



# Trauma-Informed Coaching

with Nicole Roccas



## About Me

Hi, call me Nicole! As a certified trauma-informed coach, I partner with clients to help them access stability, safety, connection, and meaning in the deep wounds of life and faith.

## Consultations

Consultations are the first step in the coaching process. They're free, low-key, and last about 30 mins. We'll get to know each other and discuss how coaching works.

**SIGN UP**

## 1:1 Services

I offer 1:1 coaching in 3 main areas:

- **General trauma-recovery coaching**
- **Recover Coaching for Spiritual/Religious Trauma**
- **Trauma-Informed Creative Coaching**

1:1 coaching is offered in 12-week packages (6 biweekly sessions), currently priced at USD \$360. At the end of each 12-week cycle, coach and client mutually decide on next steps. The average client works through 2 12-week coaching cycles.

## Group Coaching

I offer 1-3 group coaching programs each year on various topics. Connect on Instagram or subscribe to my Substack blog to receive updates and special offers on programs as they open up!

Still have questions? Email me at [nicole.marie.roccas@gmail.com](mailto:nicole.marie.roccas@gmail.com).