

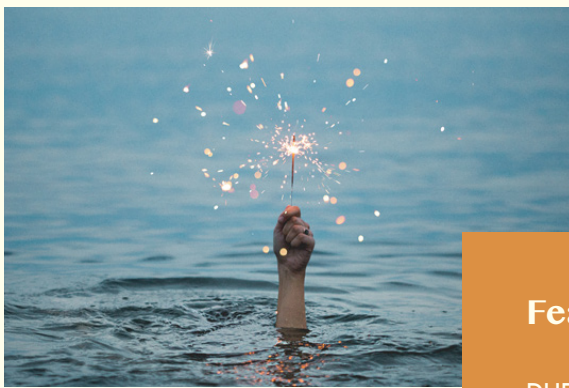


# Standing Firm When Your World Is Shaking™

Standing Firm When Your World is Shaking™ Program is a proven path for surmounting seemingly impossible setbacks, challenges, or failures.

Some of the most difficult times in our life can leave us with feelings of despair, hopelessness, even deep sadness and hurt. Despite what has happened, the opportunity will rise again for you to become a better version of yourself because of how you used this experience.

## The Journey



## Objectives

Standing Firm When Your World is Shaking™ is a program that helps you turn a traumatic "Dark Night" experience into a new beginning.

## Benefits

The ability to traverse life's challenging times with a new, empowering mindset.

## Features

DURATION

Taught as 4 week program in a group or individually

WEEKLY  
TIME  
INVESTMENT

60 min weekly training and coaching

60 min self-reflection exercises

MEETING  
PLATFORM

Virtual only

TOOLS AND  
RESOURCES

Student worksheets

