



## **From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer™**

This holistic systems approach integrates and transforms the three major areas of human development – body, mind and spirit, to create optimum health and wellness.

### **What is cancer recovery coaching?**

Breast cancer recovery coaching is a safe, enjoyable, highly empowering process during which you meet with me weekly by phone, for a minimum four months in a supportive relationship. We partner as co-creators to transform your body and mind while working in conjunction with your true Self, your Essence, your God-connection. We create health in every aspect in your life that you want to transform or bring more balance to.

At the onset you will be completing a questionnaire and an assessment so that we can determine together, how best to meet your specific goals. We address the underlying issues which may have caused or contributed to the formation of the active cancer in your body, so that you have a stronger possibility of avoiding recurrence.

Overall, the goal I have set is to empower each of my clients to move from just “Surviving” to “Thriving”. Meeting weekly by phone, we work through the relevant components of my powerful cancer recovery program, an integrative approach for healing cancer and its related issues, ***From Survivor to Thriver – The Breakthrough Program for Beating Breast Cancer™*** .

You acquire powerful tools to support your healing and recovery. Depending on your personal desires, style and goals, we will choose from among many techniques and practices. The program is personalized to meet each person's specific healing needs.

As the well-known intuitive healer and author, Carolyn Myss states,

“Your biography becomes your biology. This biography includes the totality of your choices, the things you feed your body – your thoughts, your actions, your food – the things that feed your life.”

The holistic system approach utilizing ***From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer.***<sup>™</sup> integrates and transforms the three major areas of human development – body, mind and spirit, to create optimum health and wellness through balance. Based on the work of cutting-edge psychoneuroimmunology-based medical doctors such as Carl O. Simonton, Lawrence LeShan, Bernie Segal and Jeremy Geffen, I developed this powerful program which offers the following components as the focus for healing work.

## Program Components

- 🦋 **Education and Information** - Basic knowledge and information about cancer and current treatment options, both western and non-toxic complementary or alternative methods. This empowers you to actively participate in and obtain, the best possible care for yourself. We create and sustain an effective health plan while focusing on self-love and self-nurturing.
- 🦋 **The Body as Self-Healing** - You develop the understanding of the human body-mind as healthy by its very nature, and catalyze your self-healing power to increase your energy for getting well. Using techniques such as guided imagery, somatic awareness, (body sensations) guided visualizations, hypnotherapy, deep relaxation and research-based optimal treatment choices, we are mobilizing your inherent ability to heal.

🦋 **Emotional Healing** - We enter the inner realm of the heart - to explore and transform pain, suffering, fears, loss, shame, anger and other often overwhelming emotions. The gift of each of these is revealed, which empowers the you to move forward into self-knowledge, wisdom and freedom - revealing the nature of the true Self. The body is invited to relax, release and manifest great health.

Techniques such as Inner Child work, Focusing, EFT, (Emotional Freedom Technique) NLP, Living Essence Discourse work, Intuitive Inquiry, art therapy, journaling and more, are learned and practiced both during sessions and during home play between the phone coaching sessions. Developing somatic awareness (body sensation awareness) offers a key to transforming debilitating or overwhelming emotions and is integral to the program.

🦋 **The Mind as Your Partner** - Thoughts profoundly influence our lives. By identifying and investigating old beliefs, values and patterns, new choices present themselves from the field of possibilities. Transformation occurs. We examine meanings placed on important life events, and gently shift perspectives. As we strategize together, a new positive attitude emerges and along with positive self-talk, creates the optimum environment for healing.

🦋 **Deepening Your Spiritual Connection** – Embrace the spiritual aspects of the healing process - prayer, meditation, reflection or silence. You gain understanding and application of the Universal Principles - such as the Law of Attraction - accessing and enhancing your inner wisdom and intuition. As forgiveness, gratitude, prosperity, abundance, acceptance, and the nature of your true Self are explored, a deep sense of connection is evoked. There are also opportunities to investigate and create healthy beliefs about death and dying.

🦋 **Life Purpose** – Find meaning in the experience of having cancer. You will explore why you are here in this world at this time, and discover the things that bring you joy. You will refine or discover goals for your future deciding what you want to accomplish for yourself and for our global community.

🦋 **Effectively coping with daily living issues** – Includes frictionless communication skills, developing a support team and maintaining or creating healthy relationships. These are essential so that your needs, as they relate to your recovery, can be met with ease, joy and compassion.

As we work through the program of recovery and healing you mobilize and integrate the power of your body, mind and spirit to heal.

## **What do people gain from your program, how does it affect them?**

Through the years my clients have demonstrated a broad variety of results. Each has loved the program and her own process of recovery. The “challenges” transform into opportunities, and there is great relief, often a sense of vastness or freedom. Clients often say that it feels like a weight has been lifted off their shoulders. Sometimes women take on new careers and often they begin to do things they either were postponing or not believing were possible. Many shifts occur in their lives as they improve their health. Total wellness is possible!

Appreciations, comments and testimonials found on the website, [www.BreastCancerCoach.com/Appreciations.html](http://www.BreastCancerCoach.com/Appreciations.html) will give you ideas about what you can expect. Comments such as these from 5 clients are typical:

“It is miraculous to know that I can address and change difficult, painful and trying emotions so painlessly in such a short amount of time.”.

“The chronic sadness and anger, as you know, left within one session each. When we spoke yesterday I was suffering from a terrible headache. After 30 minutes with you on the phone, the headache was gone and did not return.”

“. . .and my relationship with my wife and children is so much closer - built on trust. I've stopped smoking once and for all, thanks to EFT, and am happier and calmer.”

". . .I don't think I ever loved myself like I do right now. I don't have the fear I had. This is amazing. I was waking up all the time. Now I sleep through the night. It's cool not to have fear running me. I can trust my body to tell me what's true....."

“I know that through coaching I gained so much insight into myself and what is valuable in my life! You helped me to look into myself to discover all the potential that was there. I feel much free-er and more open to the gifts and opportunities that come my way. I have a better self image and have learned to relax more.”

It is likely that by participating in the phone breast cancer recovery coaching program, ***From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer***,<sup>™</sup> you will find more enjoyment in your life, feel better about yourself and your choices and have more energy to be, do, and have, the “impossible” – to stop breast cancer and its recurrence!

**“Empowering Survivors to Become Thrivers”<sup>™</sup>**