

PHASES OF HEALING

PHASE ONE

CRISIS

During crisis you need to put out the fires and ensure safety. Too many balls in the air, and too much chaos to handle on your own. Crisis requires immediate action and support.



PHASE TWO

SURVIVAL

The crisis is handled, but you are waiting for the other ball to drop. Some of us wait for a long time and keep burning the candle at both ends. Survival phase requires skill building to feel secure and calm.



PHASE THREE

EMOTIONAL PROCESSING

You are now safe and you can calm down your nervous system. It is time to process your emotions, make sense out of what has happened, and have your story heard and validated.



PHASE FOUR

TRANSFORMATIONAL

You are ready to take charge of your life. Turn it around. Embody your dream life. Take action to change. And train your mind and heart for peak performance in life, relationship, health, and career.



BOOK YOUR DISCOVERY SESSION TODAY

Schedule a discovery session with Jennifer to identify what phase you are in, where you are stuck, and what you might need to move forward.

