

# The Homegirl Hour

## 1:1 HEALING COACHING

### SUMMARY

- What is the Healing Journey?
- Who Needs This Coaching?
- My Coaching Process
- What is included in The Homegirl Hour?
- 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.

@lifecoachniki



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

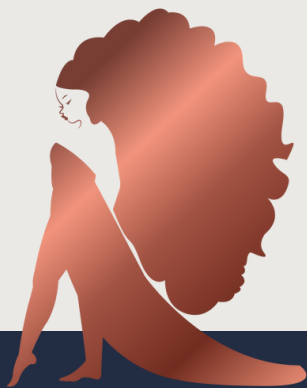
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## WHO NEEDS THIS COACHING?

The Homegirl Hour 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. If you are experiencing any of of these symptoms, **The Homegirl Hour** is there to help you navigate through the healing journey.

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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 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 engaging in an assessment to determine what challenges you are facing. Once that information is obtained, we will then work as a collaborative team to create a personalized Healing Homegirl Plan to resolve those challenges. As a team, we will work through your personalized Homegirl 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 are changing yourself from the inside out, that’s no easy feat, but with courage and a support system it can be done.

**The Homegirl Hour** 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 HOMEGIRL HOUR?

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.

During our Homegirl Hour, 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

The Homegirl Hour is designed to allow you the freedom to schedule sessions at the pace that works for you...

- Sessions are 1.5 Hours (One Hour and a Half)
- Sessions can be scheduled Weekly, Biweekly, or Monthly
- Sessions are conducted Virtually only.

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.

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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## 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 Homegirl Hour, 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**

The Homegirl Hour 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.

### Total Investment: \$200

- Payment can be rendered at time of booking
- Payment Methods
  - PayPal | Invoice will be rendered at booking

