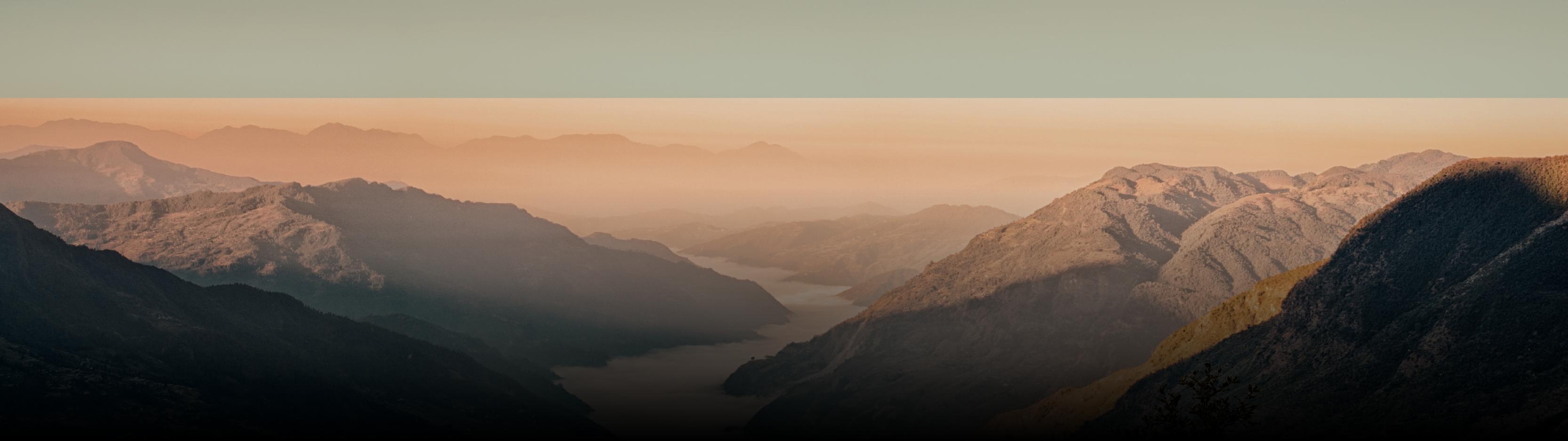




Restore & Rebuild.

SUPPORT THROUGH SEPARATION AND DIVORCE



Program Overview

A Structured 4-Session Recovery & Rebuilding Pathway

This program is designed to support individuals navigating separation or divorce by stabilising emotions, releasing trauma stored in the nervous system, restoring clarity, and rebuilding direction for the next chapter of life.

This is not crisis management.

This is guided recovery, regulation and forward movement.

Session#1

VALUES & IDENTITY REALIGNMENT

Understanding What Was Lost and Reclaiming What Matters

This session focuses on:

- values analysis to identify what was compromised, lost or violated
- understanding how the relationship aligned or conflicted with core values
- separating identity from the relationship
- clarifying emotional needs, boundaries and self worth

Outcome:

Clients gain clarity, emotional grounding and a stronger sense of self before deeper release work begins.

Session#2

NSR: NERVOUS SYSTEM RELEASE

Releasing Emotional Shock, Stress and Stored Trauma

This session focuses on:

- identifying nervous system overload related to separation or divorce
- releasing stored emotional stress, shock and grief
- calming fight, flight and freeze responses
- restoring a sense of safety and internal regulation

The NSR Clean Slate process is used to support deep physiological and emotional release.

Outcome:

Clients experience emotional relief, reduced reactivity, increased calm and nervous system regulation.

Session#3

INTEGRATION & EMOTIONAL STABILISATION

Processing After Release and Restoring Emotional Balance

This session focuses on:

- integrating insights and sensations following NSR
- processing emotional shifts safely
- stabilising thoughts, emotions and behaviours
- reinforcing boundaries and self regulation tools

This session is essential to ensure the nervous system settles and healing is consolidated.

Outcome:

Clients feel grounded, emotionally stable and clearer after the release process.

Session#4

VAK GOALS & FUTURE DIRECTION

Rebuilding Vision, Confidence and Forward Momentum

This session focuses on:

- VAK Goals framework to rebuild future direction
- clarifying goals across personal, relational and life domains
- restoring hope, confidence and agency
- creating practical steps for the next season

This session shifts clients from recovery into forward-focused living.

Outcome:

Clients leave with clarity, direction and a renewed sense of purpose beyond the separation.

Session#1

VALUES & IDENTITY REALIGNMENT

Format:

Joint Session 90 minutes

Participants:

Couple with Sussan and Toby

Focus:

Future Vision and Goal Alignment

Goals:

- Establish shared goals using the VAK framework
- Align vision for marriage, family, and lifestyle
- Strengthen partnership through collaborative planning
- Develop practical action steps for shared growth
- Create direction to prevent relational drift

Program Outcome

This program supports individuals to:

- Regulate their nervous system and restore emotional stability
- Understand what was lost, violated or compromised in the relationship
- Release stored emotional stress and unresolved pain
- Rebuild identity, boundaries and self trust
- Clarify values and move forward with confidence and direction

Restore & Rebuild provides a structured recovery pathway for those navigating separation or divorce, supporting healing, clarity and renewal for the next chapter of life.

Program Investment

What you receive

4 x 90 Minute Individual Sessions
Delivered in person or via Zoom

Each session is delivered in a contained, trauma-informed and nervous-system-aware framework.

Option 1
Pay in full: \$1,500
Afterpay Available As Option

Option 2
2 payments of \$750
Afterpay Available As Option

Option 3
5 payments of \$375
Afterpay Available As Option

**Restore
&
Rebuild.**

Investment Price: \$1,500

Restore & Rebuild.

Priority Recovery Program



“Healing the ending.
Rebuilding what comes next.”

Renewed Life Coaching & Counselling

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