

FROM REACTIVE TO *Empowered*

A 4-WEEK INDIVIDUAL COACHING EXPERIENCE

for Women Ready to Set Boundaries
and Reclaim Their Lives



- ♥ Are you always saying yes when you mean no?
- ♥ Do you feel like life is happening to you?
- ♥ Do you people-please, shut down, overcommit, or avoid conflict just to keep the peace?

It's time to break free and take back your power.

Starts in
SEPTEMBER!

IN THIS 4-WEEK JOURNEY, YOU WILL LEARN:



How past wounds
shape your everyday
reactions



Why boundaries
feel uncomfortable—
and how to make
them easier



How to identify your
triggers and interrupt
unhealthy patterns



Practical scripts
for saying no
with confidence



How to protect
your peace without
fear, guilt,
or shame

WEEKLY THEMES

1

WHY BOUNDARIES FEEL SO HARD

Discover how fear, guilt, and past experiences keep you stuck.



2

UNDERSTANDING YOUR TRAUMA RESPONSE PATTERN

Learn how fight, flight, fawn, and freeze show up in your life.



3

REWRITING OLD REACTIONS INTO HEALTHY RESPONSES

Replace automatic reactions with choices that serve you.



4

BECOMING THE WOMAN WHO PROTECTS HER PEACE

Step into your power and build a life aligned with your values.



YOUR 1:1 COACHING INCLUDES

- ✓ Four private 1:1 coaching sessions (one each week)

- ✓ 2 hours per session

**4 SESSIONS X 2 HOURS
= 8 HOURS OF COACHING**

- ✓ Personalized coaching tailored to you and your goals
- ✓ Reflection exercises & journaling prompts
- ✓ Trauma response self-assessment tools
- ✓ Boundary-setting worksheets & conversation scripts
- ✓ Action steps and accountability between sessions
- ✓ Resources you can use long after the program

THIS EXPERIENCE IS PERFECT FOR YOU IF:

- ♥ You struggle to say no without guilt
- ♥ You often put others' needs before your own
- ♥ You feel emotionally exhausted from carrying too much
- ♥ You want healthier relationships and stronger self-respect
- ♥ You want boundaries that honor your well-being and your purpose

You deserve more than survival mode.
YOU DESERVE PEACE.
YOU DESERVE CLARITY.
YOU DESERVE FREEDOM.



STARTS IN
SEPTEMBER!



DURATION
4 WEEKS
4 SESSIONS
(2 HOURS EACH)



FORMAT
1:1 COACHING
VIRTUAL
(OR IN PERSON)



INVEST IN YOURSELF
AND THE LIFE
YOU DESERVE.



**FIRM FOUNDATION
COACHING**
STRONG BOUNDARIES.
STRONG YOU.

Ready to take the first step?

RESERVE YOUR SPOT TODAY!

Spots are limited to ensure
personalized support.

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Virtual Coaching