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New Book *Witnessing Grief* Teaches Coaches And Other Helping Professionals To Be Present With Clients And Themselves Through Grief-Centered Conversations

"A gift to coaches indeed...Margl applies the Enneagram personality model in helping coaches own and understand our particular biases and how they can affect our work with clients."

—Margaret Moore, MBA, aka Coach Meg Founder/CEO, Wellcoaches Corporation, Founder/Chair, Institute of Coaching

"In *Witnessing Grief*, Margl aptly provides practical guidance with profound transparency and vulnerability, creating sacred space for safety, intimacy, and healing."

—Fran Fisher, MCC, Author of *Calling Forth Greatness*

"A powerful and seminal contribution to the Enneagram field, to conscious breathing, and to the literature and methods for working with grief."

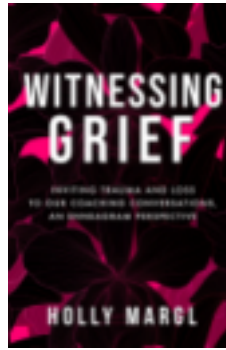
—Jessica Dibb, Spiritual Director & Principal Teacher, Inspiration Consciousness School

Witnessing Grief: Inviting Trauma and Loss to Our Coaching Conversations, An Enneagram Perspective

Holly Margl, MCC, IEA Accredited Professional, NBCHWC, CSCS

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A Personal Passion in the Author's Words

This book came about because grief and trauma arrived on my doorstep uninvited and with force so strong that I still have not entirely picked myself up. Indeed, existence becomes surreal when you think about reality and your mind rejects it.

After my losses in 2018, I learned quickly that most people do not know how to talk about traumatic loss and grief. Without a doubt, niceties and platitudes saturate our society and our conversations. Asking, “How are you?” is commonplace. However, it is extraordinary when the question is genuine. Unfortunately, some semblance of “fine,” “good,” or “all right” is the expectation, even when none of those are true.

On more than one occasion, people have said that my communication style is direct, so when I chose to answer “How are you?” with the truth after experiencing unimaginable trauma, people seemed shocked. But should someone who dreads waking up in the morning fake it so everyone else stays comfortable?

For example, I will say right up front that it is inappropriate to ask someone, “how did they die?” That is an inquiry solely to assuage the questioner’s curiosity. This question is not asked with the griever in mind.

Which brings us to an interesting point—how do we know if we are doing or saying something for ourselves or the other person?

This bit of self-insight is where I divide coaches (professionals) from everyone else. When Covid hit, the emotional defense mechanisms I experienced after trauma went viral right in front of my eyes, and “I’m sorry for your loss” became cliché.

The fantastic news is that coaches are the most approachable, supportive, and compassionate folks I know. And most of those I’ve met are hungry for tips and strategies for talking about grief and trauma with their clients. So, while this book came about to support my fellow coaches in tackling these complicated subjects, everyone is welcome here.

A Primer for Witnessing Grief

Witnessing Grief is organized into three parts:

Part I: Meeting Grief defines and examines grief, how we navigate its path in our lives, and how we may begin to understand how to navigate that path with our clients.

Part II: Using the Enneagram gives a broad overview of the Enneagram and its nine dominant biases. Additionally, these chapters look at how we can use the wisdom of the Enneagram to look at ourselves and the lens through which we view the world. This introspection will allow us to serve our clients more deeply and create a safe space for them as they navigate the complex waters of loss, trauma, and grief.

Part III: Putting It in Action chapters are application-oriented. They take everything we've learned in Parts I and II and allow the reader to **use** that information to understand better how to navigate real-life scenarios and coaching situations involving grief, trauma, and loss.

Application Oriented

Witnessing Grief contains specific elements to further the reader's experience and understanding of the concepts presented. These elements provide a background for the reader rather than simply "telling" the reader, "this is what you should do in this situation." Everything comes back to conscious presence in the coaching conversation, and everything about this book supports self-exploration and presence for the reader.

These elements include:

- *Inspirational quotes* to further support and enhance the content in each chapter and as an expanded understanding of grief's impact on our lives.
- "*Consider This*" and "*Pause and Reflect*" passages within the chapter narratives that require inquiry, active reflection, or contemplation with great intention.
- Closing Inquiries at the end of each chapter. These questions are intended to help you think outside the box you've built around yourself. They will challenge your status quo and expand your awareness of the chapter's topic.
- The *Epilogue: You Can Do More Than Imagine* addresses common fears and pitfalls all of us fall into at one time or another as we navigate complex and distressing conversations of trauma, loss, and grief.

Genuine Stories and Narratives

The raw and heart-wrenching stories of trauma and loss woven into this book are real accounts; however, for anonymity and confidentiality, modifications may exist.

Chapter 9 includes several coach/client scenarios to help further the reader's understanding and application of the concepts presented in Parts I and II.

In each example, you'll find a presenting topic stated in the client's words. Next, you'll find a typical coach response followed by a potential revision to that response that would be more helpful to the client in their distress.

Finally, this book is for coaches; therefore, coaching standards are essential for coaching proficiency. Therefore, each potential revision statement is connected to the **International Coaching Federation (ICF) Coaching Competencies** demonstrated in the coach/client exchange.

About the Author

Holly Margl is the author of *Witnessing Grief; Inviting Trauma and Loss to Our Coaching Conversations, An Enneagram Perspective*, coach, coach mentor, and trainer specializing in grief, trauma, and the Enneagram. Holly is a Master Certified Coach through the International Coaching Federation and holds two Professional Enneagram Certifications and Accreditation through the International Enneagram Association.

[Read a Literary Review of *Witnessing Grief* by Books That Make You](#)

[The BookFest Awards Fall 2023 Press Release](#)

[Interview with Logan Crawford on The Spotlight Network](#)

Additional Praise for *Witnessing Grief*

"A significant resource... Margl asks us to consider how we respond to another person's grief, and how we can provide support without diminishing their experience with positivity, intellectualizing, or substituting a belief system for empathy and listening. Combining this approach with the Enneagram system and the nine personality types makes this even more effective."

—Peter O'Hanrahan, Faculty Member, the Narrative Enneagram School



Contact The Author

For media inquiries, speaking opportunities, or other questions about the book or coaching services, please contact the author directly at holly@witnessinggrief.com.

You can also learn more about Holly and her work on her website, witnessinggrief.com.

Witnessing Grief is now available for purchase [here](#).