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# 2023 Annual Nonprofit Report



Prepared by  
JENNIFER ANDI

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# Founder's Foreword

Nested Integral Coaching Constellation (NI2C) was born as an organization in 2023 out of a desire to meet people compassionately where they are, in the midst of their suffering — and to utilize our skillful means as coaches to facilitate development and transformation by co-creating the conditions for healing and wholeness to emerge.

I founded NI2C along with our founding board members in order to find an organized and systematic way to bring the methodology of Integral Coaching®, along with the wisdom traditions that inform our sources for coaching, directly to individuals and communities impacted by relational trauma. As a person actively engaged in breaking the cycle of intergenerational trauma in my own family, I experienced most of the same forms of interpersonal trauma as the populations that NI2C serves. I have also experienced the hope, repair, and healing that comes with having wise and compassionate coaches, peers, and mentors to walk alongside me on my journey to resolve my symptoms of trauma, allowing me to lead a fulfilling and integrated life.

This first year has been inspiring and I am so grateful for the support and guidance of Camilla, Christy, Diane, and James who have graciously contributed their time, energy, wisdom, and resources by serving on NI2C's Board of Directors. I am touched by the collaboration and dedication of our first REPAIR Cohort of Coaches: Adam, Bear, Joy, and Rosslyn — it was a pleasure to coach and facilitate with you all.

As you read these pages, please celebrate our first year of impact with us! I also invite you to share what you think, and ask that you consider who else needs to know about the empowering and healing work that is occurring at Nested Integral Coaching Constellation.

**Jennifer Andi**  
Founder and Executive Director



**"Trauma is not what happens to you. Trauma is what happens inside you as a result of what happens to you."**

— Dr. Gabor Maté

## Ways to Get Involved:



To volunteer with us email [jen@ni2c.org](mailto:jen@ni2c.org)



To enroll in a program sign up at [www.ni2c.org/programs](http://www.ni2c.org/programs)

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# Vision

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

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# 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.

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# Purpose

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



[Learn more about our commitments](https://nizc.org/our-mission-%26-commitments)

<https://nizc.org/our-mission-%26-commitments>





**16 Participants**  
**5 Integral Coaches**



**13 Weekly Groups**  
with experiential, skills-based  
content to develop 6 REPAIR  
competencies



**96 1:1 Sessions**  
6 per client, with an assessment  
and customized development  
plan for each participant



**REPAIR PILOT INPUTS**



# REPAIR PILOT OUTCOMES



## Cohort's Average Improvements in REPAIR Competencies

\*Retrospective Pre/Post on a Scale of 1-5



- **+1.46 Resilience** - co-regulation, self-regulation, stress response
- **+1.38 Embodiment** - grounding and somatic awareness
- **+1.23 Perspective** - opening for new possibilities
- **+1.23 Awareness** - self-observation, reflection, and mindfulness
- **+1.23 Integration** - living from wholeness
- **+1.46 Responsiveness** - attunement and relationship with self and others



## What REPAIR Participants had to say:

"Among the best life experiences I have ever had. My coach provided so much compassion, support, tenderness, and empathy. I felt so safe with her and am grateful for her unwavering wisdom and insight."

"I am better able to navigate a lot of stress better than I could have before. I am more skilled at self regulation."

"I feel more settled, more patient with myself, more willing to give myself room to have feelings, more willing to try strategies to support myself in whatever state I find I am in."

"I have become a lot more calm without much need for outside assistance because I learned how to address my inner feelings."

"I'm just more happy and free. I am able to be present and good."

"I'm more able to relax into myself and sense where I'm at. This opens many new possibilities."



# REPAIR TESTIMONIALS

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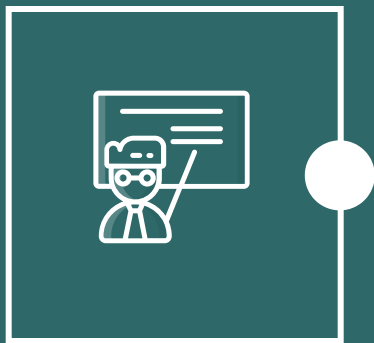
# Upcoming Projects



## **REPAIR Program:**

Offered in Spring and Fall 2024.

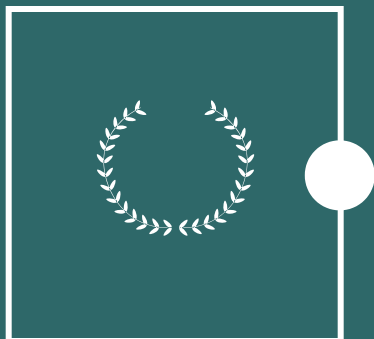
[ni2c.org/r-e-p-a-i-r-program](https://ni2c.org/r-e-p-a-i-r-program)



## **Community of Practice:**

Launching in 2024; Quarterly Workshops open to the public.

[ni2c.org/community-of-practice](https://ni2c.org/community-of-practice)



## **Trauma-Informed Coaches Circle:**

Second Thursday of the month.

[ni2c.org/coaches-circle](https://ni2c.org/coaches-circle)



# LETTER FROM THE BOARD CHAIR

Dear Friends,

I hope you are well. The last year has been extraordinary for our new organization, Nested Integral Coaching Constellation (NI 2C). Jen Andi, our executive director and founder, invented and successfully piloted a new course, recruited and trained faculty and assembled a supportive board of directors. Usually this would take much longer and proceeded with fits and starts. So far, though, our programs and infrastructure building have unfolded with ease, and efficiency. Students in our initial offering report strong personally important results. Faculty are engaged and actively contributing. Our board is organizing, reaching out to different communities and building a strong platform for future expansion.

All this is happening because our world is calling for what our organization is providing. Many of us need practical support and warm human guidance as we put our lives back together on the other side of healing from trauma. In a concentrated and digestible format, we bring people the tools and coaching necessary to integrate their lives so they can live from their values, accomplish their goals, deepen their relationships and thrive in their real everyday circumstances. Through sensitive and flexible design, our workshops meet each person individually and simultaneously teach skills necessary to flourish in all domains of their lives.

Most telling for me is that graduates of our first program are eager to bring it to their own organizations, networks and friends. Our faculty feel nourished and developed from their participation. A loving caring community is already emerging. Something marvelous and likely miraculous has come into the world.

Thank you for all of your support, and please join us as fully as you can, as we dedicate ourselves to the healing of our world.

**James Flaherty, Board Chair**



**"Trauma is a fact of life. It does not, however, have to be a life sentence."**

— Peter A. Levine, *Waking the Tiger: Healing Trauma* (1997)

## Ways to Contribute:



To donate visit  
[www.ni2c.org/donate](http://www.ni2c.org/donate)



To enroll in a program sign up  
at [www.ni2c.org/programs](http://www.ni2c.org/programs)