

Rise Above the Past — Reclaim Your Power

A 12-week trauma-informed coaching program for high-functioning survivors ready to rebuild confidence, heal relationships, and break free from old patterns.

[Book a Free Consult](#)

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What You'll Get

- Biweekly 45-minute 1:1 coaching calls
- Voxer support between sessions
- Personalized exercises and resources
- Holistic, trauma-informed approach

Who It's For

- High-functioning survivors of long-term trauma
- Those ready to heal from neglect, abuse, betrayal
- People ready to thrive with confidence and clarity

What We'll Cover

- Trauma story unpacking
- Rebuilding self-worth
- Healthy boundaries in relationships

Nervous system regulation

Goal setting and sustainable strategies

Why Work With Me

“I’ve been where you are...”

Your personal story and mission make this section powerful and relatable.

Testimonials

“Working with Donna changed my life.”

“I finally feel seen, heard, and supported.”

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✨ One-time discount codes or sliding scale rates available — let’s talk.

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