



# 2024 Annual Report

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# Vision & Mission

## *Vision*

A world in which repairing, healing, and thriving are accessible to everyone.

## *Purpose*

Our purpose is to bring skill and compassion to populations impacted by interpersonal trauma.

## *Mission*

To provide trauma-informed programs, Integral Coaching®, and classes for people who have been impacted by interpersonal trauma to create conditions for healing and wholeness.



# Letter from the Board



We are pleased to present Nested Integral Coaching Constellation's 2024 Annual Report, which highlights our program findings, impact, and the progress we have made toward our mission. This past year has been one of growth, resilience, and focused results, made possible through the dedication of our team, the support of our partners, and the trust of our community.

Inside this report, you will find key insights into the effectiveness of our programs, real stories of transformation, and informed outcomes that demonstrate the tangible difference we are making. Through REPAIR, our work has continued to evolve to support people who have been impacted by interpersonal and collective trauma.

None of this would be possible without the commitment of our supporters—donors, volunteers, and advocates—who believe in the healing of our vision and contribute to the care we offer. As we reflect on the past year's endeavors, we also look ahead with fortitude, ready to build upon these outcomes and expand our dedication to care in 2025.

Thank you for your continued support and belief in our mission. We invite you to explore our findings in this report and join us in creating conditions for healing and wholeness.

With warm appreciation,

*James Flaherty, Board Chair & Christy McClendon, Board Vice-Chair*



Check out  
<https://ni2c.org/get-involved>  
for information on supporting us via  
donations!



# REPAIR Participants Served in 2024

50 REPAIR Participants in 2024

3 REPAIR Cohorts

39 Group REPAIR Sessions

52 REPAIR Pod Sessions

154 Individual Coaching Sessions

## *REPAIR Participant Trauma History:*

25% Justice Impacted

38% Experienced Assault

48% 4+ ACEs

41% Addiction

45% Insecure Attachment

64% History of Abuse



## *REPAIR Participant Demographics:*

60% BIPOC

54% age 18-25

87% Female





# REPAIR Outcomes

	R	E	P	A	I	R
BEFORE	2.10	1.76	1.76	1.95	1.57	2.57
AFTER	3.62	3.52	3.76	3.67	3.29	3.67
GROWTH	+1.52	+1.76	+2.00	+1.72	1.72	+1.10
% INCREASE	+73%	+100%	+114%	+88%	+109%	+43%



## RESILIENCE

- Co-regulation, Self-Regulation
- Working with nervous system to recognize and shift states



## EMBODIMENT

- Grounding, Somatic Awareness
- Tuning into the wisdom of my body to return to the present moment



## PERSPECTIVE

- Opening for new possibilities
- Getting unstuck from my current perspective to try on a new shape



## AWARENESS

- Mindfulness, Self-Reflection
- Learning to unblend from emotions and observe them compassionately



## INTEGRATION

- Living from wholeness
- Bringing more of myself to life will result in more aliveness and richness



## RESPONSIVENESS

- Attunement to self and others
- Appropriately generate what is needed for ourselves and others







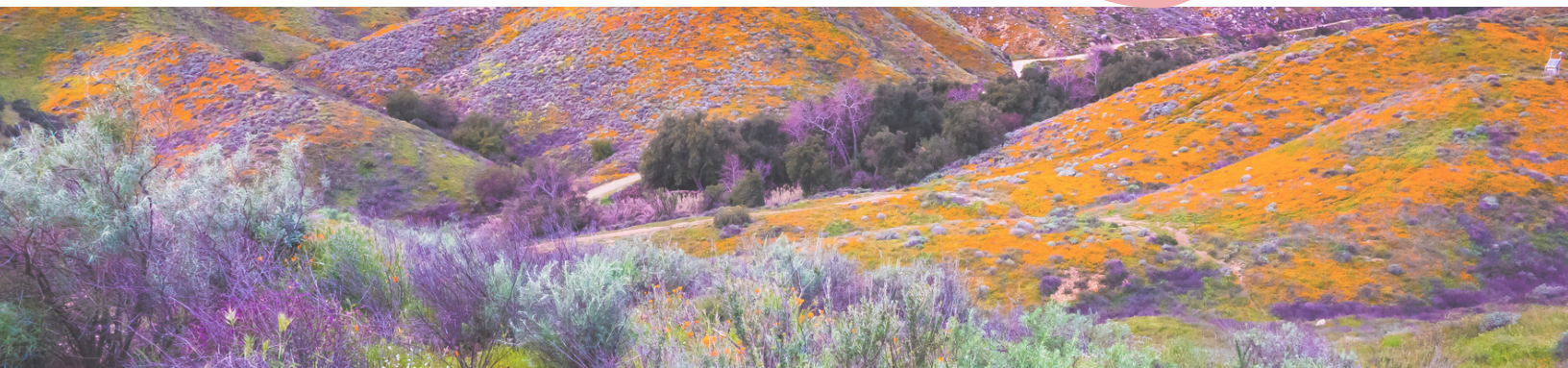
# REPAIR Testimonials

“As I became more integrated through the sessions, I felt a sense of lightness, a glow.”  
- Leah Anne

“I’ve been able to recognize dysregulation in others more quickly, and because I now have the tools to help, I’ve been able to co-regulate emotions with people in my life. This is one of the more important skills I feel I have learned.” - Kaitlyn

“I feel a shift in the quality of my life, in the permission I give myself to tend to my needs without judging myself so harshly for them as I have in the past.” - Ineisha

“My experience with REPAIR has shown me sides of myself and healing that I frankly did not know were possible... I’ve noticed a significant shift in my life and relationship with myself for the better.”  
- Anonymous





# Fundraising Growth and Success in 2024



## Freedom Finders Grant

**\$40,000**

Supported programming for our justice impacted participants



## Negley Flinn Charitable Foundation

**\$50,000**

Supported operations & programming as a matching grant to help double our impact



## Fall Fundraiser Freedom Workshop

**\$15,000+**

Raised by James Flaherty & Russ Hudson's custom workshop for NI2C



## 2024 Fundraising Events

**\$15,000+**

Raised by Valentine's Eve Mixer, Heart-Centered Meditation Retreat, Writing Workshops & Sound Meditation

All of us at Nested Integral Coaching Constellation extend our deepest gratitude to our donors and supporters. Your support has increased the efficacy of our existing programs, and also allowed us to create new programs that move us all closer to a world in which repairing, healing, and thriving are accessible to everyone.



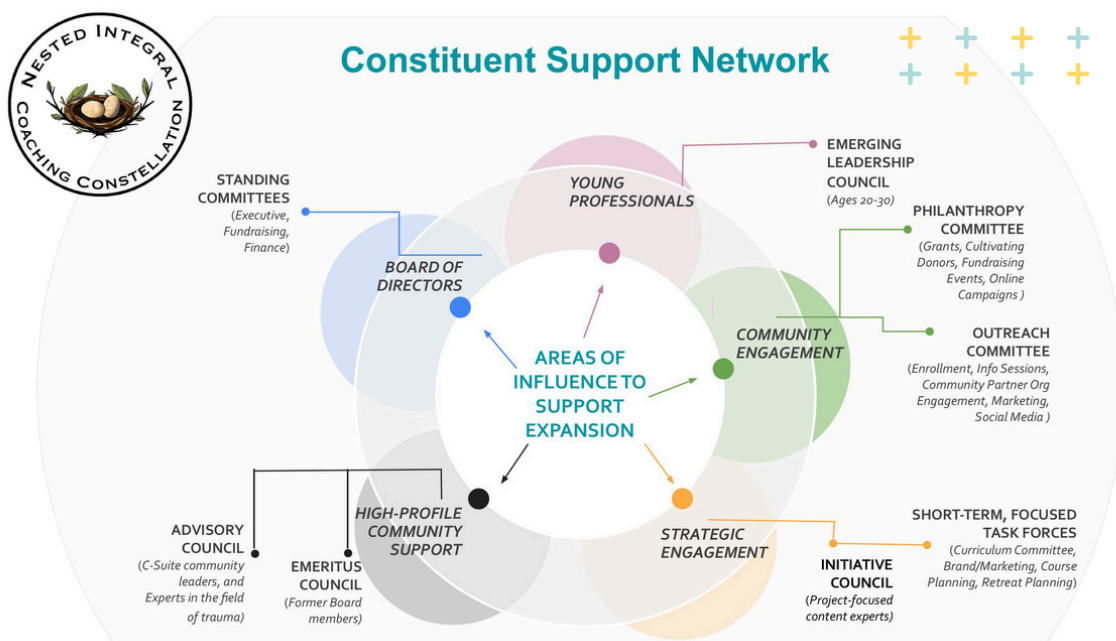
New in  
2024!

# Emerging Leadership Council

Since our founding, NI2C has developed ways to meet our goal of expanding our support network. One tenant of this expansion is focused on supporting young professionals in the field.

The Emerging Leadership Council was created in 2024 with the goal of providing young adults a 12-month opportunity to develop their leadership skills within the nonprofit and mental health fields. Those who had previously interned with Nested Integral Coaching Constellation were extended the invitation to apply for the council where they would be able to contribute to the supervision of future undergraduate intern teams.

The council had humble beginnings, starting with only 6 members Bianca C., Jen E., Victoria H., Jess O., Kim T., and Michelle Z. At the time, undergraduate internship teams included the Research Assistant team, Research Articles team, Fundraising and Grant Writing team, Outreach team, and the Podcast team.



*"I have learned so much from everyone and have felt so supported and connected with the other ELC members. I personally have enjoyed building relationships with the interns I supervise and developing projects that support future interns."*  
-Emily, Emerging Leader & Grants Specialist



## Emerging Leadership Council, cont.



One founding member of the council recalls its early days. “It started as a small group of us coming together to discuss our teams’ progress and providing support to each other. It has been a privilege to watch the council grow to what it is today. Meetings are full of collaboration,

- forward-thinking, and passion for advancing our mission. Because the council is comprised entirely of volunteers, it’s a unique opportunity to develop our leadership and professionalism while still completing projects we are passionate about and personally dedicated to.”

In a short time the council has grown and expanded to include 10 members representing supervisors from the Retreat Committee, Research Articles team, Grant Writing and Corporate Sponsors team, Outreach Team, Podcast Team, with the addition of Guided Meditations and Animated Educational Videos team, and the Enrollment Committee planned for 2025. Creating a team that reflects one of our key demographics (young adults under the age of 30) gives us a unique perspective on leadership and program growth while creating an informed and supportive environment for our undergraduate interns. Many current members of the Emerging Leadership Council are pursuing advanced higher education in social work, public administration, marriage and family therapy, and public health.

*“I enjoy making genuine connections with my interns, teaching them new things, and being a form of support for them whether it’s about NI2C, future career goals, or anything about life in general.”*

*-Lally, Emerging Leader & Outreach Coordinator*



Learn more about the members of the ELC:  
<https://ni2c.org/emerging-leadership>



**New in  
2024!**

# REPAIR Internship Program

*Partnership with CSU Fullerton Center for Internships and Community Engagement*

Provides an opportunity for undergraduate students to intern with NI2C, gain experience in the mental health and nonprofit fields, and earn academic credit

25 interns, across 5 teams in 2024, contributed 1,500 hours to mental health advocacy projects

Majors leading to careers in the mental health field including: Psychology, Human Services, Social Work & Public Health

Interns participate in the REPAIR program and serve on an intern team project

## Intern Testimonials

“Since attending the program, I have given myself permission to connect with my feelings more and to be more open to expressing them with others...

It was such a supportive and caring environment that encouraged healing and building connections with myself and also with others.” - Emily

“The area of growth that I have noticed in myself is resilience. I’ve learned how to properly identify the state that I am in and feel what I am experiencing in that present moment along with utilizing effective strategies to calm down my nervous system.” - Briana

# REPAIR Intern Team Projects

## ***Program Evaluation***

Interns help with planning, outreach, enrollment, and facilitation support for a hybrid spring retreat. Supervised by NI2C's Executive Director.

## ***Research Articles***

Interns write and research articles to be published in our REPAIR and THRIVE blog. This team creates our annual report and is supervised by NI2C's Research Coordinator.

## **Podcast**

Interns assist with the production and editing of Season 1 of NI2C's podcast. Supervised by NI2C's Emerging Leadership Council.

## ***Outreach***

Interns create engaging content for emails, social media, and our website to promote mental health awareness. Supervised by NI2C's Outreach Coordinator.

## ***Grant Writing & Fundraising***

Interns support an end of year fundraising campaign, and learn to research and write grants under the supervision of NI2C's Executive Director.

Meet our interns:

<https://ni2c.org/our-interns>





# Letter from our Executive Director

This year has been one of collaboration, team building, program expansion, and innovation. All of this growth was made possible by our partners and donors who invested in our vision and mission to make trauma-informed coaching and programs accessible.

In 2024 we tripled the number of REPAIR participants served, and thanks to generous grants from Negley Flinn Charitable Foundation and Freedom Finders DAF we were able to provide scholarships to those who need our program most. Our fastest growing REPAIR populations include justice impacted individuals, and young adults impacted by adverse childhood experiences.

The biggest innovations at NI2C in 2024 have been the expansion of our team by the creation of the Emerging Leadership Council, and the partnership with the Center for Internships and Community Engagement at CSU Fullerton leading to a robust internship program. Our Emerging Leaders are skilled, passionate, and dedicated to supporting mental health advocacy, trauma-informed programming, and quality field education experiences for future mental health professionals. Under the supervision of our council interns have launched amazing outreach projects such as our “REPAIR & THRIVE” blog, and the “Nested Healing Podcast”, as well as supported important projects such as grant writing and program evaluation.

We look forward more individual and collective healing, and invite you to stay tuned for more articles and podcasts throughout 2025. Thank you, as always, for your partnership and support.

*Jennifer Evans, Executive Director*

Check out the “**Nested Healing Podcast**” on YouTube and Spotify