



DONOVAN
—Life Coach—

TRAUMA RECOVERY COACHING

A one-on-one coaching program to
guide you in the right direction,
help you cope with life's challenges,
and recover from trauma

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“Being cut off from our own natural self-compassion is one of the greatest impairments we can suffer.

What seems nonadaptive and self-harming in the present was, at some point in our lives, an adaptation to help us endure what we then had to go through.

Hence the need for compassionate self-inquiry.”

Gabor Maté, *In the Realm of Hungry Ghosts:
Close Encounters with Addiction*



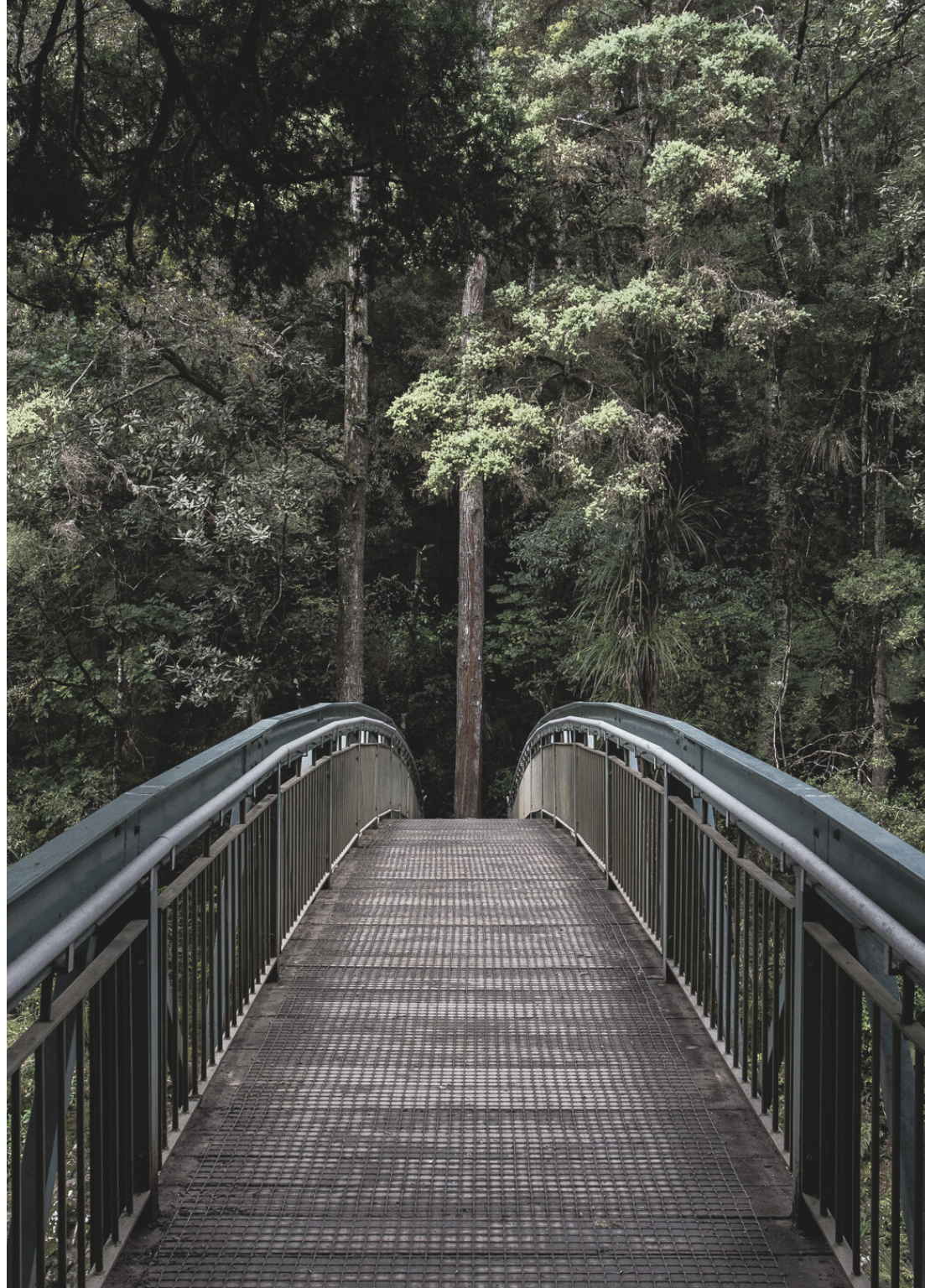


WHAT IS TRAUMA?

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that can have lasting adverse effects on the individual's functioning, physical, social, and emotional well-being.

DIFFERENT TYPES OF TRAUMA

- Loss/Grief
- Sexual abuse
- Physical abuse
- Domestic violence
- Medical injury, illness, or procedures
- Community violence
- Neglect, deprivation
- Divorce
- Victim of crime
- Kidnapping
- Accidents
- School violence
- Childhood trauma





An introduction to

TRAUMA RECOVERY COACHING PROGRAM

The Trauma Recovery Coaching program is designed to transform the worst things that have happened to you into your greatest gifts.

Throughout, you will develop a deep understanding of yourself, acknowledge your innate strength, and use self-compassion to assist your post-traumatic growth.

This is a beautiful opportunity to change your life, stop self-sabotaging behaviours, end negative repeating patterns, and authentically structure your life.

MY MISSION

I have found that the most damaging aftereffect of trauma is disconnection - from ourselves, from others and from the truth about ourselves, the world and our place in it. We abandon ourselves, letting our shame and pain push us into isolating away from our community.

The primary mission behind Trauma Recovery Coaching is to help my clients reconnect – to themselves, to others and to the community around them.

Trauma Recovery Coaching is designed to rebuild your self-esteem, develop a strong concept of yourself, help you acknowledge your courage, and to let you feel safe enough to make the appropriate changes in your life.



“There is no one way to recover and heal from any trauma. Each survivor chooses their own path or stumbles across it.”

Laurie Matthew

HOW TRAUMA RECOVERY COACHING PROGRAM WORKS

The program is designed to help you rediscover who you are on a deep and fundamental level in 4 ways:

- 1 .One-on-one coaching will provide a safe space to explore what you really want from life.
- 2 .The strengths and personality traits assessments will help you recognise your strengths and how to make best use of your personality traits.
- 3 .The between-session engagements will help you work with inspirational content between sessions to keep you motivated.
- 4 .While the heart-centred journalling will help you reflect on your journey and how you are progressing.



THE TRAUMA RECOVERY COACHING PROGRAM

1

One-on-One Coaching Sessions

One-on-one, weekly coaching sessions at my office or online (if you are outside of Johannesburg). Sessions are designed to create direction, break through old patterns, & develop your confidence so you can meet your goals.

3

Strengths & Personality Traits Assessments

Before the first session, you will do your personality strengths assessment. After the 4th session, you will do a personality traits assessment. Each assessment helps us identify how best to maximise your potential.

2

Between Session Engagements

Each week you will be given a short homework assignment to complete. It is easy and engaging and designed to consolidate the learning's from the program and to put your post-traumatic growth and momentum first.

4

Heat-centred journalling

I get it... Most people just aren't into journalling, but I can assure you that with my guidance, your journalling abilities will supercharge your transformation and allow you to move in the direction of change.

WHAT YOU WILL ALSO LEARN:

- Techniques to stop self-sabotage
- Protocols to help you trust yourself and others
- Brain reset techniques
- Mindfulness techniques
- Sleep techniques
- Embracing a heart-centred mindset
- NLP & CBT techniques to stop negative thinking
- How to alleviate impulsive behaviour
- How to identify negative repeating patterns
- Why people procrastinate & how to stop it

COACHING PACKAGES

Basic Package

4 Session Package

R3 060

Includes a 10% Discount

Silver Package

8 Session Package

R5 780

Includes a 15% Discount

Gold Package

12 Session Package

R8 160

Includes a 20% Discount

CLIENT TESTIMONIALS

Melanie

"For many years, I've struggled with my own trauma and processing the aftermath of its effects. Donovan and his coaching program, not only made me feel empowered to work through the coping mechanisms of my trauma but also helped me process and change how I treated myself."

Sashie

"I felt so lost and ashamed for so long. Donovan helped me uncover some deep-seated emotional beliefs that I wasn't even conscious that I had. The questions he asked and the evaluations we did to uncover and heal my past was like nothing I have ever done anywhere!"



THANK YOU!

MY CONTACT DETAILS

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