safe and comfortable sharing their experiences with you. People can experience life through their:

- Emotions
- Physical body
- Thoughts
- Through stories

SUPPORTING OTHERS

When supporting others, it is beneficial to understand the breadth of the term grief. Grief is a normal and natural emotional, mental, and physical response that occurs whenever there has been a change or shift in our lives.

Some situations that may bring about grief:

- Death
- Divorce
- Loss of respect
- Negative self-talk
- Mental limitations
- Change in routine
- Change in living accommodations
- Loss of time
- Loss of health

**“WE ALL NEED PEOPLE IN OUR LIVES WHO WILL
LISTEN TO AND HONOUR OUR STORIES.”**

BECKY HARLING

What this allows us?

When you learn how to support others from an emotional, mental, and mindful perspective, you can be fully present in their times of need. Allowing you to understand what to do while comfortably being fully present in any emotions that might occur. Being able to support someone from all these aspects allows one to:

- Build better relationships
- Understand your strengths for helping others
- Knowing where you end and the other begins

OUR SERVICES

Art



Carleen is an international artist whose artwork has represented Canada in international competitions and books. Through her artwork, she allows others to become more connected to our wildlife and nature and see the messages of hope and beauty they bring.

Education



Carleen allows her words and her unique way of processing as a neurodivergent to inspire others to see an alternative way of how they can show up in this world.

Coaching



Carleen supports her clients with various issues and works through Biopsychosocial, Coaching Psychology, and Positive Psychology approaches. Many of Carleen's clients are neurodivergent, women wanting to feel empowered, empaths, and those going through life transitions (grief, children growing up, divorce).

WHO WE ARE

Carleen is an Artist, Educator, and Coach who brings all that she is into all that she offers to others. Through her vast educational background and her innate abilities as a neurodivergent, that she allows others to see situations and subjects from a different lens.

Carleen offers:

- Art that raises awareness and hope.
- Presentations that inspire self-worth, innate strengths & well-being.
- Sessions that allow others to become more self-assured.

CONTACT FOR MORE INFORMATION

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“You are allowed to be both
a masterpiece and a work
in progress simultaneously.”

Sophia Bush

