

Emerald Journey Mentorship Semesters

Just like an Emerald must go through a process to become the beautiful jewel that it is, we must also go through a process of healing phases. This mentorship program offers 2 semesters per year, one in the Spring and one in the Fall.

01

Shatter the Lies

*Expose, identify, & replace lies (with biblical truths) planted in our wounds, trauma, experiences from childhood to adulthood

*Learn to rewrite your emotional script

02

Shatter the Shame

* Unmask your soul from layers of shame by understanding emotional, mental, physical, spiritual, and sexual trauma.

*Increase self awareness, identify triggers, and trauma responses

03

Shatter the Shackles

* Love, Sex, Relationships Pt. 1

*Shatter shackles of addiction

* Shatter toxic relationships and codependency

04

Shatter the Cycles

*Love, Sex, Relationships Pt. 2

*Shatter generational cycles, establish healthy boundaries, & rebuild intimacy

****Phases and order of phases are subject to change at any time.**

www.EmeraldoftheSea.org

