

# Attendee Brochure

## NARCISSISTIC ABUSE SURVIVORS' SUMMIT 2024

SATURDAY 1ST JUNE  
2PM BST



Jess Berry  
Victory Coach  
IGNITING VICTORY



Suzanne Smart  
Trauma Transformation Practitioner  
POSITIVE IMPRINT  
Host, Keynote Speaker



Marcia Hylton  
Transformative Trauma Recovery Coach  
MH COACHING & CONSULTING  
Host, Keynote Speaker



Sonia Yadav  
Diversity, Equity,  
and Inclusion Champion  
SOFTLENC



Jo Ann Fawcett  
AUTHOR

Join hosts Suzanne Smart & Marcia Hylton for this free online event, providing information and strategies on how to navigate the narcissism mire, create an exit plan and heal after leaving a toxic environment



Ingeborg Mooiweer  
Business en Relationship Alchemist  
METAMIND BREAKTHROUGH

Diana Ellis  
Deliverance Coach and Mentor  
GENERATIONAL IMPACT  
MINISTRIES



Johan Rylander  
Mindset Coach  
THE VIKING MINDSET COACH



Pamela Igwe  
Holistic Midwife & Natural  
Hormone Balancer  
BILINGUAL NATURAPATH

Feyi Ayodele  
Coach,  
THE NURTURED WOMAN



Charlotte Pardy  
Charlotte Pardy MA, Cert  
Soc Sci, Dip mBACP reg

Steve Sobers  
Men's Group Facilitator  
REDISCOVER YOUR ROAR



Jessica Hickman  
The Upstander  
BULLYOLOGY



Kevin Harvey  
Confidence Coach  
CREATING CONFIDENCE



Dr Zina Arinze  
Reinvention Queen  
& Divorce Recovery Coach  
BELIEVE & LIVE AGAIN

Dr. Carmen Bryant  
Licensed Mental Health Counselor  
Certified Clinical Trauma Professional





# Narcissistic Abuse Survivors' Summit 2024



Welcome to the Narcissistic Abuse Survivors' Summit 2024! Join us for a virtual gathering of survivors, advocates, and experts coming together to share stories, provide support, and offer resources for healing. This online event will feature empowering workshops, insightful panel discussions, and interactive Q&A sessions. Whether you're a survivor or a supporter, this summit is a safe space to connect, learn, and grow.





# Narcissistic Abuse Survivors' Summit 2024



## Your Hosts & Keynote Speakers



Suzanne Smart  
Trauma Transformation  
Practitioner  
POSITIVE IMPRINT



Marcia Hylton  
Certified Transformative  
Trauma Recovery Coach  
M H COACHING &  
CONSULTANCY







# Narcissistic Abuse Survivors' Summit 2024



## Special note of Gratitude

A huge note of gratitude goes out to our  
benefactor, Marc Jarrett



UK-based professional networker Marc Jarrett, endorsed by Meta and recognized as a Master Connector by the US Presidential Service Center, pioneered in mobile logos and celebrity fundraising chatlines. Now, he manages 500+ WhatsApp groups for global business networking across various sectors, emphasizing its efficiency and eco-friendliness since 2018.







# Narcissistic Abuse Survivors'

## Summit 2024

### Run Sheet



<b>13:45</b>	<b>Log on and test equipment</b>
<b>14:00</b>	<b>Welcome &amp; Introductions</b>
<b>14:05</b>	<b>Feyi Ayodele</b>
<b>14:30</b>	<b>Steve Sobers</b>
<b>14:55</b>	<b>Ingeborg Mooiweer</b>
<b>15:20</b>	<b>Marcia Hylton</b>
<b>15:40</b>	<b>Break</b>
<b>16:00</b>	<b>Charlotte Pardy</b>
<b>16:25</b>	<b>Kevin Harvey</b>
<b>16:50</b>	<b>Jo Ann Fawcett</b>
<b>17:15</b>	<b>Sonia Yadav</b>
<b>17:35</b>	<b>Break</b>





# Narcissistic Abuse Survivors' Summit 2024



<b>18:15</b>	<b>Jess Berry</b>
<b>18:40</b>	<b>Johan Rylander</b>
<b>19:05</b>	<b>Diana Ellis</b>
<b>19:30</b>	<b>Pamela Igwe</b>
<b>19:55</b>	<b>Dr. Carmen Bryant</b>
<b>20:15</b>	<b>Break</b>
<b>20:40</b>	<b>Suzanne Smart</b>
<b>21:05</b>	<b>Dr Zina</b>
<b>21:30</b>	<b>Jessica Hickman</b>
<b>21:50</b>	<b>Wrap Up, Gratitude &amp; Final Questions/ Comments</b>
<b>22:00</b>	<b>Close!</b>





# Narcissistic Abuse Survivors' Summit 2024



## Considerations

- Safe space
- Use the Q&A to ask questions
- Bear the sensitive nature in mind
- Be mindful of our own biases and responses to the material, others and our own experiences
- Share only what you want to
- Take breaks if you need to







# Narcissistic Abuse Survivors' Summit 2024



## We Welcome Our Speakers

This is an event dedicated to shedding light on the often misunderstood issue of narcissistic abuse.

This summit aims to provide valuable insights, practical advice, and support to survivors, mental health professionals, and anyone interested in learning more about this critical topic.

Each speaker offers a unique blend of experiences and insights into not only surviving after narcissism, but thriving.





# Narcissistic Abuse Survivors' Summit 2024



Feyi Ayodele  
Coach,  
THE NURTURED WOMAN

Talk Time: 14:05  
Talk Title: Navigating the  
Family Courts

Feyi is a Trauma-Informed Domestic Abuse/Narcissistic Abuse Recovery Coach and Training Consultant. She works with domestic abuse survivors from diverse backgrounds through their recovery journey and provides therapeutic family court support to those going through the family courts in private law proceedings.

She integrates her grounded knowledge of survivors' lived experiences and perpetrators tactics to design and deliver practical, transformative training programmes to help professionals to better provide effective support and intervention to their clients.

<https://www.thenurturedtraining.com/>





# Narcissistic Abuse Survivors' Summit 2024



Steve Sobers  
Men's Group Facilitator  
REDISCOVER YOUR ROAR!

Talk Time: 14:30  
Talk Title: "I'll Only Love You If..."  
The Long Term Effects of  
Conditional Love

Steve is passionate about helping other men regain their mental strength, especially following tragic life events. He is a staunch advocate of men who live life through a mask of masculinity, existing according to an outdated manhood model. Steve's experience of anxiety, depression, morning terrors and relationship issues - amongst others, led him to put down the mask and seek help.

Through therapy and coaching, Steve discovered how his early life experiences of being raised by a narcissistic mother, shaped his perspective towards life and relationships.

He now helps other men by encouraging them to be authentic, open and vulnerable about their experiences and the impact on their mental health, without fear of judgement.

He's on a personal mission to provide a safe space where men can offload and land softly.

For some friendly conversation, email Steve at:

[rediscoveryourroar24@gmail.com](mailto:rediscoveryourroar24@gmail.com)

with your details, for my online, judgement free,  
ZOOM room details.

Men over 18 only







# Narcissistic Abuse Survivors' Summit 2024



Ingeborg Mooiweer  
Business & Personal  
Relationship Alchemist

Talk Time: 14:55

Talk Title: Resilience & Hardship:  
the feelings connection

Ingeborg Mooiweer is an international pioneer in transformation, whose journey from adversity to empowerment has shaped her mission to change lives worldwide. Raised in Holland amidst uncertainty and emotional turmoil, Ingeborg learned resilience from a young age, navigating a challenging environment marked by parental divorce and the psychological abuse of a narcissistic mother.

Departing from her tumultuous home life at 16, Ingeborg pursued education in Hotel Management BSc, later relocating to London where she flourished in the Luxury Hotel industry for eight years. Finding love and starting a family, she balanced motherhood with a successful corporate career, eventually realizing her true calling lay in healing others' innermost traumas and challenges.

Ingeborg Mooiweer is an extraordinary artist and a profound business, strategic lifestyle and personal relationship alchemist. Her remarkable ability to navigate the complexities of human connections goes beyond surface-level interactions. With a deep understanding of healing and coaching, Ingeborg guides individuals and organizations towards transformative experiences.





# Narcissistic Abuse Survivors' Summit 2024



In the realm of business, Ingeborg's insights into relationship dynamics are invaluable. She delves into the underlying layers of professional interactions, addressing hidden barriers and fostering healing within teams. By creating a safe space for vulnerability and open communication, she cultivates an environment where trust flourishes, collaboration thrives, and individuals are empowered to reach their full potential.

Known for her innovative techniques and swift results, Ingeborg employs a blend of analytical and feminine approaches to facilitate deep transformation in her clients. Highly intuitive, she navigates psychological barriers to facilitate meaningful change, equipping individuals with practical steps to progress forward.

Ingeborg's groundbreaking work has earned her recognition as a leader in her field, poised to share her insights with a broader audience through a forthcoming TED talk and book. Now available for interviews and speaking engagements, she invites media platforms to explore her remarkable journey and transformative methodologies.

[Www.metamindbreakthrough.com](http://www.metamindbreakthrough.com)

Offer: Free Deep Dive session 1 hour book via here:  
<https://calendly.com/ingeborg-mooiweer/1-1-with-ingeborg-mooiweer>





# Narcissistic Abuse Survivors' Summit 2024



Marcia Hylton

Certified Transformative Trauma Recovery Coach  
M H Coaching & Consultancy

Talk Time: 15:20

Talk Title: Emotional First Aid.  
Navigating the Aftermath of Narcissistic  
Relationships

I am a dedicated medical professional and certified transformative trauma recovery coach, specialising in helping organisations cultivate courage and embrace trauma-informed practices, alongside supporting women on their journey to healing in the aftermath of emotional abuse and toxic relationships.

With a robust background in medicine and health for over 30 years, and a passion for trauma-informed coaching, I am committed to helping organisations create courageous, compassionate workplaces and empowering individuals to thrive. My approach is rooted in empowerment, courage, compassion, resilience and creating safe spaces for healing. I believe that trauma-informed principles and practices contribute not only to individual recovery, but also to the development of healthier and more productive organisational cultures.

As a licensed Physician Associate and background in health inequalities, I bring a wealth of experience in healthcare, particularly in mental and emotional well-being and trauma recovery.







# Narcissistic Abuse Survivors' Summit 2024



My journey began in clinical practice where I witnessed the profound intersection of physical and emotional well-being. I believe my dual expertise in medicine and coaching uniquely positions me to help guide organisations and individuals through the complexities of trauma recovery and build resilience fostering growth and productivity, improved collaboration and communication, and improved employee engagement.

## Key Areas of Expertise:

- ✓Corporate Training
- ✓Trauma-informed leadership development
- ✓'Courage Training Programme' for organisations
- ✓Customised training programmes for organisations
  - ✓Employee resilience initiatives
  - ✓Empowerment programmes for women
  - ✓Holistic Well-being Advocate

## Empowering Women:

Services I provide includes

- ✦1:1 coaching programmes
- ✦Group coaching programmes
  - ✦Workshops
  - ✦Courses
  - ✦Mentoring
- ✓Book: Best Selling Author: In The Pursuit of Fearless Living (Amazon)



# Narcissistic Abuse Survivors' Summit 2024



Charlotte Pardy  
Charlotte Pardy MA, Cert Soc Sci,  
Dip mBACP reg  
the mother wound whisperer

Talk Time: 16:00  
Talk Title: Building Emotional  
Resilience After Narcissistic Abuse

Join Charlotte for an empowering workshop designed to help you rebuild and thrive after experiencing narcissistic abuse.

In "Building Emotional Resilience After Narcissistic Abuse," we will explore essential topics to aid your healing journey:

**Belonging:** Discover the importance of community and how to cultivate a sense of belonging that fosters safety and support.

**Relationships:** Learn 5 key strategies for establishing healthy, fulfilling relationships while setting boundaries to protect your well-being.

**Achievements:** Reconnect with your goals and aspirations, and celebrate your achievements as vital steps in reclaiming your self-worth.

**Validation:** Understand the power of self-validation and learn Charlotte's amazing technique to affirm your worth independently of others.

**Elevation:** Focus on personal growth to elevate your self-esteem and confidence, empowering you to rise above past experiences.

This workshop offers a safe space to heal, grow, and be inspired, join Charlotte to explore these powerful, yet simple techniques!

<https://www.motherwoundwhisperer.com/>





# Narcissistic Abuse Survivors' Summit 2024



Kevin Harvey  
Confidence Coach  
creating confidence

Talk Time: 16:25  
Talk title: "You are all  
Invited" To Pity Party.

I am known as an engaging, dynamic coach and speaker, with zero tolerance for big words and jargon.

Following some testing times, I realised the cavalry wasn't coming to help me and decided it was time to change my life from Breakdowns to Breakthroughs and use my skills and experience to help others.

How did I do this?

As a qualified Hypnotherapist, Master NLP Practitioner, and CBT Practitioner, I combined these skills with my business journey that had taken me from the Warehouse to the PLC Boardroom.

I have coached and trained people to become confident speakers in the courtroom, office presentations, TED talks, boardroom, interviews and many more walks of life.

Guided by my programs, they have learned to trust in themselves, have faith in their abilities and regain their confidence and self-esteem.

Offer: Click the link or QR Code for a virtual coffee with Kevin

<https://calendly.com/kevin-c-harvey/creating-confidence>



<https://kevinharvey.co.uk/>







# Narcissistic Abuse Survivors' Summit 2024



Jo Ann Fawcett  
Author, Speaker

Talk Time: 16:50  
Talk title: Pathways to Healing.

Jo Ann Fawcett lives in Portland Oregon. She is the mother of a grown daughter and proud grandmother of three. She has 2-year degrees in Accounting and Film Production. She dramatically changed her life after seven marriages that included abuse, divorce, death, and being a prison wife. Jo Ann was married to #7 for over 20 years. For years she didn't even know that his abuse was narcissism. She just knew he was selfish. Covid came along and gave her time to look at what she wanted and wasn't getting. Thus began a three-year journey of untangling.

Her first book, *Midlife Magic*, is about the first six marriages, lessons learned, and her side passions.

**Book #2: *The Prince Was Wrong - Leaving the Narcissist Behind***, soon to be released is about husband #7.

She's been in therapy and continues to do her inner work. She is creating her best joyful life.

Products/offers:

**Book: *The Prince Was Wrong: Leaving the Narcissist Behind***  
(e-book available 6/25; print book available 7/9)

**Poster: *Red Flags of Narcissistic Abuse***

Upcoming events: healing group, online mini conference

Email list for info/updates: [www.joannfawcett.com](http://www.joannfawcett.com) or  
[info@joannfawcett.com](mailto:info@joannfawcett.com)





# Narcissistic Abuse Survivors' Summit 2024



Sonia Yadav  
Founder & CEO  
softlence

Talk Time: 17:15  
Talk title: The Power of Purpose

As Founder & CEO of SoftLence, I drive technology delivery and operations, leveraging thought leadership for accelerated speed to market and scalability. Rooted in servant leadership, I focus on skills development, workflow optimization, and fostering cultures that ignite passion.

Having transformed IT organizations in Fortune 100 companies and steered startups toward value-centric product strategies, I bring modern testing and quality practices to diverse software delivery teams. My commitment extends to creating learning programs, guiding individuals from coding novices to adept practitioners of test-driven development.

A frequent speaker on Thought Leadership, Industry best practices, and strategy, I've actively contributed to education and diversity initiatives, breaking the cycle of poverty through technology education and job placement services.

Specializing in IT Strategy, Program Development, Financial Management, and more, I advocate for high-performance cultures and values-centric leadership. With an unwavering belief in adaptability and continuous learning, I champion Diversity, Equity, and Inclusion in every aspect of my leadership approach.





# Narcissistic Abuse Survivors' Summit 2024



Jess Berry  
Self Defense and Wellness Coach  
Igniting Victory

Talk time: 18:15  
Talk title: "From Victim to Victor:  
How to Face Adversity and WIN."

Jess Berry's journey from victim to victor is nothing short of inspiring. Having overcome extensive childhood trauma that left her victim to fear and self-doubt for years, she's now passionate about helping other survivors ignite victory by reclaiming their power and showing up as the confident, capable, worthy Victor they were born to be.

Through her 90 day 1:1 coaching program "Victorious YOU" participants can expect a holistic approach to health and healing combining physical, mental, and emotional discipline with inner peace. She embodies resilience and determination and loves helping others find fulfillment actualizing their dreams and maximizing their full potential.

Outside of coaching, Jess enjoys pursuing her own dream of training and competing in mixed martial arts, immersing herself in music and nature, and spending time with loved-ones--including her two cats, Kinko and Pip.

Special Program offer for attendees:

1. Sign up for 1:1 coaching today and receive an exclusive 20% discount on the program fee, plus an additional free private coaching session with Jess to deep dive into your personal goals.
2. \$100 discount off next Women's Wellness Retreat in Sedona, AZ for all Summit attendees.





# Narcissistic Abuse Survivors' Summit 2024



Johan Rylander  
Mindset Coach  
The Viking Mindset Coach

Talk time: 18:40  
Talk title: Finding Your Inner  
Viking

Leaving a toxic environment is like being reborn. You're facing a new beginning, a new life. Starting a new but not knowing where to go or how to find your lost confidence.

My name is Johan Rylander. I'm from Uppsala in Sweden and am a Certified International Viking Mindset Coach. I know exactly how you feel. I have been where you are now. I conquered a 25-year long, profound episode of domestic abuse, which included isolation, coercive, physical and financial abuse.

Almost 5 years ago I finally managed to leave my toxic environment. I was a shadow of the man I once was. I had lost my confidence and my self-esteem was at an all-time low. I was free but at the same time I was completely lost and without direction.

By studying and following the mindset and ways of my Scandinavian ancestors, the Vikings, my lost confidence and inner strength came back.  
Step by step.







# Narcissistic Abuse Survivors' Summit 2024



Like my Scandinavian ancestors, when they for the first time sailed west to explore new territories not knowing what awaited them, I decided to "sail off" towards the unknown.

And after a long and tough journey I finally "reached shore" confident like a strong, powerful Viking King. Once again I am....

- ✓ in the driver's seat.
- ✓ a proud and dedicated father to my three grown up kids.
- ✓ in charge over my economy and my personal health

Based on the Noble Viking Laws and Virtues I offer a unique coaching experience designed to help survivors of domestic narcissistic abuse to create a Viking Mindset to conquer their lost confidence.

As Viking Mindset Coach I take my clients on a powerful Viking Journey. Together we board a majestic Vikingship and, as we sail off towards new lands, we begin with a deepdive to find out where you are at the moment and where you desire to go.

**VALHALLA SUMMER DISCOUNT:**

999 USD (payment plan available)

CONTACT: [johanrylander5@gmail.com](mailto:johanrylander5@gmail.com)





# Narcissistic Abuse Survivors' Summit 2024



Diana H Ellis BA (Hons) Theology  
Deliverance Coach  
Generational Impact Ministries

Talk time: 19:05

Talk title: Setting Yourself Free  
from the Spirit of Narcissism

Diana Ellis is the founder of Generational Impact Ministries, and is currently facilitating the 'Breaking Chains Revival'.

Diana is a Deliverance Coach, Deliverance Mentor, Mental Health First Aider. All from a Christian perspective.

Diana Supports people who are suffering, and want to break free from, negative inter-generational cycles and spiritual chains which hold us back from progressing towards our God-given destinies.

As Diana works towards becoming the first 'Spiritual First Aider' in Wales and beyond, she hopes to support people to break free from the soul ties, the generational curses and spiritual powers of the spirit of narcissism, to be set free to live blessed and fulfilling lives.





# Narcissistic Abuse Survivors'



## Summit 2024

Pamela Igwe

Holistic Midwife & Natural  
Hormone Balancer  
bilingual naturapath



Talk time: 19:30

Talk title: Healing from Within; Harmonising  
Your Hormones with E.F.T and Micro  
Nutrients

With over 40 years of experience as a holistic midwife, E.F.T. ( Emotional Freedom technique), and Body Code Practitioner, I have dedicated my career to guiding individuals through transformative life events and complex health challenges. My holistic approach addresses physical, emotional, and psychological well-being, making me uniquely equipped to help those in narcissistic relationships.

I use different modalities:

- \* Empathy and Understanding: Decades of working with vulnerable individuals have honed my ability to empathise and provide non-judgmental support deeply.
- \* Holistic Healing: My expertise in nutrition, herbal medicine, and Emotional Freedom Techniques (Tapping) offers comprehensive care for body and mind.
- \* Safe Environment: I create a nurturing space where clients can heal from trauma and rebuild their lives.
- \* Proven Tools: Practical, evidence-based methods like tapping and micro-nutrient therapy empower clients to regain control and well-being.
- \* Pamela is a passionate, compassionate, experienced practitioner dedicated to helping you find your natural holistic recovery. Together, we can work towards a healthier, happier future.

For more information or to schedule a free 15-minute consultation, please contact

[Pamela-igwe.fr](mailto:Pamela-igwe.fr)

WhatsApp +33613618775

<https://www.linkedin.com/in/pamela-igwe/>

<https://www.facebook.com/groups/248251490618417>



# Narcissistic Abuse Survivors' Summit 2024



Dr. Carmen Bryant  
Licensed Mental Health  
Counselor  
Certified Clinical Trauma Professional

Talk time: 19:55  
Talk title: The Importance of Educating the  
Public about Narcissist Abuse.

Dr. Bryant is a retired US Army Veteran and the CEO and Director of Psychological Health Consultants and Services and The Indelible Coaching Institute.

While in the military she was trained as a Sexual Assault Advocate for deployments, and an Equal Opportunity Representative. After retirement she continues to serve the military community both active-duty service members and Veterans in areas of trauma. She received Sexual Assault Training through her local Sexual Assault Center and training in Domestic Violence Services through the local YWCA.

She provides education, resources, and mental health services especially to those that have been in or recovering from domestic violence. Her passion is to educate the public about narcissist abuse and help people discover their strengths. She facilitates partnerships with domestic violence agencies to ensure that there are domestic violence advocates available and that survivors are provided with assistance when maneuvering through the court systems.

I have a conference coming on July 27th, 2024 100% online.

To order a ticket viewers can go to

[overcomingnarccistabuse.ticketleap.com](https://overcomingnarccistabuse.ticketleap.com) or I can send an invoice for payments, and delegates can email me at [rcarmenbryant@oulook.com](mailto:rcarmenbryant@oulook.com)







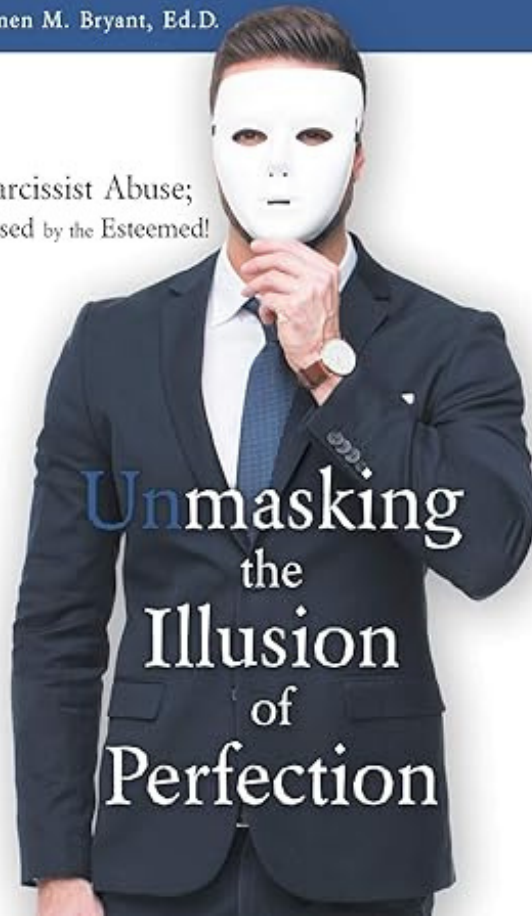
# Narcissistic Abuse Survivors' Summit 2024



Unmasking the Illusion of Perfection; Abused by the Esteemed, on Amazon.

Carmen M. Bryant, Ed.D.

Narcissist Abuse;  
Abused by the Esteemed!



Unmasking  
the  
Illusion  
of  
Perfection





# Narcissistic Abuse Survivors' Summit 2024



Suzanne Smart  
Trauma Transformation  
Practitioner  
POSITIVE IMPRINT

Talk time: 20:40  
Talk title: Moments of Clarity

Suzanne Smart is a Trauma Transformation Practitioner, Best-Selling Author, TEDx Speaker, Performance Poet, Healer, NLP Practitioner, Mental Health First Aider, Teacher, Massage Therapist, Pilates Instructor and Mental Health Nutritionist, helping clients who have experienced abuse, specialising in narcissism, sexual & physical abuse (domestic violence).

Her experience of 2 abusive and narcissistic relationships coupled with the realisation she would never survive a third, led her to gain expertise in trauma, its effects and transcending the hurt & pain it causes. Suzanne's new book, "Moments of Clarity- Find Your Voice and Stand in Your Power" has an award-winning chapter from the prestigious Page Turner Awards.

Suzanne's book outlines her P.O.S.I.T.I.V.E I.M.P.R.I.N.T. programme, with anecdotal accounts of her journey. It helps to empower her clients to reverse the negative impact of abuse by erasing the guilt, anger, frustration and shame caused and to accept the sparkle back into their lives, trusting themselves, others and in the regenerative process that comes with self-knowledge gained through God's love, leading to self-love.

Her loves are God, family, friends, music and food!

Offer: Trauma Triage, emotional diagnostic £99 until Monday 3rd June  
Order via link: <https://positive-imprint.co.uk/online-store>



# Narcissistic Abuse Survivors' Summit 2024



Dr. Zina Arinze (DD)

The Reinvention Queen

Believe and Live Again Divorce Recovery Coaching  
and Mentoring

Talk time: 21:05

Talk title: Re-igniting Confidence after an Abusive  
Relationship

Dr. Zina Arinze (DD) fondly known as “The Reinvention Queen” is an accredited Ministry Leader with CiC Intl. (Churches in the Community International), a multi-award winner, International Transformational Speaker, Lawyer, Best- Selling Author, An International Gender Empowerment Strategist, Radio Broadcaster and PodCast Host, as well as a Reinvention, Leadership and Personal Effectiveness Coach. She is the Founder of Believe and Live Again Divorce Recovery Coaching and Mentoring, a service dedicated to helping women of faith and female professionals swiftly move from “we to me” and heal from the pain of divorce, so that they regain their positive sense of self to reinvent themselves, uncover their God given talents, and rebuild in order to create sustainable income growth for themselves and their families.

Dr. Zina is also the CEO of The Reinvent YOU Experience for Personal Effectiveness and Transformation focused on helping women who are disillusioned and unfulfilled get unstuck to create profitable legacies after a traumatic life transition.

As the CEO and Lead Consultant in CrystalJade Project Management Consultancy, Coaching and Training delivery of powerful Technology bespoke solutions to project teams, small businesses, communities, groups and Individuals.

A fellow and active member of the Institute of Enterprise and Entrepreneurs, Dr. Zina sits on several boards and panels providing astute leadership, expert comment, strategic direction, career guidance and entrepreneurial mentorship to Business schools, SMEs, Not for Profits and Individuals.

In 2018, Dr. Zina, launched The Reinvent YOU! After Abuse Foundation (TRYAF), a charity and women in ministry led organisation of financial professionals and experts passionate about ending the stigma and trauma of domestic violence through financial education and empowerment, thereby providing survivors and their families with the education, resources and signposting needed to get back on their feet financially after abuse.

Dr. Zina sits as the Chair of PAW Africa UK an international NGO focused on empowering African women and young girls in the diaspora impacted by trauma including GBV, Domestic Abuse, Mental Health Conditions, Racism, Modern Slavery and the Socio, Political and Emotional Effects of Covid-19.

As a member of the Black Churches Domestic Abuse Forum (BCDAF) Dr Zina, serves on the planning board and as one of the three trainers responsible for delivering capacity building and domestic abuse awareness training to pastors and leaders in black majority churches across the UK



# Narcissistic Abuse Survivors' Summit 2024



Offer: 45-minute summit complimentary Confidence Revamp  
After Abuse Coaching Session

<https://calendly.com/claritywithdrzina/summit-gift-voucher-complimentary-session--1>







# Narcissistic Abuse Survivors' Summit 2024



Jessica Hickman  
The Upstander  
Bullyology

Talk time: 21:30

Talk title: Why bystanding Poses the  
Greatest Threat to Our World

As the founder and director of Bullyology and advocate of The Upstander Movement, Jess is a TEDx speaker who provides schools, workplaces and community groups with the tools and strategies that will enable them to create a thriving respectful environment free of bullying, harassment and violence.

Jessica is the published author of *The Bullyologist: Breaking the Silence on Bullying* and *The Upstander Leader: How to develop a speak-up culture*.

"*The Upstander Leader: How to Develop a Speak-Up Culture*," has received prestigious awards including the RDA - Australian Career Book Awards 2023, UK 2023 Business Book Awards, and the Australian Business Book Awards - HR & Management.

Watch my TEDx Talk:

<https://youtu.be/7DyRykBnmow?si=1BnrNDBZ9OMDEtC->

Video on Bystander Effect:

[https://youtu.be/0Z9Mf5vQt6E?si=nydvScUk\\_gg9r68E](https://youtu.be/0Z9Mf5vQt6E?si=nydvScUk_gg9r68E)

Book:

<https://www.amazon.co.uk/Upstander-Leader-develop-speak-up-culture/dp/1922611468>

Course:

<https://www.upstandacademy.com.au/>





# Narcissistic Abuse Survivors' Summit 2024



We would like to thank you for your attendance at this summit.  
We hope you have been educated, inspired and motivated to make a positive change for the future.  
If you are in need of help, please reach out to our speakers - we are all experts in this space and are here to support you.  
Feel free to take up any offers that appeal to you - it may be the single most important decision you make right now!

