

# The Relationship Healing Package

## RELATIONSHIP COACHING

### SUMMARY

- What is the Healing Journey?
- Who Needs This Coaching?
- My Coaching Process
- What is included in The Relationship Healing Package?
- Your Investment in You

### WHAT IS THE HEALING JOURNEY?

Your Healing Journey should be Intentional and Focused... mine was not! When I found myself going through my healing journey, I had no idea that was what I was doing. I just found myself in a very broken space, and I was so internally sad that I needed to figure out what was causing the pain.

Naturally, as humans, we are conditioned to look for the external sources that are contributing to our sadness, an unappreciative partner, an unfulfilling career, or disrespectful children; we like to point our fingers at others for the cause of our unhappiness... But that is NEVER really the problem. Most of the pain we feel is a direct source of the trauma we have endured in life and how we have interpreted that trauma. Most of our pain can be resolved, if we learn to face those traumas, and heal from them.

This is the Healing Journey.

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**LIFE COACH NIKI**  
— YOUR HEALING HOMEGIRL —

# THE RELATIONSHIP HEALING PACKAGE

## RELATIONSHIP COACHING

### WHO NEEDS THIS COACHING?

The **Relationship Healing Package** is designed for those who are having difficulty relating to their partners in the areas of communication, intimacy, and understanding.

- Do you and your partner feel disconnected from one another?
- Are you and/or your partner questioning where your relationship is heading?
- Are you both unsure of the future?
- Is there a communication blockage?
- Do you all have difficulty holding a conversation without it leading to an argument?
- Do one or both of you feel misunderstood?

When one or both individuals in a relationship have experienced trauma, it can make it very hard to maintain a healthy and thriving relationship.

The **Relationship Healing Package** is there to help you and your partner navigate through the healing journey to create a better and more cohesive relationship.



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## RELATIONSHIP COACHING

### MY COACHING PROCESS

In full transparency, maneuvering through the healing process is difficult and it can be lonely at times. To fully address your 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 you maneuver through the Healing Process and Journey.

The coaching process will begin with you and your partner 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 you both 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, yourself and your relationship from the inside out, that's no easy feat, but with courage and a support system it can be done.

**The Relationship Healing Package** provides a 1:1 intimate collaboration, to provide you the support that you will need, and the courage to face this journey head on.



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### WHAT IS INCLUDED IN THE RELATIONSHIP COACHING PACKAGE?

Connection is something most of us crave, as humans we are hardwired to seek companionship even if we are not in the healthiest state, mentally and emotionally. Most people seek companionship so forcefully, due to them not wanting to address those unhealthy areas but as with all trauma, also known as baggage, it finds a way to rear its ugly head.

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

This unhealed trauma can present itself in how you and your partner relate to one another, communicate with one another, and also how you are intimate with one another. For this reason, is why I created **The Relationship Healing Package**, to provide a step-by-step guide to help you and your partner move from a place of disconnection, hostility, and misunderstanding, to a place of authentic love and respect.

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

- Identifying You and Your Partner's Personal Traumas
- Understanding How Your Traumas Have Impacted Your Life
- Identifying Your Role in Your Traumas
- Taking Your Power Back
- Learning to Cope in a Healthy Way
- Rebuilding A Relationship based on Understanding and Respect



# THE RELATIONSHIP HEALING PACKAGE

## RELATIONSHIP COACHING

### WHAT IS INCLUDED IN THE RELATIONSHIP COACHING PACKAGE?

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

- **Weekly Two (2) Hour Virtual Sessions**

- Each session is designed to teach you 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 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**

- 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 partner to where you want to be.



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### YOUR INVESTMENT IN YOU

The Relationship Healing Package is a great way to invest in your relationship and its future, and also a great tool in getting you moving forward in a much healthier and productive way.

The Relationship Healing Package will provide you and your partner with a feeling of..

- Confidence in your relationship and your relationship's future

- Understanding of what you and your partner need, want, and desire

- Empowerment and Freedom to create a relationship that is beneficial and healthy for you both

- Love for yourself, where you honor yourself completely, flaws and all, therefore you can love your partner to the same degree

- Connection with your partner that is based in authenticity and unconditional love

**Total Investment: \$1200**

- Payments can be rendered monthly at **\$600** a month OR a one time payment of **\$1200**
- Payment Methods
  - PayPal Invoice rendered at time of booking

