



*6 Month Coaching*  
DIVINE YOUR  
LIFE

BY BRITLEY WILLIAMS

COURSE OUTLINE



*Let's do this!*

# Healing toolkit

I came into this work because I found myself stuck in a place you might be finding yourself in. Having done hours of researching, studying, reading, “retreating,” beautiful years in talk therapy and yet you’re still not living the life you want to be living.

Somatic healing work is what’s needed. To release stored trauma, regulate your nervous system, come into secure attachments in your relationships, integrate your inner child(ren) and live the full life meant for you.

That’s the work I do. And I’d love to do it with you.

[DIVINEYOURLIFE.CO](http://DIVINEYOURLIFE.CO)

*what you've been  
wondering...*



## UNDERSTANDING THE CAUSE

Through extensive research and experience in somatic therapies, polyvagal theory and trauma training, one of my core beliefs is that the primary reason for most of our stagnancy and suffering is unhealed trauma.

## UNDERSTANDING TRAUMA

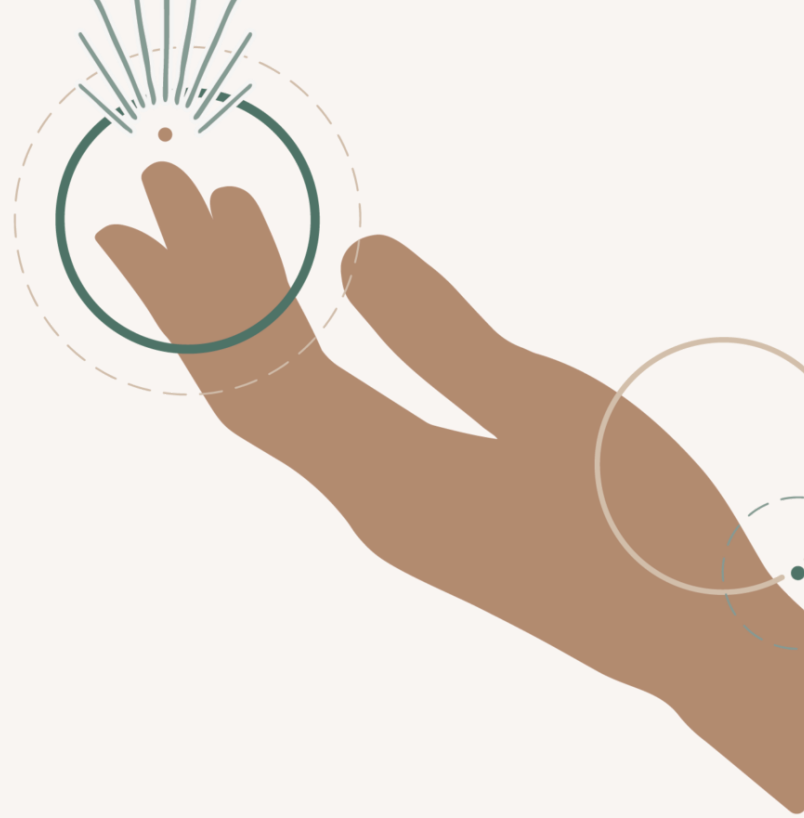
Trauma is not actually about an event, but about how that event caused an over stimulation of energy in our bodies. If we didn't have safety after the event ended, that energy is often stored and lived out in our present day experiences.

Trauma is experienced and stored in our bodies, and expressed through our reactions, responses, behaviors, feelings, patterns causing you pain and in the stuckness you're experiencing.

*Takeaway: what you are experiencing is  
NORMAL and human. Together we can deeply  
understand the parts that are keeping you from  
your power and rewire our systems to begin  
living full.*



*what to expect....*



## MONTH ONE

(Part One)

**Week One: Understanding You** (a scientific mind/body perspective)

-Nervous System Regulation: Gaining an understanding how your nervous system functions. We will map out how your Autonomic Nervous System operates specific to you. This supports you to know at any given time what is happening in your system and how to change your experience.

**Week Two: Learning to Regulate**

-Somatic Regulating Resources: Therapeutic tools to support your nervous system in regulating. These tools allow for you to gain control over how you feel, react, and respond.

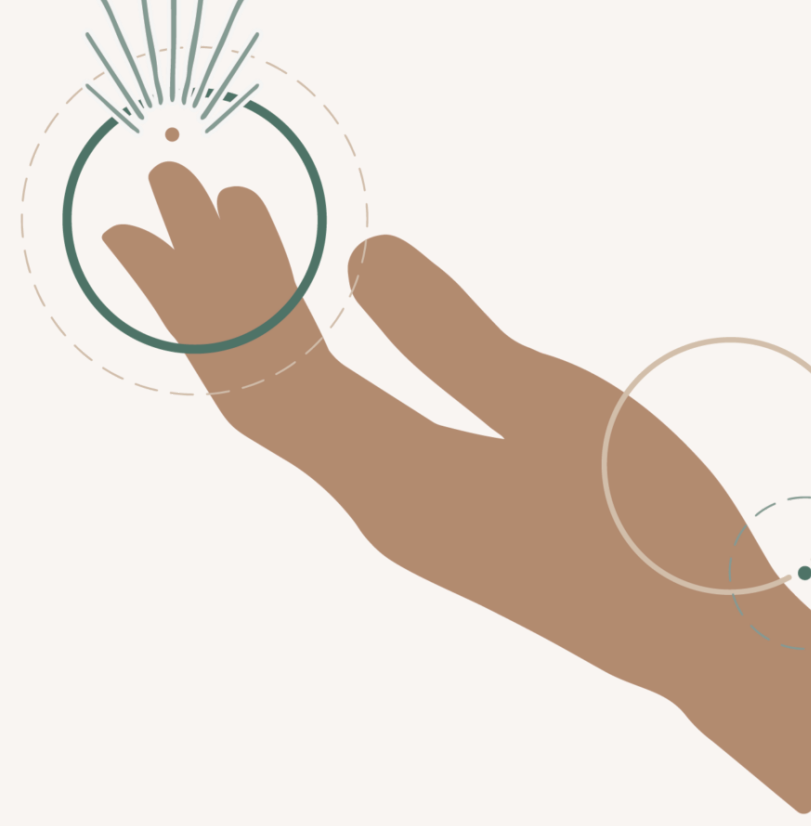
**Week Three: Integration**

- Integration allows space to ask questions as you integrate and practice the tools we learn in the teachings for deepened support. It's also an opportunity to ask questions that relate to your own experience and what might be currently coming up for you!

**Week Four: Developing Self Mastery**

-Becoming the Active Operator of Your System: We begin to understand our attachment styles and how our past impacts the present. We learn actionable steps and specific tools to move into secure attachment, set healthy boundaries, and begin to respond to our emotions rather than react.

*what to expect....*



## MONTH TWO

### **Week One: Understanding Your Attachment Style**

-From a young age we have developed attachments to money, relationships, career, faith, etc. The attachment theory helps us to understand how your past superimposes on the present and steps to begin rewiring towards secure attachment.

### **Week Two: Creating Healthy Boundaries**

-Boundaries are what create sustainable change in our healing journey. We learn step by step tools to creating healthy boundaries, processes to communicating your truths and needs clearly, and tolerate the discomfort of boundary setting

. -Understanding Self-Regulation vs Co-Regulation

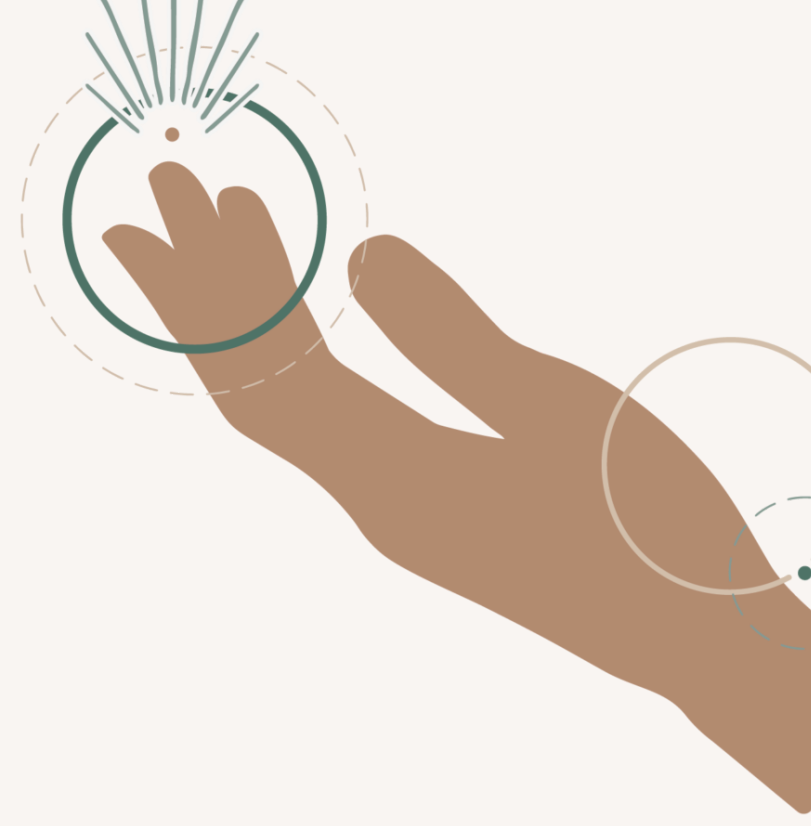
### **Week Three: Integration**

- Integration allows space to ask questions as you integrate and practice the tools we learn in the teachings for deepened support. It's also an opportunity to ask questions that relate to your own experience and what might be currently coming up for you.

### **Week Four: Introduction To Inner Child Work**

-Inner conflict is often rooted in younger parts of us that are frozen in time from childhood. I teach you tools for reparenting and creating safety, empathy, and compassion for these parts.

*what to expect....*



## MONTH THREE

### **Week One: Patterns and Survival Strategies**

-The patterns are the repeated behaviors we adopt in order to get our needs met or suppress our needs (in order to please others or avoid conflict). These patterns, over time, turn into survival strategies and they are the behaviors that prevent us from reaching our desires if we don't correctly acknowledge the pattern and disrupt it safely.

### **Week Two: Deeper Dive into inner Child work: Parts and Patterns**

-The inner child narrative acts like a lens through which we view our adult lives and situations, causing distortions of how we see the world and ourselves. Working with your inner child is a deeply healing and restorative practice that helps build new narratives and cognitive patterns. We work on the conscious mind with proven methods to create an abiding sense of inner safety and becoming witness to these patterns rather than identifying with them.

### **Week Three: Integration**

- Integration allows space to ask questions as you integrate and practice the tools we learn in the teachings for deepened support. It's also an opportunity to ask questions that relate to your own experience and what might be currently coming up for you.

## **Week Four: Transformation Breathwork**

-Our breath is our most limitless and powerful source of energy and the energy that Breathwork provides fuels our body's innate healing mechanism. Breathwork helps to move stuck energy out and to restore our energetic bodies to a higher vibration. The pattern I lead brings changes to the chemistry of the body in a way that allows blocked energy associated with various traumatic memories suppressed in the subconscious to be activated and released. Breathwork also helps us to feel our feelings and emotions fully, to release emotional baggage, and overtime, to come back into wholeness as we re-pair lost and broken parts of ourselves.

## **MONTH FOUR**

(Part Two)

### **Week One: Manifestation and Conscious Creation**

- Getting in touch with your intuition allows you the ability to discern the difference between your truth and your protective responses.

-We learn the concept of living backwards & how to manifest in a way that works, and how to use the principles of neuroscience to step into the life you want to be living consciously.

### **Week Two: Thoughts Work**

-Understanding how our State creates our story, and what limiting beliefs are and why they are there through tools that allow us to separate from your thoughts and gain power over them instead of them having power over you.

-How to create new neural pathways for thoughts that serve you.

## **Week Three: Integration**

- Integration allows space to ask questions as you integrate and practice the tools we learn in the teachings for deepened support. It's also an opportunity to ask questions that relate to your own experience and what might be currently coming up for you.

## **Week Four: Emotional Mastery**

-Emotional mastery is the gradual process of attaining complete emotional control. This can help you achieve a better relationship with yourself and others and improve your overall health and wellness

# MONTH FIVE

## **Week One: Connecting to Source**

- In this phase we begin to understand and process grief, while finding supportive ways to navigate relationships through healing.
- Incorporating self-love and self-care on your journey.
- Feeling a sense of connection and purpose through connection to your highest self and the universal intelligence.

## **Week Two: Self Love and Self Forgiveness**

-Shame is the lowest vibrational frequency on the emotional spectrum. When we acknowledge conscious or subconscious shame, guilt, anger, and fear we have the ability to clear it safely and shift our bodies on a cellular level.

## **Week Three: Connection and Purpose**

-Here comes the good stuff.... when we begin to heal, we have the opportunity to recreate our reality and realign every aspect of our life. We get to boldly step towards our desires and reconnect to our talents and rediscover our innate purpose.



## Week Four: Integration and Embodiment

- Integration allows space to ask questions as you integrate and practice the tools we learn in the teachings for deepened support.

## MONTH SIX

### Week One: Four Pillars

- In this phase we take the four core pillars of head, heart, health and habits and create intimate goals and obtainable action steps to excel in the four most important areas of your life.

### Week Two: Mastering Habit Change

- Habits are based on the principle of association. Our unconscious notices when two or more things happen simultaneously or in sequence, and if the pattern repeats several times -or in an emotionally significant way- we begin to associate them and treat them as a unit. we learn to link associations to new habits to break old patterning and step into healthier ways of responding.

### Week Three and Four: Reflection

- This is where we reflect on the quantum leaps and transformations made in this journey. We celebrate the new version of you who embodies new awareness, tools for regulation, healthy boundary setting, secure attachment, self-love and acceptance, healthy connection, and a sense of purpose. Together, we acknowledge all growth and also any area that needs more support around.

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*"So simple that the mind cannot deny it,  
so profound that the heart never will."*

~ Matthias Schwentek ~