

REDISCOVERING ME

cohort
4.0

"Who am I beyond my trauma?"

(If you've ever asked yourself that question, this group may be for you!)

with guest coaches

JACKI ELSOM

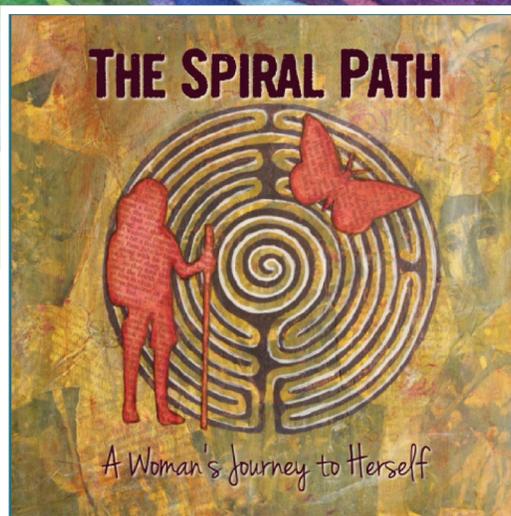
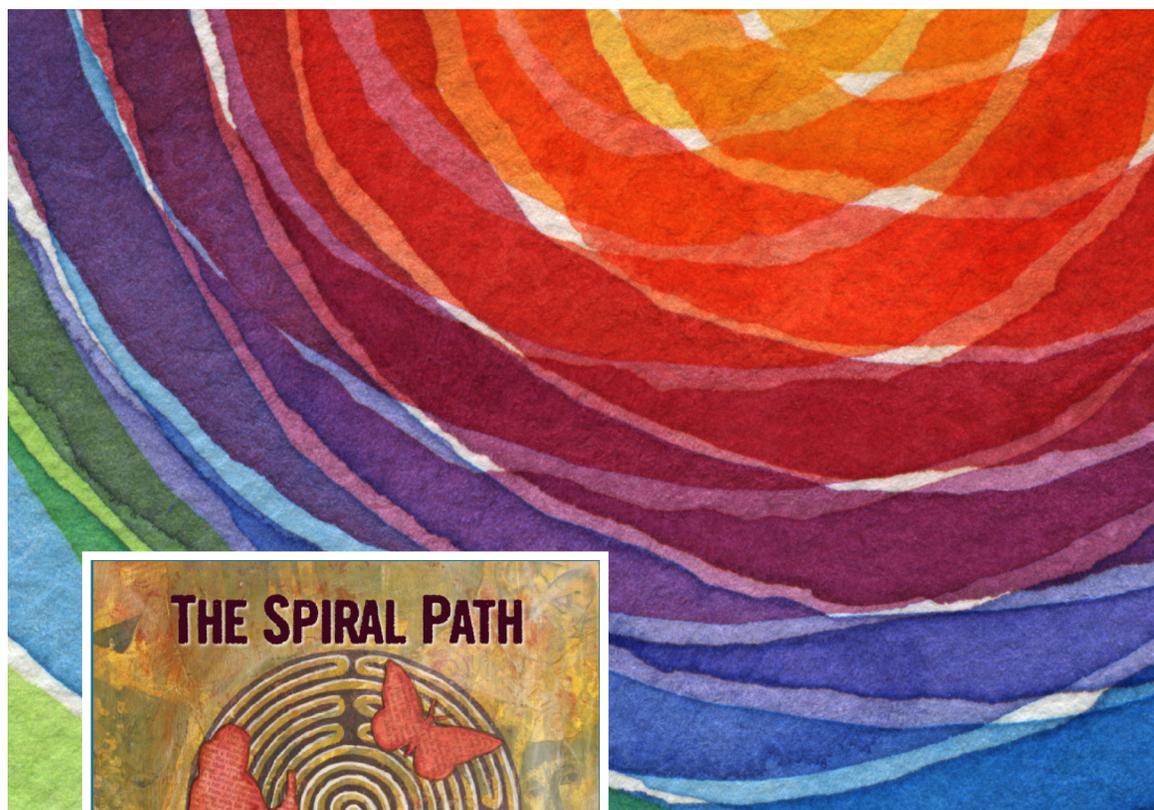
- Certified Life Coach
- Certified Peer Facilitator
- Certified Partner Coach

ESTHER ELMER

- Certified Life Coach
- Certified Peer Facilitator

and **GAELYN RAE
EMERSON**

- Certified Life Coach
- Divorce Recovery Coach
- Couples Relationship Coach
(CPLC, CDRC, CCRC)
- Certified Partner Coach
Association of Partners of Sex
Addicts Trauma Specialists (CPC)
- Professional Certified Coach
International Coach Federation
(PCC)
- Trained via the **Association of
Partners of Sex Addicts
Trauma Specialists (APSATS)**
+ **Center for Loss and
Life Transition** (Dr. Alan Wolfelt)
+ **Institute for Sexual Health**
(Dr. Omar Minwalla)
+ **Heather Plett's Holding
Space Practitioner Program**
(heatherplett.com)



Featuring material written by
Holding Space author,
educator and advocate,
Heather Plett.
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6-MONTH SUPPORT GROUP FOR **FEMALE SURVIVORS**
of **RELATIONAL TRAUMA:** abandonment, abuse, addiction,
betrayal, deception, divorce, infidelity and more

cohort 4.0 starts

JUNE 2022 thru **NOVEMBER 2022**

Reserve your spot today!

REDISCOVERING ME

cohort
4.0

WHO AM I BEYOND MY TRAUMA?

6 month support group for female survivors of relational trauma ✖ womeneverafter.com

who **REDISCOVERING ME: "WHO AM I BEYOND MY TRAUMA?" is a 6-month support group, open to all women healing from various forms of relational trauma. Participants will include survivors of abandonment, abuse, addiction, betrayal, deception, divorce, infidelity and more.** This coaching group will include a mixed demographic, supporting women in various stages of life, faith, family, healing, career, geography and relationship configurations. (If you have questions about your suitability or readiness for this group, please reach out and ask!)

what **READY for a DIFFERENT KIND of support group!?**
Unlike many support groups for survivors of relational trauma, this group will provide minimal focus upon the early stages of recognition and recovery (stages wherein survivors seek primary goals of safety and stability). Rather, *Rediscovering Me* is designed to support women during the second, third and ongoing stages of their trauma recoveries (remembrance and mourning + reconnection and reclamation)—those ready to "reengage" life, each in her own way and on her own terms, all within a safe, empowering and trauma-sensitive environment of other women seeking similar goals.

This 6-month support group has two online components:

Weekly Group Sessions (Live via Zoom, Every Wednesday, 4pm Eastern Time)

Weekly "integration sessions" with coaches Jacki Elsom, Esther Elmer and Gaelyn Emerson. Each session will highlight one specific lesson from Heather Plett's e-book, *The Spiral Path—A Journey Back to Yourself*. Participants will be invited to share the fruits of their journaling, creative and embodiment exercises (relevant to that week's specific theme), and to ask for help in areas wherein you might feel stuck. During these integration sessions, clients are invited to interact with all three coaches in real-time OR to watch the recordings afterward at your convenience.

Privately Moderated Facebook Group (available 24/7, around the globe)

Weekly lessons posted each Wednesday, along with frequent mid-week inspirations, motivational videos, personal stories and more. This space is for participants and coaches to stay connected (and to develop authentic friendships!) during and beyond our six-month program.

where **Rediscovering Me is a virtual group, connecting women from across the globe.** Our live integration sessions will meet via Zoom (video chat) and other group interactions will take place via Facebook and email.

why **Group healing is GOOD healing!** Due to the uniquely personal nature of relational trauma, we often feel acutely and intolerably ALONE. This is especially true when local support is limited or nonexistent. As women, we rarely heal from relational trauma independently (isolated from others). By contrast, we usually heal mutually (in concert with others) through friendship and community.



when **JUNE 2022 thru NOVEMBER 2022!** REGISTRATION NOW OPEN.
The 4.0 cohort for **Rediscovering Me** will officially launch on June 1, 2022. Our first live session will be June 8, 2022 (Wednesday @ 4pm ET), and our last session will be November 16, 2022. Our Facebook group will remain open and moderated through November 30, 2022.

how **Register online at womeneverafter.com/new**

cost **\$100 per month for 6 months (approximately \$25 per week session)—that's \$600 total,** payable in 2 installments of \$300 each. First payment of \$300 must be received by May, 2022. Second payment must be received 8 weeks later, by July 27, 2022. Payments will be processed via invoice only, and are payable via your debit card or credit card. Your initial \$300 payment serves as a non-refundable deposit to secure your place in the group. No refunds of any kind will be provided after June 1, 2022.

Limited scholarship support and payment assistance is available; if you need it, please ask!

questions? **We want to hear from you!** gaelynrae@womeneverafter.com

Meet the material... THE SPIRAL PATH: "A Woman's Journey to Herself"



by
Heather
Plett

SOMETIMES WE GET LOST. This course will help you come back to yourself.

Each week's lesson includes (a) **creative prompts**—something graphic or artistic that relates to the theme of the lesson, (b) **journaling prompts**—questions that go deep to the heart of each week's topic, and (c) **embodiment prompts**—some kind of movement-based activity, perfect for those working to release old trauma from our physical bodies.

JUN + JULY **RELEASING**

- LESSON 01 Release your need to control the outcome
- LESSON 02 Release the expectation of a straight path
- LESSON 03 Release your old stories
- LESSON 04 Release your fear
- LESSON 05 Release "what other people think of you"
- LESSON 06 Release your tears
- LESSON 07 Release what no longer serves you

AUG + SEP **RECEIVING**

- LESSON 08 Receive the gift of darkness
- LESSON 09 Receive stillness
- LESSON 10 Receive healing
- LESSON 11 Receive the mystery
- LESSON 12 Receive your curiosity
- LESSON 13 Receive your purpose
- LESSON 14 Receive what you need for the journey

OCT + NOV **RETURNING**

- LESSON 15 Return with generosity and patience
- LESSON 16 Return with your authenticity
- LESSON 17 Return with the sacred
- LESSON 18 Return with your power
- LESSON 19 Return with your gift
- LESSON 20 Return with your courage
- LESSON 21 Return with your open heart and ready feet

IMPORTANT: Due to training and licensing rights Gaelyn has received from Heather Plett, each paying participant will receive a digital copy of Heather's ebook, *The Spiral Path: A Journey Back to Yourself* (\$40 USD value). **This material is fully copyrighted by Heather** and may NOT be shared with anyone outside of this group, either in part or in its entirety. **For more details about the wonderful material and programs created by Heather Plett, please visit centreforholdingspace.com.** You'll be glad you did!

...and meet your coaches!

JACKI ELSOM is the founder of **Jacki Grace Coaching**—and a life coach who is passionate about self-discovery. Jacki says, "I have been coaching others for more than 10 years and nothing brings me more joy than seeing others who are transformed, empowered and have a renewed confidence after doing some self-exploration. Since my 27 year marriage ended, I've had the opportunity to practice this kind of deep self-reconnaissance. I began a journey to reinvent myself—and as a result, it has created in me a stronger desire to see other women become openly aware of who you fully are and how you can move into that existence—not just for yourself, but also to a world who needs you."

ESTHER ELMER has been walking alongside women for more than 20 years through ministry, support and coaching, including more than 5 years' experience facilitating groups for partners of sex addicts. She is passionate about integrating faith into the painful areas of life and living out healthy spirituality. Esther loves coaching, as it gives traction to what could otherwise remain great ideals or aspirations. She is known for her compassion, her ability to find connections, and her gift of speaking life into women who are working through painful circumstances.

GAELYN RAE EMERSON is a professional life, relationship and divorce recovery coach, dedicated to helping her clients survive and revive—whether or not their relationships do. Gaelyn is credentialed by the International Coach Federation, with advanced training in relational trauma for survivors of abandonment, abuse, addiction, betrayal, deception, divorce, infidelity and more. Gaelyn coaches clients around the world, through her online private practice, **Women Ever After**. Gaelyn is known for (and lives by) her collection of meaningful, expressive and well-timed quotations. Her current favorite is this quote from the Baal Shem Tov: "Let me fall if I must. The one I will become will catch me."





WHEN IT COMES TO PERSONAL HEALING AND GROWTH, I believe that safe, courageous and productive environments are absolutely essential for women to survive and thrive. Because that principle is so critically important to me, I've echoed it into the very framework of my vision statement, *Eleven Words for Women Ever After*. I've learned these eleven practices from other women; I'm now honored to practice them with my clients and colleagues, in hopes that we each "pay them forward," first toward ourselves, then also toward others. —Gaelyn

ELEVEN WORDS for WOMEN EVER AFTER

EVERY WOMAN DESERVES HONESTY.

She deserves to be honest with herself, first and foremost. She deserves to experience the internal reward of speaking truthfully about her own reality. She also deserves to hear truth from others, establishing environments of authenticity within her relationships.

EVERY WOMAN DESERVES TO BE HEARD.

She deserves to express her unique voice to others, within environments where her words are valued and validated. She deserves to receive acknowledgment from others, to know that her words are genuinely absorbed, accurately reflected and meaningfully addressed.

EVERY WOMAN DESERVES TO BE COMFORTED.

She deserves "a break" from being "the strong one," experiencing environments where she can be transparent and vulnerable—angry, overwhelmed, conflicted, needy, fragile, afraid, insecure, uncertain and uncomposed.

EVERY WOMAN DESERVES EMPOWERMENT.

She deserves to access her internal realities, needs, boundaries, spiritual beliefs and sources of strength. She deserves to exercise her empowerment progressively and imperfectly, within environments of trial-and-error, evaluation and exploration.

EVERY WOMAN DESERVES CHOICES.

She deserves freedom to navigate her healthy and unhealthy realities, making intentional choices to "live with," "leave behind" or "lobby for change" within those realities. She deserves to make decisions within pressure-free environments, space that allows her to choose differently—to make "course corrections"—along the way.

EVERY WOMAN DESERVES TO EXPERIENCE HER OWN HEALING, FOR HER OWN SAKE.

She deserves to pursue support for herself, independent from the needs of her significant other, children or family of origin. She deserves to heal within safe environments that answer her questions, address her needs and advocate for her role within her own life.

EVERY WOMAN DESERVES HEALTHY RELATIONSHIPS.

She deserves to integrate with others, connecting in ways that are neither isolated nor enmeshed. She deserves to practice healthy relationships at her own pace, within environments that empathize with the complexity of human experience.

EVERY WOMAN DESERVES TO LOVE HERSELF.

She deserves to believe that she is more than her body, her mind, her family, her faith, her career, her mistakes and/or her accomplishments. She deserves to explore this within environments of others who believe it on her behalf, until she is able to experience it fully for herself.

EVERY WOMAN DESERVES TO NURTURE HERSELF.

She deserves to invest time, energy and money into things that soothe or inspire her soul. She deserves to enjoy these gifts without guilt, within environments that prioritize her happiness and wholeness.

EVERY WOMAN DESERVES HEALTHY BOUNDARIES.

She deserves to establish thresholds that protect and empower her wellbeing, providing environments of emotional safety and personal space. She deserves to adapt and redefine her boundaries when needed, adjusting them to improve her life as it unfolds and evolves over time.

EVERY WOMAN DESERVES A FRESH START.

She deserves to renew, reclaim and reorient her story, without judgment or presupposition. She deserves to discover her purpose and promise, within environments that fully support her vision for "life ever after."

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WOMEN
ever
after