



# Gina Brown

## Provider (Paraprofessional)

If social media has taught us nothing else, it is that the outward appearance of one's life is almost never the whole story. Every single person has (and will) experience things in life that are out of their control that will influence how they show up in the world. This is often called trauma, and I believe that what we do with that trauma is the biggest factor to how happy and fulfilling our lives will be.

I've never had any "big T trauma", but I've had plenty of "regular life" and generational trauma; from being born to an unwed mother (in the 70's this was a huge deal!), having an alcoholic father (now 41 years sober!) to being in abusive relationships and going through 2 divorces....I realized that I could wallow in self-pity and continue destructive patterns, or I could choose to heal and learn how to create better behaviors for myself and my children.

Through my own journey, I have learned many strategies for healing and coping with all life's curveballs. I've seen first-hand how healing my own traumas affects future generations: I have 2 adult daughters (and 2 grandbabies!) and I have 3 littles still at home, a 12 year old and twins that are 11 (yep, I had 3 babies under the age of 18 months! I know a thing or two about chaos and the importance of organization, lol!). I've had many different professions in my life, and most recently I became a certified life coach, specializing in mindfulness techniques like meditation, breathwork and yoga. I am consistently expanding my toolbox in areas like tapping and other trauma release methodologies. Oh, and I also homeschool my kiddos, including my son who has Down Syndrome.

I believe nature can heal, caring for our physical bodies is imperative, and that we all hold within us the power to be the person we dream of being. I believe some of my biggest superpowers in life are motivation, patience, organization, and creativity. And I believe my life experiences have given me the ability to truly see a person for who they are, not where they are or what they have done, and to be able to help them use their personal strengths and talents to become a better version of themselves each and every day.

Robin Williams said in the movie Dead Poet's Society: "Life is fleeting. And if you're ever distressed, cast your eyes to the summer sky when the stars are strung across the velvety night. And when a shooting star streaks through the blackness, turning night into day... make a wish and think of me. Make your life spectacular." That quote has stuck with me my entire life and has been the fuel for my passion to support & empower people to create their own Spectacular Life (my LLC is even called The Spectacular Life Project!). But what does that mean, really? I recognize that each person can have a vastly different definition of what spectacular means for them and their happiness. But I believe, at its core, a spectacular life is one lived with peace, passion and purpose. I am excited to be here, with this beautiful opportunity to help others build their life into something truly spectacular!

## CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

## CLTS Service Arrays

Parent and Unpaid Caregiver Supports

Empowerment and Self-Determination

## Counties Served

Serving clients in Chippewa, Rusk, Barron, Burnett, Polk, Dunn, and Washburn.

## Speciality Areas

Working with people with co-occurring Developmental Disabilities and Mental Health

Meditation, Breath, Mindfulness, and Yoga

Parent Coaching and Organizational Skills

Life Coaching and Life Skills Instruction

Therapeutic use of Art and Photography

