BURN BRIGHTER LEADERSHIP: THRIVE BEYOND TRAUMA

FLOURISH THROUGH ADVERSITY AND LEAD COURAGEOUSLY WITH PURPOSE.

You've survived. Now it's time to thrive.
You've been through something hard, really hard. Whether it was a personal trauma, professional burnout, or a life-altering experience, it's left a mark. And as a leader, you've likely felt the pressure to keep pushing, keep performing, and keep holding it all together.
But what if leadership didn't have to feel like survival mode anymore?
What if you could reclaim your energy, your confidence, and your passion — without burning out or breaking down?
That's exactly why I created Burn Brighter Leadership: Thrive Beyond Trauma.
This 6-week group coaching program is designed specifically for leaders like you — leaders who have faced trauma or major challenges and are ready to shift from surviving to thriving. Together, we'll walk through my 6 R's Framework to help you heal, lead, and flourish with renewed purpose.

WEEK 1: REFRAME SHIFT THE STORY

- Trauma can leave you with a story of "I'm not enough", "I can't handle this", or "I'm broken."
- Together, we'll rewrite the internal story you tell yourself — so you can lead from power, not pain.

WEEK 2: REGULATE CREATING CALM

- Living in a constant state of fight-or-flight is exhausting — physically, mentally, and emotionally.
- This week, you'll learn powerful tools to regulate your nervous system, allowing you to respond (not react) as a leader.

WEEK 3: REBALANCE PROTECT YOUR ENERGY

- Leadership after trauma often means giving everything to everyone else — until you have nothing left.
- This week is about resetting boundaries, protecting your time, and creating space for YOU to breathe again.

WEEK 4: REROUTE LEAD WITH INTENTION

- Trauma can keep you in reaction mode. This week, you'll learn how to shift from reactive leadership to strategic, intention-driven leadership.

WEEK 5: REIGNITE FIND YOUR PURPOSE

- Somewhere along the way, trauma dimmed your inner fire — but it didn't extinguish it.
- This week, we'll reconnect you to your 'why', your passion, and your purpose as a leader.

WEEK 6: RISE BOLD LEADERSHIP

- This is your moment to step out of survival mode and into thriving, confident, purpose-driven leadership.
- You'll create a clear action plan for sustaining your healing and leadership growth long after the program ends.

WHAT YOU GET WHEN YOU JOIN BURN BRIGHTER LEADERSHIP

- 6 Weeks of Group Coaching – Weekly 90-minute live coaching calls with like-minded leaders
- 1, 1:1 coaching session
- Private Community – Access to a small, trusted group of leaders who "get it."
- Workbooks, Exercises & Tools – Practical tools to help you regulate, reframe, and rebuild
- Accountability & Encouragement – To keep you moving forward, even when it's really difficult

BURN BRIGHTER
EMPOWER-LEAD-SHIP

Imagine:

- Waking up without the weight of trauma dictating your day.
- Leading with clarity and confidence, not burnout and overwhelm.
- Having clear boundaries and energy management strategies that protect your peace.
- Feeling passionate, powerful, and deeply connected to your purpose as a leader.