

"EVERY WOMAN DESERVES A FRESH START.

She deserves to renew, reclaim and reorient her story, without judgment or presupposition. She deserves to discover her purpose and promise, within environments that fully support her vision for 'life ever after.'" —From *Eleven Words for Women Ever After*



with
GAELYN RAE
EMERSON

- Certified Life Coach
- Divorce Recovery Coach
- Couples Relationship Coach (CPLC, CDRC, CCRC)

- Certified Partner Coach Association of Partners of Sex Addicts Trauma Specialists (CPC)

- Associate Certified Coach International Coach Federation (ACC)
 - Trained via the Center for Loss and Life Transition (Dr. Alan Wolfelt)
 - Trained via the Centre for Holding Space (Author Heather Plett)
 - Trained via the Society for the Advancement of Sexual Health

*"What if dreams die hard
because they're
not supposed to die?"*

—Lori Rubenstein
author of
Transcending Divorce

welcome
to

DreamGirls: Designing Our New Lives

GROUP COACHING SUPPORT for DIVORCED, DIVORCING and/or
SEPARATED Partners of Sex Addicts

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what **DreamGirls is an ongoing, online, open-topic support group for women who are starting over and designing new lives, moving beyond the trauma of relationships impacted by relational trauma—most specifically, abandonment, abuse, addiction, betrayal, deception, divorce, infidelity and more. Our purpose is to validate, inspire and empower those who are navigating life “on the other side” of their mortally wounded relationships.** This group will address the multi-layered trauma faced by these brave women: first the original trauma of sexual betrayal, followed (and compounded) by the separate-yet-equal trauma of divorce or permanent separation. While this group WILL hold space for women who are functioning within the first stage of trauma recovery (seeking safety and stability), DreamGirls is designed to most fully support women within the second and third stages of trauma resolution (active remembrance, mourning and reconnection), all within a safe, sensitive and empowering environment.

Each live DreamGirls group session (90 minutes) includes three parts:

(a) Participants will checkin to address current feelings, mid-week highs or lows, recent self-care and progressive milestones. (b) Participants will raise any challenging topics they’re facing, to invite group support, insight and/or solution-oriented brainstorming. (c) Participants will checkout with closing affirmations, top takeaways and self-care commitments. DreamGirls also includes a safe, private and moderated Facebook group, reserved exclusively for actively registered participants. This enables group members to support one another conveniently during the week.

who **DreamGirls is open to all women who are facing (or have faced) the end of a relationship impacted by their intimate partners’ “S” issues—infidelity, pornography, secrets and/or sex betrayal—including all related forms of addiction, abuse and/or abandonment.** DreamGirls will include a mixed demographic, supporting women in various configurations of life, faith, family, healing, career, geography and relationship transitions.

why **Group healing is GOOD healing!** Due to the uniquely personal nature of these issues, we often feel acutely and intolerably ALONE. This is especially true when local support is limited or nonexistent. As women, we rarely heal from trauma independently (isolated from others). On the contrary, we usually heal mutually (in cooperation with others) through friendship, relationship and community.



when **TWO SESSIONS WEEKLY:
TUESDAY 1–2:30pm ET + THURSDAY 8–9:30pm ET (Eastern Tme)**

Participants are welcome to attend one or both weekly sessions—whatever works best for YOU!

where **DreamGirls is a virtual coaching group, connecting women from around the world—literally!** Our live coaching sessions meet via Zoom, allowing individuals to participate via phone (audio only) or video, depending upon your personal preference.

size **DreamGirls will be limited to a target size of 3–6 participants per session.** Our goal is to give every woman lots of time to process in-depth on a regular basis! The more women who register, the more sessions we will add to accommodate the increase and maintain small-group dynamics.

cost **The full fee for this group is \$200 monthly (average \$50 per week).** This includes 6–12 hours of group coaching each month, depending upon how many sessions you can attend. (Please note, we do not provide refunds or discounts for non-participation.) Because we believe that all women deserve support, including those with strained financial resources, we’re offering a limited number of registrations based upon a **“pay what you can” fee structure.** If you cannot participate without financial support, please ask for it.

how **If you’re interested in joining us,** please visit my website (womeneverafter.com) to schedule a free new client consult.



WHEN IT COMES TO PERSONAL HEALING AND GROWTH, I believe that safe, courageous and productive environments are absolutely essential for women to survive and thrive. Because that principle is so critically important to me, I've echoed it into the very framework of my vision statement, *Eleven Words for Women Ever After*. I've learned these eleven practices from other women; I'm now honored to practice them with my clients and colleagues, in hopes that we each "pay them forward," first toward ourselves, then also toward others. —Gaelyn

ELEVEN WORDS for WOMEN EVER AFTER

EVERY WOMAN DESERVES HONESTY.

She deserves to be honest with herself, first and foremost. She deserves to experience the internal reward of speaking truthfully about her own reality. She also deserves to hear truth from others, establishing environments of authenticity within her relationships.

EVERY WOMAN DESERVES TO BE HEARD.

She deserves to express her unique voice to others, within environments where her words are valued and validated. She deserves to receive acknowledgment from others, to know that her words are genuinely absorbed, accurately reflected and meaningfully addressed.

EVERY WOMAN DESERVES TO BE COMFORTED.

She deserves "a break" from being "the strong one," experiencing environments where she can be transparent and vulnerable—angry, overwhelmed, conflicted, needy, fragile, afraid, insecure, uncertain and uncomposed.

EVERY WOMAN DESERVES EMPOWERMENT.

She deserves to access her internal realities, needs, boundaries, spiritual beliefs and sources of strength. She deserves to exercise her empowerment progressively and imperfectly, within environments of trial-and-error, evaluation and exploration.

EVERY WOMAN DESERVES CHOICES.

She deserves freedom to navigate her healthy and unhealthy realities, making intentional choices to "live with," "leave behind" or "lobby for change" within those realities. She deserves to make decisions within pressure-free environments, space that allows her to choose differently—to make "course corrections"—along the way.

EVERY WOMAN DESERVES TO EXPERIENCE HER OWN HEALING, FOR HER OWN SAKE.

She deserves to pursue support for herself, independent from the needs of her significant other, children or family of origin. She deserves to heal within safe environments that answer her questions, address her needs and advocate for her role within her own life.

EVERY WOMAN DESERVES HEALTHY RELATIONSHIPS.

She deserves to integrate with others, connecting in ways that are neither isolated nor enmeshed. She deserves to practice healthy relationships at her own pace, within environments that empathize with the complexity of human experience.

EVERY WOMAN DESERVES TO LOVE HERSELF.

She deserves to believe that she is more than her body, her mind, her family, her faith, her career, her mistakes and/or her accomplishments. She deserves to explore this within environments of others who believe it on her behalf, until she is able to experience it fully for herself.

EVERY WOMAN DESERVES TO NURTURE HERSELF.

She deserves to invest time, energy and money into things that soothe or inspire her soul. She deserves to enjoy these gifts without guilt, within environments that prioritize her happiness and wholeness.

EVERY WOMAN DESERVES HEALTHY BOUNDARIES.

She deserves to establish thresholds that protect and empower her wellbeing, providing environments of emotional safety and personal space. She deserves to adapt and redefine her boundaries when needed, adjusting them to improve her life as it unfolds and evolves over time.

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