



HART STRONG TRAUMA RECOVERY SERVICES:



What is Coaching?

Coaching is a peer to peer service from one trauma survivor to another. As a CTRC (Certified Trauma Recovery Coach), it is my mission to help women identify, process, and heal from the trauma that keeps them stuck in survival. Using trauma focused methods (psycho education, somatic practices, teaching about neurobiological effects and normalizing client experiences, assessing adaptive coping strategies) tailored to client needs to ensure they learn foundational healing strategies that LAST.

Heather Hart

Sessions Include

- ✓ Initial Appointment Protocol: Establishing Safety
- ✓ Client Intake: Medical and family trauma history
- ✓ Recovery Goals: Creating goals and facilitating change.
- ✓ Truths and Lies Worksheet (when needed)
- ✓ Wheel of Shame: Learning toxic shame and understanding of reactions.

Services

Individual Services

Partnership Deals

Courses and Speaking



HART STRONG: **INDIVIDUAL SERVICES**

Individual services are for self-paying clients seeking healing from relational trauma caused by abuse. Hart Strong Offers the following individual and packaging prices for self-pay.

1 By The Hour

- \$175 Initial Visit
- \$125 Coaching Session

Initial Visit (90 mins) includes a safety assessment, policy and procedures signatures.

2 By The Package

- \$397 Healing Journey Starter
- \$497 Buy More & Save

HJS Includes Initial visit and three sessions (pack of 4) **\$127** savings.
BM&S Includes five (5) coaching sessions. **\$127** savings.

Group Opportunities

- \$25 Group Sessions
- FREE Facebook Group (Women Only)



HART STRONG: PARTNERSHIP SERVICES

Partnership services are for non-profit and government bodies typically on a lower budget, with the same mission, but in need of 3rd party providers.

1 Book Deals

40% Orders of 50+

30% Orders of 25-49

2 Group

\$125 Group Session

4 Courses

\$2400 TR Bootcamp

3 1x1 Coaching

\$2300 20 hours

\$3150 30 Hours

\$5000 50 Hours

Speaking

Speaking rates start at \$495 depending on topic, time, and audience. Flexibility for non-profit low budget organizations