

# Unicorn Pharmacopeia, LLC

## Strategic Mindfulness Coaching

Unicorn BioPharma, LLC & Dr. Nicole Ford-Francis is committed to helping you achieve lasting transformation through strategic mindfulness and resilience-building practices.



Start the New Year with a **Courageous** YOU  
Write the chapter of your STORY in a  
way that serves you.

Start the new year off with a new, courageous YOU. This is your opportunity to take control of your narrative and create the life you deserve. You get the chance to re-write your STORY!

# Strategic Mindfulness: Embracing Resilience

This is not therapy in a conventional sense; it is a strategic intervention that creates a Strategic Life Plan. The process creates "a moment of enlightenment," allowing you to see the often, trauma inspired, invisible forces & patterns driving your decisions.

# The Life Map: Your Path to Enlightenment

This is done with "**The Life Map.**"

The Life Map is a powerful tool that reveals the invisible forces and patterns driving your decisions. Through this strategic intervention, you'll experience a moment of enlightenment that transforms how you see yourself and your life's direction.

This process helps you identify the often trauma-inspired patterns that have been shaping your choices, bringing clarity to what was once hidden from view.

# Understanding Resilience

Resilience isn't merely bouncing back; it's a profound transformation that begins when you bravely confront and **identify your deeply rooted stressors and past traumas.**

This crucial first step involves acknowledging the events and experiences that have shaped your responses and patterns, often unconsciously. Once these foundational influences are brought into the light, the path opens to a process of **self-forgiveness.** This isn't about condoning past hurts, but rather releasing the blame and judgment you may have held against yourself for how you reacted or for the circumstances you endured. It's an act of compassion, recognizing your past self did the best they could with the resources available at the time. It's an active, conscious commitment to nurture your inner self, setting healthy boundaries, and honoring your needs.

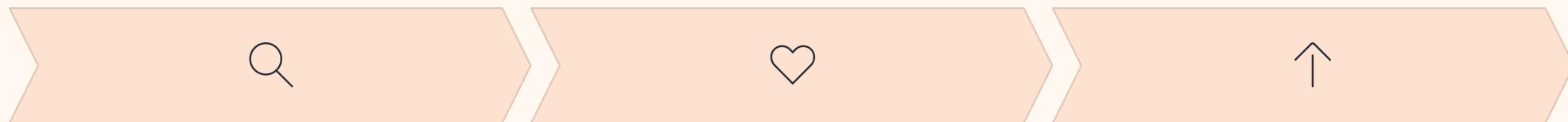
This transformative journey, from awareness and forgiveness to self-love, fundamentally rewrites your internal landscape.



This profound act of self-forgiveness then becomes the fertile ground from which you can **move forward in a positive direction, truly fueled by self-love.** To be fueled by self-love means cultivating an intrinsic sense of worthiness, prioritizing your well-being, and making choices that genuinely support your growth and happiness.

It allows you to build an unshakeable inner strength, creating lasting resilience that enables you to navigate future challenges not just with endurance, but with empowered grace and an unwavering belief in your capacity to thrive.

# The Journey to Self-Love



## Identify

Recognize your stressors and trauma

## Forgive

Learn to forgive yourself

## Move Forward

Progress in a positive direction fueled by self-love

This three-step process is at the heart of building true resilience. By identifying what holds you back, forgiving yourself for past struggles, and moving forward with self-compassion, you create lasting transformation.

# 3-Day Strategic Mindfulness Sessions

- Special Offer:** Discounted New Year rates available now!

Schedule 3-Day- Strategic Mindfulness- Embracing Resilience Sessions at special discounted New Year rates.

## Comprehensive

Three full days of transformative work

## Strategic

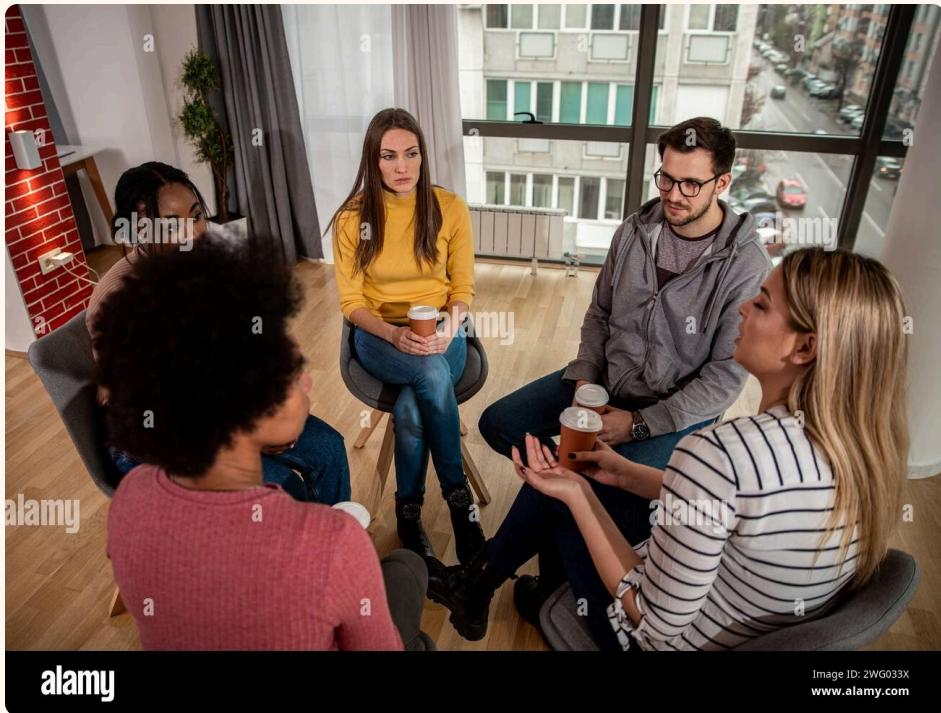
Create your personalized Strategic Life Plan

## Transformative

Experience lasting change and resilience

# Choose Your Session Format

## I. Small Group



Experience the power of shared transformation in an intimate group setting. Connect with others on similar journeys while receiving personalized guidance.

## II. Individual Sessions



Receive completely personalized attention with individual sessions tailored specifically to your unique needs and goals.

# What Makes This Different

## Not Conventional Therapy

This is not therapy in a conventional sense; it is a strategic intervention that creates a Strategic Life Plan.

## Moment of Enlightenment

The process creates "a moment of enlightenment," allowing you to see the often, trauma inspired, invisible forces & patterns driving your decisions.

## Actionable Results

You'll leave with a clear Strategic Life Plan and the tools to move forward with confidence and self-love.

# Contact Dr. Nicole

Contact Dr. Nicole Ford-Francis for more details by signing up at  
[www.UnicornBioPharma.com](http://www.UnicornBioPharma.com) or at [\*\*drnfrancis@vipcorp.org\*\*](mailto:drnfrancis@vipcorp.org)

Take the first step toward writing your story in a way that serves you.  
Reach out today to learn more about these transformative sessions.

