

TRAUMA RECOVERY MENTORING INTRODUCTION

(Certification)

This course is designed for you if you would like to understand the basics of **Trauma Recovery Mentoring™**.

Perfect for:

Individuals: Who would like to learn how unhealed trauma impacts their emotional and mental wellbeing.

Friends And Family: Who would like to learn more about trauma and how it impacts a person's relationship with self and others.

Professionals: Who would like to help their clients to learn to see their situation from a fresh perspective.

THE FORMAT OF THE TRAINING

The training is delivered by videos and a workbook.

TRAUMA RECOVERY MENTORING BASICS

- ✿ Understanding your role as a mentor
- ✿ The difference between therapy, coaching and Mentoring
- ✿ Mentoring a trauma survivor
- ✿ Mentoring ethics and boundaries

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UNDERSTANDING TRAUMA MORE DEEPLY

- ✦ **The Signs and Symptoms** – How to recognise the trauma loop your clients are stuck in.
- ✦ **How to Stop Self-Sabotage and Self Abandonment** – Understand what is driving your client's behaviour and sabotaging their success.
- ✦ **How to Manage Trauma's Impact** – How to reduce the level of impact trauma has on everyday life.
- ✦ **The Trauma Trap** – Why people remain stuck and continue the trauma cycle and how you can support them and help them break free.
- ✦ **How to Manage Low-Level Anxiety, Mental and Emotional Wellbeing** – Discover how to help your clients make more empowered decisions that significantly reduce stress, worry, and overwhelm.

LEARNING OUTCOMES

- ✦ Provides a clear framework that enables you to understand the emotional impact of trauma.
- ✦ Have a deeper understanding of trauma's impact on an individual's emotional state and behavior.
- ✦ To start to understand the complexity of the trauma loop and why people become stuck and resistant to change.
- ✦ Provided extra resources and easy-to-implement exercises.
- ✦ Learning the difference between a fixed and growth mindset
- ✦ How to help clients to stop making unhelpful decisions.

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We are not about the theory when it comes to learning about trauma and its impact on self and others. Theory often leaves people confused, and overwhelmed which does not help anyone!

EXPLORING PEOPLE'S LIVED EXPERIENCES

- ✦ **Self-reflection** – to help students see and recognize trauma within themselves and others.
- ✦ **Mentoring** – to help students learn new skills to manage challenging emotions and situations.
- ✦ **The lived experiences** – how to relate to others during times of need.
- ✦ **Peer discussion** – safe, open, honest, and supportive conversations. That support in nurturing the connection between self and others.
- ✦ **Facilitating personal growth** – helping students to make more empowered helpful decisions.
- ✦

CERTIFICATION

When you return your
workbook, you will
receive your
certificate.



CERTIFICATE Of Attendance



TRAUMA RECOVERY MENTORING
INTRODUCTION

Meilin Ehlke

Trauma Recovery Method™

Wendy Kier

Wendy Kier
The Founder
January 2022



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YOUR INVESTMENT

COST: £111

SAVE: £100

TOTAL INVESTMENT: £11

PAYMENT LINK: <https://square.link/u/W4AwoGpG>

ABOUT WENDY KIER

- 🌟 Women's Empowerment Mentor
- 🌟 Trauma Recovery Advocate
- 🌟 Creator of The Trauma Recover Method™
- 🌟 Founder of **"TAKE A STAND"** against abuse conference
- 🌟 3x Amazon Best Selling Author
- 🌟 Lead Author of the **TRIUMPH OVER TRAUMA** Book series.

She's combined over 4 decades of expertise in business coaching, trauma recovery mentoring, speaking and writing.

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She now helps women to elevate their authority, credibility, impact and income. By co-authoring life-changing personal development books that inspire, educate, motivate and create change.



A trauma survivor herself and, a gifted dyslexic on a mission to empower women to bring about

meaningful positive change that impacts people from all corners of the world.

Wendy spent 13 years institutionalized in the UK care system. Abandoned, locked in a cupboard and force-feed valium. With over 30 foster placements, an adoption breakdown, abuse, violence, rape, homelessness, and losing three jobs due to dyslexia discrimination.

SHE HAS A UNIQUE PERSPECTIVE

Not only did she suffer greatly, at the hands of the social care system. But she also spent a further 20 years working with young people at risk in the voluntary sector and social services. In effect, re-institutionalizing herself back into the care system because that's all she knew.

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WHAT WENDY'S CLIENTS SAY

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In a gentle manner, Wendy supports you in recognizing areas where you tread water and don't get forward as you desire. Once your awareness is on it, the dissolving begins and you sense change and are able to act on it. You can feel safe in the presence of Wendy and understood by her vast trauma experience.



Meilin Ehlke



It shows how with support and empathy survivors of trauma can lead fulfilling lives and overcome seemingly insurmountable obstacles.

– Jackie Arnold

Wendy's easy writing style makes you feel that a friend or mentor is holding your hand while she guides you to understanding her trauma survival method. –

EXTRAFLAT

For those going through their own trauma journey and for those supporting clients processing trauma. – Kunde

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I found the workshop to be very insightful. Trauma is a complex subject, and Wendy explained it in a clear and relatable way. Through discussion, I recognised I was still being impacted by emotions related to old trauma. Wendy explains step by step her framework to help clients.



Sue Williams



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A survivor's guide. The Trauma Recovery Method™ will enable you to look at the past from a fresher, more empowered perspective, stop self-sabotaging! and create a bright future of emotional and mental wellbeing, a must read for those supporting people stuck in a loop of emotional trauma. – Rose Evans

Acknowledging trauma and how to support survivors to heal is beautifully described here with integrity and authenticity. Essential for all working in social care professions. – Fiona Factor