

# Healing With My Homegirls

## GROUP COACHING PACKAGE

### SUMMARY

- What is Group Coaching?
- Who Needs This Coaching?
- The Coaching Process
- What's included in The Healing With My Homegirls Group Coaching Package?
- Your Investment in You

### WHAT IS GROUP COACHING?

The **Healing With My Homegirls Group Coaching** is all in its name, it is a place to heal among others who are enduring the same process. When you embark on the healing journey, one characteristic of the process that is very distinct is that it can be a very lonely journey. You are changing yourself and your life from the inside out, which a lot of people will not understand, nor identify with. By engaging in **The Healing With My Homegirls Group Coaching** it will provide you with the support from those who identify with your journey and your process.

The **Healing With My Homegirls Coaching Group** will also be a source of accountability. As with any change or process of change, when things get uncomfortable we tend to run or we become very inconsistent. When involved in a group, those members serve as accountability partners to make sure that you are following through and staying consistent with your mental health and healing goals. **The Healing With My Homegirls Group Coaching** is designed for those who thrive in spaces of interaction and sharing

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LIFE COACH NIKI  
— YOUR HEALING HOMEGIRL —

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### WHO NEEDS THIS COACHING?

The Healing With My Homegirls Group Coaching is designed for those that have become very aware of their trauma, but are experiencing difficulty finding the source and the resolution.

- Do you feel disconnected from yourself?
- Do you feel a lack of identity?
- Do you find yourself questioning who you are and how you got to be that way?
- Are you unable to stay in the moment?
- Do you find yourself consumed with past situations or always worried about the future?
- Are you noticing that you attract the same type of toxic relationships with people i:e relationships, friendships, coworkers, etc.?
- Do you find it hard to maintain or cultivate healthy relationships in your life?
- Are you easily angered, frustrated, or irritated?
- Do you have emotional outbursts, or overreact to minor situations?
- Are you experiencing an inability to speak up for yourself?
- Do you find yourself feeling unempowered in your own life?



Trauma shows up in our lives in so many ways, and **The Healing With My Homegirls Group Coaching** is there to help you navigate through the healing journey with the benefits of doing it with a group that can provide support and accountability.

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### MY COACHING PROCESS

The **Healing With My Homegirls Group Coaching** process will begin with you taking a trauma assessment to determine what your challenges are and if you will benefit from group coaching. Once that information is evaluated and you are determined to be eligible, you will then move forward with joining the group.

The group will consist of a maximum of ten (10) individuals, in a cohort model, where all individuals are receiving the same content and coaching at the same time. **The Healing With My Homegirls Group Coaching** is a three (3) month program, where we work as a collaborative team to work through the three stages of healing. As a team, we will work together to create and work through your personalized Healing Plan, with you 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 life from the inside out, that’s no easy feat, but with courage and a support system it can be done.



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### WHAT IS INCLUDED IN THE HEALING WITH MY HOMEGIRLS GROUP COACHING PACKAGE?

The Healing Journey is a complex journey that when many people are told they need to 'Go Heal', they have no idea what that means or where to start.

For this reason, is why I created **The Healing With My Homegirls Group Coaching Package**, to provide a step-by-step guide to help move you from a space of self-loathing to one of self-love.

In Group Coaching, we will dive into the healing process starting with:

- Identifying Your 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 Your Life for You



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 to where you want to be.

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### WHAT IS INCLUDED IN THE HEALING WITH MY HOMEGIRLS GROUP COACHING PACKAGE?

The Healing With My Homegirls Group Coaching is a three (3) month program that includes:

- **Biweekly Two (2) Hour Online Sessions per month**
  - 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.
- **One (1) 30 minute phone Rant Session per group member**
  - 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 to vent and let it all out, so you can continue the process with a clear head and an open heart.

The Healing With My Homegirls Group Coaching is a great way to invest in yourself and your growth, and also a great tool in getting you moving forward in a much healthier and productive way.



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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.

Healing Homegirl With My Homegirls Group Coaching Package,  
will provide you a feeling of...

- Confidence in your decision making skills
- Control over your emotions, reactions, and behaviors
- Freedom to live your life on your own terms
- Love for yourself, where you honor yourself completely, flaws and all
- Empowerment to create a life that is catered to your needs, wants, and desires

**Total Investment: \$799**

- Payments can be rendered at time of booking
- Payment Methods
  - Life Coach Niki Website | [www.lifecoachniki.com](http://www.lifecoachniki.com)

