

Orientation- Video 3 Transcripts

So now the fun part! Time to Jump-start your trauma healing!

Over the next 6 weeks, your weekly lessons will include videos to demystify your trauma response and to introduce new practices to get your triggers under control.

You also get skill labs with quick-and-easy drills and worksheets to help you develop healthy new habits.

And simple quizzes so increase your confidence in your new knowledge and skills.

You also get a 45 minute one-on-one with me to help you with your unique healing roadmap so you know what steps to take in the next 45 days and beyond. Be sure to click on the link below to schedule yours today.

And finally, you get a weekly email communication where you can ask me questions concerning the course (including videos, drills and worksheets), your journey, ways to improve your skills, and your next steps. It is also a place to celebrate your breakthroughs and to express your opinions.

I'm so excited to join you on this amazing journey!

Ready to start truly living again? Let's get started!