



*Pure Power Coaching Presents*

## **Rescue Relationships**

*How To Create Healthy Relationships by Healing Ourselves*

### *Course Overview*

In this comprehensive 12-week online coaching course you will:

- ♥ Learn about the wounded inner child, how wounding happens, how triggers affect the wounded child in adulthood and how healing these wounds allows you to live a healthier, happier and more authentic life.
- ♥ Uncover childhood memories and events that led to core wounds that still affect you today.
- ♥ Discover why you have impulsive reactions and what your emotional response tools are.
- ♥ Heal codependency and learn how to put your needs ahead of others.
- ♥ Go on a journey of deep self-exploration that will allow you to heal your self-limiting beliefs and embrace an authentic life.
- ♥ Learn how to establish boundaries that reflect your level of healing.

## **Week 1: Why Do I Struggle to Form a Healthy Intimate Relationship?**

The Three Main Reasons You Struggle and How We're Going To Fix Them

## **Week 2: Relationships Are a Reflection of How We See Ourselves**

Building self-awareness is the starting point for healing and growth

## **Weeks 3 & 4: What Is Your Pattern?**

- Picking partners that trigger and reflect our emotional pain
- How our upbringing and experiences within the family affect how we select partners

## **Week 4: Identifying Your Wounds**

- Looking back in order to move forward
- Techniques to help regulate our emotional responses: breathwork, meditation, cold water therapy, dance, exercise, journaling, therapy

## **Weeks 5 & 6: Identifying Your Triggers**

- Understanding how your emotional pain shows up in relationships and day-to-day life
- Techniques for healing and changing your response mechanisms

## **Weeks 7 & 8: Boundaries**

- Boundaries and self-worth; how to build both
- Learning to say "no" and how to make yourself a priority

## **Week 9: Self-Limiting Beliefs**

- Identifying self-limiting beliefs and how they keep you stuck
- Tools for re-programming your beliefs

## **Week 10: Change Your Thinking, Change Your Life**

- More work on changing your beliefs
- How to become your more authentic self

## **Week 11: Codependency and How To Break It**

- How to begin to clearly identify your needs, your desires, your interests and how to make them a priority

- Letting go of the idea that what you do for others is a measure of your worth

## **Week 12: Integrating and Becoming Your Authentic Self**

- Review and discussion on where you started and where you're at
- Tools and recommendations moving forward

### **Testimonials:**

“I'm so much more aware of my boundaries and how to respect those of others. I'm more disciplined. This course is great.”

*Meredith B., Ottawa, ON Canada*

“Tommi and this program were instrumental in my healing journey. I was in a low point in my life and she skillfully guided me through inner work one shift at a time. Her coaching lives up to it's name. It's Pure Power. She has changed my life. It's like she has a formula for transformation.

My biggest takeaway from the course is how our childhood wounding influences so many of the choices and actions we take in our lives and by becoming aware of and healing these wounds, transform our relationships with ourselves and others.”

*Marc L. Toronto ON*

“I'm a work in progress and worth the work. Thank you for your contribution to my life.”

*Gerry C., Kelowna, BC*

“Tommi's course has been transformative for me. It equipped me with the insights and resources necessary to become my own caregiver, releasing the pressure to meet others' ideals of perfection while neglecting my own needs.

Through this journey, I discovered that I am the only one who can truly support and nurture myself. By acknowledging and processing my childhood experiences, I've been able to pave a path toward a brighter future. I've shed the identity of the anxious, overly responsible girl who felt compelled to fix everything for everyone, and I've embraced a newfound sense of empowerment and self-compassion.”

*Natasha B., Toronto, ON*

