

LIVE AUTHENTIC COACHING

Forward Together: The Positive Psychology Coaching Programme for Suicide Loss Survivors





Welcome to the Programme

Forward Together: The Positive Psychology Coaching Programme for Suicide Loss Survivors is an 8-week, strengths-based, one-on-one positive psychology coaching programme designed for suicide loss survivors. Rooted in evidence-based coaching practices, it draws on positive psychology theories and research to foster wellbeing, resilience, and posttraumatic growth. The programme is structured into four phases—Reflect, Reimagine, Renew, and Deliver.



Phase 1 - Reflect



Before Session 1:

Suicide loss navigators will complete growth measures to reflect on their journey after loss and assess areas of their life, including personal growth, relationships, new possibilities, spiritual and existential changes, appreciation of life, and awareness of the body.

Session 1: Exploration & Focus

This session provides a safe and supportive space for suicide loss navigators to explore their experiences following bereavement. Together, we will review insights from the measures identifying key areas of growth and aspects of their journey that may need care, support, or deeper reflection. Navigators will be encouraged to choose one area they wish to focus on throughout this coaching journey—one that feels most meaningful to their healing and transformation.

Before Session 2:

Suicide loss navigators will complete the strength measures and share their results with the coach.

Session 2: Strengths Discovery

In this session, we will explore navigators' character strengths, with a focus on their signature strengths—the inner qualities that have supported them in navigating life after loss. By recognising and intentionally applying these strengths, navigators can build a foundation for resilience, self-compassion, and posttraumatic growth.

Phase 2 - Reimagine



Before Session 3:

Suicide loss navigators will engage in embodied and cognitive interventions related to their chosen focus area before the session. These practices encourage them to connect with their emotions, body, and inner wisdom as they reimagine a future where healing, meaning, and growth are possible, even in the aftermath of profound loss.

Session 3: Reimagining Life Beyond Loss

This session provides a compassionate space for suicide loss navigators to explore the insights gained from their interventions. Together, we will reflect on how these experiences deepened their awareness of their evolving journey—one that honours their loss while also creating space for hope, purpose, and new possibilities. The discussion will focus on strengths, resilience, and what feels meaningful for their path forward. Throughout all sessions, conversations will be safe, appreciative, and forward-focused, guiding navigators toward what is possible rather than solely problem-solving past struggles.

Session 4: Clarifying Meaning and Aspirations

Building on the Reimagine phase, this session helps suicide loss navigators define what they hope to cultivate in their chosen area. Using tools, the coach will guide them in uncovering moments of meaning, connection, and personal strength. These insights will help shape a vision for a future that integrates their loss while embracing growth, self-compassion, and transformation.

Phase 3 - Renew



Session 5: Setting Intentions and Goals

Building on the insights from the Reimagine phase, suicide loss navigators will work with the coach to design and set meaningful goals in their chosen focus area. These goals will reflect their personal growth, resilience, and evolving sense of purpose beyond loss. Following the session, navigators will complete tools that helps them visualise their aspirations and the steps needed to move forward.

Session 6: Mapping the Path Forward

Using evidence-based tools, this session will guide suicide loss navigators in mapping out their goals, identifying potential obstacles, and strategising ways to overcome challenges. The conversation will focus on practical, compassionate approaches to navigating setbacks while staying aligned with their vision for growth. To support this process, navigators will be encouraged to engage in different strengths based interventions over the coming week. This exercise will help them apply their character strengths in fresh, intentional ways, reinforcing their capacity to move forward with resilience and self-compassion.

Phase 4 - Rebuild



During the final two sessions (session 7 and 8), suicide loss navigators will actively work toward their chosen pathways, taking intentional steps aligned with their personal growth and healing journey. The coaching will be guided by insights from the Reflect, Reimagine, and Renew phases, ensuring that each step forward is rooted in their strengths, values, and evolving sense of self.

About Me



I'm Nima, (Poornima Nair), an EMCC Accredited Coach, PhD researcher, and advocate dedicated to supporting those navigating life after suicide loss. My work is grounded in applied positive psychology, coaching psychology, and posttraumatic growth, with a deep commitment to helping suicide loss navigators find healing, resilience, and renewed purpose.

I integrate embodied and cognitive interventions, strengths-based coaching, and research-backed strategies to support individuals in reimagining their future while honouring their journey.

Whether you're seeking support, connection, or a path forward, I'm here to walk alongside you.



Contact me:

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Ask Me
Anything

Instagram: [@nimacoaching](https://www.instagram.com/nimacoaching)

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