

GROUNDED WITHIN

A Nervous System Foundations Program for Neurodivergent Adults (18+)

Offered by **Wennik Johnson's Life Coaching, Inc.**
(a nonprofit organization)

What Is Grounded Within?

Grounded Within is a self-paced, non-clinical, nervous-system-informed foundations program designed for neurodivergent adults seeking greater self-understanding, emotional awareness, and sustainable personal growth.

Who This Program Serves

- Neurodivergent adults (18+)
- Individuals seeking self-awareness rather than diagnosis
- Those who benefit from gentle, self-paced learning
- People looking for nervous-system-informed support

What's Included

- Phase One Master Workbook
- Four self-paced weekly modules
- Guided journal for reflection and integration
- Nervous system cheat sheets
- Closing integration guide

How It's Delivered

- 100% self-paced
- Private and repeatable
- Designed to reduce pressure and overwhelm

Our Values

Grounded Within centers dignity, accessibility, consent, and nervous-system safety. It is trauma-aware and does not replace therapy or medical care.

Learn more or inquire about access:

Wennik Johnson's Life Coaching, Inc.