

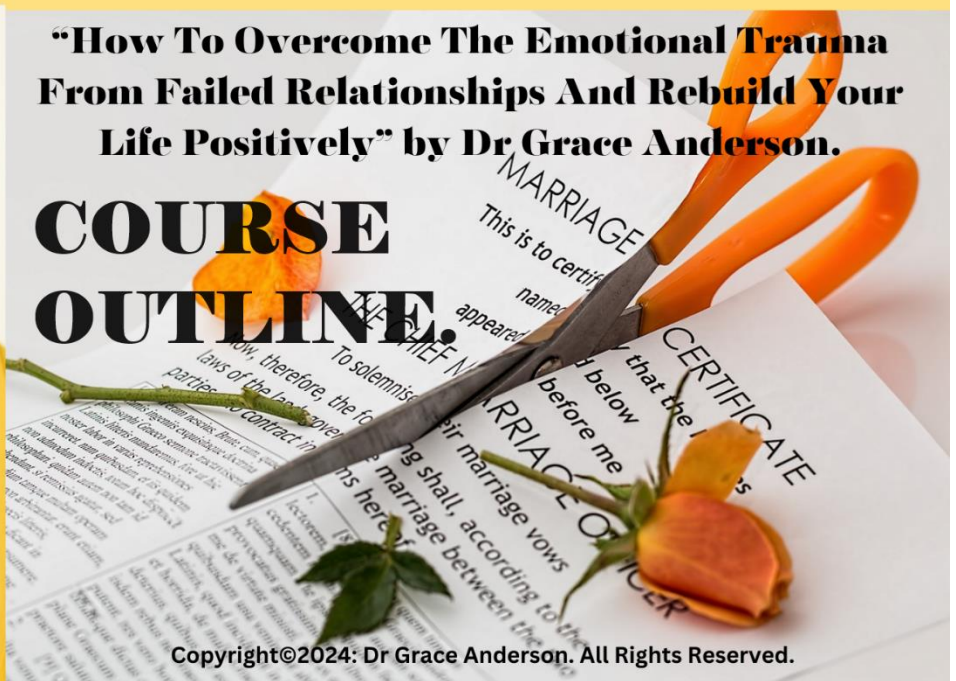
COURSE OUTLINE – HOW TO OVERCOME THE EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS AND REBUILD YOUR LIFE POSITIVELY BY DR GRACE ANDERSON..



Welcome to this Course!

“How To Overcome The Emotional Trauma From Failed Relationships And Rebuild Your Life Positively” by Dr Grace Anderson.

COURSE OUTLINE.



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HOW TO OVERCOME THE EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS AND REBUILD YOUR LIFE POSITIVELY – BY DR GRACE ANDERSON.

COURSE OUTLINE – HOW TO OVERCOME THE EMOTIONAL TRAUMA FROM FAILED RELATIONSHIPS AND REBUILD YOUR LIFE POSITIVELY BY DR GRACE ANDERSON..



**Dr Grace Anderson. Accredited Master Practitioner
Breakup & Divorce Recovery Coaching, NLP Practitioner.**

Main websites:

<https://drgraceanderson.com>

<https://amazingsuccessacademy.com>

<https://amazingsuccesscourses.com>

<https://graceandersonsbooksandjournals.com>

INTRODUCTION: ABOUT THIS COURSE.

- What this Course is About.
- About Dr Grace Anderson – the Course Creator.

MODULE ONE

INTRODUCTION- EMOTIONAL TRAUMA AND UNDERSTANDING THE GRIEVING PROCESS.

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LESSON ONE.

- **INTRODUCTION: WHAT IS EMOTIONAL TRAUMA?**
- What is Emotional Trauma?
- Common Emotional Responses to Breakup or Divorce.

LESSON TWO.

UNDERSTANDING THE GRIEVING PROCESS.

- The Loss Cycle as explained by Elisabeth Kubler-Ross
- The Five Stages of Grief
- Denial
- Anger
- Bargaining
- Depression
- Acceptance
- Assignment For Lesson 2.

LESSON THREE.

COPING MECHANISMS: YOUR SUPPORT TEAM.

- Family and Friends.
- Get a Lawyer.
- Get a Financial Adviser.
- Get an Exercise Buddy.
- Assignment For Lesson 3.

LESSON FOUR.

THE IMPORTANCE OF SELF-CARE.

- What is Self-Care?
- Take Control of your Space at home.

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- Are You Still Weepy?
- Practise Self-love by forgiving yourself.
- Forgiveness: Next Forgive Your Ex.
- Look after Your Physical Body, Eat well. Take Regular Exercises.
- Help Your Children Heal From the Pain of Your Breakup or Divorce.
- Practise Mindfulness.
- Assignment For Lesson 4.

MODULE TWO.

THE HEALING PROCESS.

LESSON FIVE.

THE IMPORTANCE OF SELF-RELEASE FROM THE PAST THROUGH MEDITATION.

- How to meditate.
- Practise Meditation.
- Assignment for Lesson 5.

LESSON SIX.

PARENTING & CO-PARENTING ISSUES

- Establish Clear Communication Channels.
- Establish Visiting Times
- Be Functionally Friendly at Events
- And more.
- Assignment for Lesson 6.

LESSON SEVEN.

EXPRESS YOUR EMOTIONS THROUGH CREATIVE OUTLETS SUCH AS ART, WRITING, MUSIC, DANCING, ETC.

- Using Art, Writing, Music, Dancing etc to express your emotions.
- Assignment For Lesson 7.

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LESSON EIGHT..

REDISCOVERING YOUR PERSONAL IDENTITY AND LIFE PURPOSE.

- Many strategies to help you rediscover your personal identity and life purpose.
- Assignment for Lesson 8.

MODULE THREE.

TAKE BACK YOUR CONTROL, RESTORE SELF-CONFIDENCE, COURT ATTENDANCE ISSUES.

LESSON NINE.

TAKE BACK YOUR CONTROL, CREATE BOUNDARIES AND BECOME SELF-RELIANT.

- Take back your control from your Ex
- Get rid of anything -eg photos, etc- that reminds you of him/her.
- Create boundaries between you and your Ex, as well as between you and nosey friends.
- Trust your Instincts more and become self-reliant.
- And more.
- Assignment for Lesson 9.

LESSON TEN.

UNDERSTANDING YOUR EX'S MIND GAMES AND HOW TO REACT TO THEM.

- Beat your Ex's control-tactics by understanding their Mind-games so you don't fall for them.
- Utilize Your Teflon Coat any time you are in their presence.
- Be Functionally Friendly and have a get-out statement ready.
- Understand that you CAN survive this and act accordingly.
- And more.
- Assignment for Lesson 10.

LESSON ELEVEN.

WAYS TO RESTORE YOUR SELF-CONFIDENCE AND SELF-ESTEEM.

- Various strategies to help you restore your self-confidence and self-worth.
- Assignment or Lesson 11.

LESSON TWELVE.

COURT ATTENDANCE ISSUES

Navigating a Divorce Hearing: Maintaining Composure Amidst Adversity.

- Several strategies to help you stay calm and focussed during your Court attendances with your Ex.
- Understand Your Rights and stick to them.
- Be functionally friendly with your Ex.
- Maintain a very Calm Composure by practising the Mind-Movie technique beforehand.
- Put on your Teflon Coat to reduce emotional trauma.
- If worries, take a few deep breaths and calm down
- Get your Case properly prepared with your Lawyer.
- And more.
- Assignment for Lesson 12.

MODULE FOUR.

MOVING ON: OVERCOME LIMITING BELIEFS, POST-TRAUMATIC GROWTH, FINDING MEANING IN LOSS.

LESSON THIRTEEN

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LIMITING BELIEFS AND HOW TO OVERCOME THEM.

- What are your limiting beliefs?
- Reframe your negative thoughts to positive.
- Set Realistic Goals.
- Visualise a Positive Future.
- Create a Positive Vision Board.
- And much more.
- Assignment For Lesson 13.

LESSON FOURTEEN.

POST-TRAUMATIC GROWTH - FINDING MEANING IN LOSS OR ADVERSITY.

- What is Post-traumatic growth?
- Self-reflection
- Embracing change
- Reframing your current outlook on life
- Finding purpose
- Examples of Famous people who achieved fame after traumatic events in their lives
- Build resilience.
- And more.
- Assignment for Lesson 14.

LESSON FIFTEEN.

MOVING ON: EMBRACE YOUR INDEPENDENCE. CULTIVATE RESILIENCE, SELF-RELIANCE.

- How to cultivate Resilience and become Self-Reliant.
- How to Embrace Growth
- Practise self-compassion.
- Practise Mindfulness
- Explore new opportunities.
- Set new Goals.
- And much more.

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- Assignment for Lesson 15.

LESSON SIXTEEN.

GUIDED MEDITATION FOR MORE EMOTIONAL BALANCE.

- Guided meditation with Dr Grace.
- Helps you revitalise your energy, so you can regain your positivity.
- Assignment for Lesson 16.

MODULE FIVE.

MOVING ON: REINVENT YOURSELF FOR A BRIGHTER FUTURE.

LESSON SEVENTEEN.

NEW BEGINNINGS: ABUSIVE RELATIONSHIPS AND HOW TO STAY SAFE.

- How to know the signs of an abusive relationship
- Controlling Behaviour
- Manipulation and Gaslighting
- Violence
- Financial abuse
- How to stay safe
- And much more.
- Assignment for Lesson 17.

LESSON 18.

MOVING ON: IMPROVE YOUR CAREER PROSPECTS, LEARN NEW SKILLS.

- Assess Your Skills and Interests.
- Identify Skill Gaps.
- Invest in Education and Training.
- Update Your Resume and LinkedIn Profile.
- Consider Career Change or Advancement.
- Start Your Own Business

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- And much more.
- Assignment for Lesson 18.

LESSON 19.

START AFRESH. IMPROVE YOUR NEW LOVE PROSPECTS. WHO IS YOUR IDEAL PARTNER?

- What various studies have shown about loving and being loved.
- Dating Advice
- How to establish Compatibility - what are Your Must-Have Qualities?
- Online dating - How to Avoid Scammers etc.
- Gratitude Meditation – To Find True Love.
- And much more.
- Assignment for Lesson 19.

LESSON 20.

FUTURE BLISS: SUMMARY - HOW TO SUSTAIN A BALANCED, RESILIENT AND HAPPY PERSONALITY .

- Summary of the strategies shared so far on this course.
- Assignment for Lesson 20.

LESSON 21.

FINAL THOUGHTS: MY COACHING OFFERS AND MY OTHER COURSES.

- My Coaching Offers
- My Five Star Reviews from My Very Happy Clients.
- My Other Courses

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- Final Thoughts.

I reserve the right to alter the contents of this document for the benefit of my students if necessary.

Many thanks for being on this Course.

Dr Grace Anderson.