

YOUR ROADMAP TO HEALING AND BECOMING A CERTIFIED COACH

CERTIFIED

SOMATIC TRAUMA INFORMED COACHING CERTIFICATION

This 8-part, ICF & CPD accredited programme equips you with the foundation to be an excellent trauma informed coach at a nervous system level. In this module, you'll deepen your understanding of trauma and develop your knowledge and skills to guide all your future interactions with clients even if you have zero experience.

CPD ACCREDITED NARCISSISTIC ABUSE SPECIALIST

A 10-lesson programme to teach you the fundamentals of narcissism through a trauma informed lens. This is the foundation of the certification and will give you the deep understanding of narcissism that you need to be confident working with your clients.

CPD & ICF TRAUMA INFORMED POSITIVE PSYCHOLOGY PRACTITIONER

Over 8 lessons, I'll teach you how to take your coaching to a new level by integrating positive psychology and trauma informed practice with your current coaching methods. You'll learn all about my 3 pillars of the Post Traumatic Growth Trifecta™. The Younger, The Adult & Higher SELF and how these affect healing, enabling you to guide your clients through self-awareness, self healing and self leadership, allowing them to step into their true self.

CPD ACCREDITED THE BUSINESS LIBRARY

An 8 lesson course that is CPD accredited to help you build a purposeful and profitable business.

NARCISSISTIC ABUSE RECOVERY MODULES

2 additional modules teaching best practice with breaking the trauma bond and parenting.

PERSONAL

HEALING CODEPENDENCY

A 12-lesson course to help you understand what codependency is, discover why you became codependent, and learn how you can take control back and live the life you were destined for.

NARCISSISTIC TRAUMA RECOVERY PROGRAMME

A 12-step, deep healing programme developed to accelerate your healing after narcissistic abuse and help you transform your post-traumatic stress into post-traumatic growth.

REGULATE

A 10 Week Somatic Healing & Vagus Nerve toning programme to Reset, Rewire & Regulate your nervous system to help you heal after trauma, at your own pace!

FINISH

