

The Family Healing Package

FAMILY COACHING

SUMMARY

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HEALING & FAMILIES

Existing in a family can be a source of unconditional love, connection, and a bond like no other, but on the other hand, existing in a family can also be a source of chaos, toxicity, resentment, and hostility. Each family functions differently because each person in that family comes with their own set of trauma and baggage.

Unhealthy Generational Cycles, which are thought processes and behaviors that are passed down generationally, are very common in families that struggle with connection and understanding. Getting to the root and addressing these unhealthy generational cycles is the only way to eradicate them and begin anew.

The Family Healing Journey should be Intentional and Focused... with everyone coming to the table with a willingness to look at themselves to see what role they play in the dysfunction and an openness to provide their family members a safe space to do the same.

This is how families HEAL!



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WHO NEEDS THIS COACHING?

Differences in age, gender, and perspectives, to name a few, can be a source of why some families don't function in the most healthy or cohesive manner, but the willingness to examine those differences and how they affect the family, is the key to resolving issues that might arise. **The Family Healing Package** is designed for families who are having difficulty relating to one another, in the areas of communication, understanding, and respect.

- Does your family argue a lot?
- Do you find that disagreements lead to emotional, verbal, or physical violence?
- Do you all have difficulty holding a conversation without it leading to an argument?
- Does your family feel disconnected?
- Does your family struggle with communication?
- Does your family struggle with spending healthy quality time together?

When members of a family have experienced trauma it can make it very hard to maintain a healthy and thriving relationship.

The Family Healing Package is there to help your family navigate through the healing journey to create a better and more cohesive relationship.



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MY COACHING PROCESS

In full transparency, maneuvering through the healing process is difficult and it can be lonely at times. To fully address your family challenges, hard work is required and this process can be very uncomfortable. With my experience and education in the area of Trauma and Healing, I have created a specifically designed process to help your family maneuver through the Healing Process and Journey.

The coaching process will begin with your family engaging in an assessment to determine what challenges you are facing in your relationship. Once that information is obtained, we will then work as a collaborative team to create a personalized Healing Plan to resolve those challenges. As a team, we will work through your personalized Healing Plan, with your family being the Driver and me being your Healing Coach.

I am a “feet to fire” coach, meaning that my coaching style is pressurized and challenging. This style stems from my belief that we cannot achieve greatness without work. You will be in the process of changing and improving your family’s relationship from the inside out, that’s no easy feat, but with courage and a support system it can be done. **The Family Healing Package** provides a 1:1 intimate collaboration, to provide you all the support that you will need, and the courage to face this journey head on and together as a family.



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WHAT IS INCLUDED IN THE FAMILY HEALING COACHING PACKAGE?

Facilitating authentic family connection and communication can be difficult, and when you add Trauma and Unhealthy Generational cycles into the mix, it can become even more complicated.

**WHAT YOU HAVEN'T HEALED IN YOURSELF,
WILL ALWAYS SHOW UP IN YOUR RELATIONSHIPS AND IN YOUR FAMILY.**

In this package, we will dive into the healing process starting with:

- Identifying Each Family Members Personal Traumas
- Understanding How The Traumas Have Impacted Their Life
- Identifying Their Role in The Family Issues
- Taking Responsibility and Accountability For Their Role
- Learning to Cope with Trauma in a Healthy Way
- Rebuilding A Family Dynamic Based on Understanding and Respect

Unhealed trauma can present itself in how your family relates to one another, communicates with one another, and behaves towards one another.

For this reason, is why I created **The Family Healing Package**, to provide a step-by-step guide to help your family move from a place of disconnection, hostility, and misunderstanding, to a place of authentic love and respect.



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WHAT IS INCLUDED IN THE FAMILY HEALING COACHING PACKAGE?

The Family Healing Package is a two (2) month program that includes:

- **Weekly Two (2) Hour Virtual Sessions with Family**
 - Each session is designed to teach you all how to identify your traumas and utilize the healing steps to maneuver through the emotional, mental, and physical challenges caused by that trauma.
 - We will move through the steps of healing with the overall goal of you all understanding your trauma and obtaining effective and healthy coping skills to help you function in a more balanced fashion.
- **Two (2) 45 minute phone Rant Sessions per month/per Family**
 - This process is not linear, meaning that one day you might feel as if you have a handle on it, and the next day you might feel like you are all over the place. During those moments, ranting is necessary and understandable. This package includes a safe space for you and your partner to vent and let it all out, so you can continue the process with a clear head and an open heart.

With each step of this process, we will engage in a little ranting, a little soul searching, and a whole lot of activities to make sure we get you and your family to where you all want to be.



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YOUR INVESTMENT IN YOU

More than anything, Trauma keeps us stuck.

Trauma stalls our progress, it creates a paralyzing fear, and it keeps us going through the same ineffective generational cycles. I use this quote quite often, "in order to figure out why you fell, you have to identify the spot where you slipped"..

The occurrence of trauma is usually the place where we slipped.

The Family Healing Package will provide your family with a feeling of..

- Connection with the family that is based in authenticity
- Understanding of what the family need, want, and desire
- Empowerment and Freedom to create a family that is beneficial and healthy for all members
- Respect for all members of the family, even in times of challenge
- Acceptance of all family members based in unconditional love

Total Investment: \$1500

- Payments can be rendered monthly at \$750 a month OR a one time payment of \$1500
- Payment Methods
 - PayPal | Invoice will be rendered at booking



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