



CALM, CONFIDENT & IN CONTROL

3-month trauma program

with Michele Rosenthal

You've been waiting a long time to feel better.

PERHAPS YOU'VE FOLLOWED A SIMILAR PATH TO MY OWN RECOVERY.

You've probably spent endless hours and resources educating yourself through reading books, blogs, and articles; listening to podcasts; watching videos; putting in place stress reduction practices; visiting doctors and specialists; exploring practitioners and modalities.





You've advanced a long way.

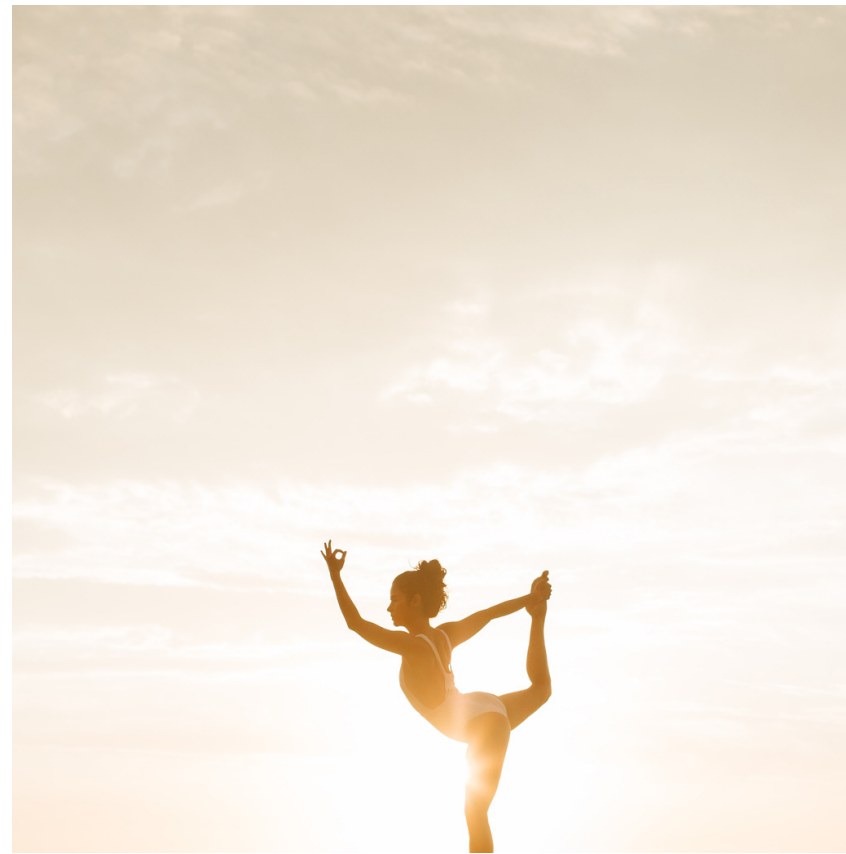
NOW YOU NEED A NEW GUIDE.

Today you're closer to your recovery goals than ever before. I bet you're aware that freedom feels close, yet just beyond your grasp. Or, maybe you've realized that for all the work you're doing the struggle to feel better still seems overwhelming.

I HEAR YOU.

→ 13

→ 13 A



FILM NEGATIVE

FILM NEGATIVE

→ 14

→ 14 A



FILM NEGATIVE

DURING MY ALMOST 30 YEARS OF LIVING WITH AND THEN STRUGGLING TO HEAL TRAUMA AND PTSD

My mother called the process 'a long and winding road.'

What she meant was that I could never see what was around the curve and I had to keep going with an openness and curiosity to find out where the next portion of the road would lead. She was right! After following the road long enough it led me directly to the knowledge, understanding, practitioner and modalities that finally set me free.

I BELIEVE YOU CAN FEEL BETTER TOO.

ESPECIALLY WITH EXPERT GUIDANCE FROM SOMEONE
WHO KNOWS THE TRANSFORMATION PROCESS FROM THE
INSIDE.

In fact, I believe in your potential so much that I've designed the
Calm, Confident & In Control program to wholly customize and smoothly
organize a unique process for how you move toward feeling better.
The program revolves around three distinct phases...





1

CONTROL...

... over yourself by developing a strong healing intention, learning how to manage your physiological state, and learning how to stop telling your old story and start telling a new one.

2

CHANGE...

... your mind and your brain by resolving the aspects of trauma (in both your conscious and unconscious minds) that continue to cause issues today.





3

CREATE...

... your post-trauma identity so that you effortlessly learn how to deepen and expand your connection to your new self in ways that lead you to healthy, long-term and sustainable results.

WHAT PEOPLE SAY



Malinda Hayes, Esq., Partner, Hayes & Makkarian Law Firm

CREATE CALM, CONFIDENCE & CONTROL

(in your own custom, organized process without overwhelm, wasted time, or endless hours of talk)

UNIQUE RESOURCES ...

- Michele's books about healing trauma
- MP3s made by Michele to deepen your process
- PDF templates to personalize your program
- Videos to provide essential education
- Expert interviews to expand your knowledge
- VIP access to Michele between appointments

CREATE

3

CHOOSE
your new identity



STRATEGIZE
your new life



LAUNCH
your new self



CHANGE

2


INSTALL
new program(s)



DESIGN
specific solution(s)



IDENTIFY
root problem(s)



CONTROL

1

MOTIVATE
your actions



COMMIT
your results



FOCUS
your process



↻ +
...to clarity

MICHELE ROSENTHAL
TRAUMA RECOVERY SPECIALIST



from chaos...

DESIGN YOUR PROCESS

WE ARE NOT JUST GOING TO ADDRESS WHAT'S
CAUSING YOU TO FEEL LESS THAN GOOD TODAY

We are also going to design a process that allows you to enjoy, share and extend your results in ways that allow you to enhance relationships, improve health and position you for professional success. Sound good?



HOW IT WORKS



FOR MANY YEARS I OFFERED, AS-NEEDED SINGLE-SESSIONS TO DO THIS WORK

But feeling better is a long-game process and what I came to learn is that understanding and committing to the long-game – in a clear structure that offers a solid framework to guide you forward – brings the best results.

This is why the **Calm, Confident & In Control** program operates in a multi-month timeframe.

Over the months - and at a pace that feels comfortable to you - you will move through all three phases (and the three steps within each phase) so that you maintain focus, gain momentum, and deliberately craft your process in ways that naturally lead you to own the results.

But this isn't only about collaborating with me in weekly sessions

(although we will creatively collaborate in extended sessions every week)

It's also about the work you do outside of our sessions, and how much support you have from me every day of the week.



THE PROGRAM INCLUDES...

1

12 WEEKLY 1.5 HOUR SESSIONS

... so that you not only have the time to address specific topics through conscious conversation but also time to process the unconscious roots of any issue. (Please add 15 minutes of 'wiggle room' to your calendar for each session because if the time for the session concludes and we're in the middle of a process we are going to continue until you reach a natural place to end!)

2

PERSONAL ACCESS TO ME

... via email, text, Voxer, Messenger, or What's App (Monday - Friday, 10am - 6pm Eastern) so that you have immediate answers to questions, support in troubleshooting issues, help in clarification of your process, and creative next steps that continually spur momentum.

PLUS...

3

FULL ACCESS TO THE PROGRAM PORTAL

... so that you have the opportunity to accelerate, deepen, and expand your healing work through a variety of added programs, audios, presentations, articles, ebooks, and trainings. Ranging from recovery mindset, to brain training, to stress management techniques, the portal has several categories and is continuously expanded to keep the content current and wide-ranging.



WHAT PEOPLE SAY



Debbie Hudzik, President, Lotus Travel Company

I'LL LET YOU IN ON A SECRET

I've designed this program to assuage all of the pet peeves I had in my own recovery process!



MY RECOVERY WOULD HAVE BEEN MORE EFFICIENT IF I'D HAD...

- Sessions long enough for a breakdown and a breakthrough
- Intra-session support to prevent being stuck, stymied, or lost
- Added resources for a whole mind/body/spirit approach

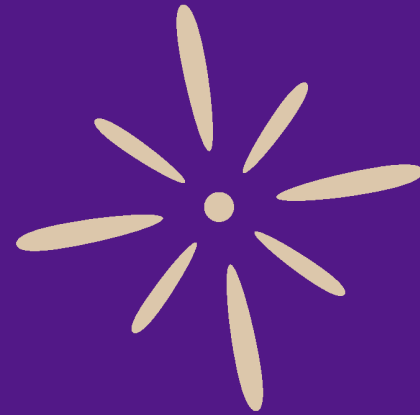


WHAT PEOPLE SAY



Paula Holland, Transformational Coach

JOIN THE PROGRAM



Now, you get to benefit from all I've learned in ways that allow you to identify what matters to you, design a personalized process for you, and move toward the freedom that means so much to you.



View a full outline of the program contents.



WHAT (MORE) PEOPLE SAY



You know, Michele, you are right: some things have changed and I didn't even notice. The pain, hurt and despair of losing my sister is gone. I don't think about it every minute of every day. Matter of fact, I bet I only think of her once every two weeks and when I do the pain and hurt is not there. I want to be like that with EVERYTHING. I never thought I would be there and here I am, wow... I am amazed at that. THANK YOU, THANK YOU!

-- Joshua

I can't thank you enough for giving me a life I can finally start to enjoy... Every day seems to be getting better... You pulled me out of the dark and despair; that awful, awful place of pain. I want to finish going through that door and shut it and lock it never to be opened again. -- Tori

When Michele started to get entangled with me it became part of the process of healing which I encouraged. She's been a bit like the Zen Master of PTSD who kinda helps me to go places I don't want to go. -- Rick

I wouldn't be where I am today without your help and support. I'm sure my future spouse will be very pleased with all our work. -- George

INVEST IN YOUR FREEDOM

PAID IN FULL = \$9k US

2-PAY OPTION = \$4,750 US





**LEARN MORE
ABOUT ME**

I am a Trauma Recovery Specialist, award-winning trauma and PTSD blogger, award-nominated author of multiple trauma/PTSD recovery books (including *Your Life After Trauma* and *Heal Your PTSD*), popular keynote speaker and workshop/seminar leader, plus Certified Professional Coach, Licensed Master Practitioner of Neuro-Linguistic Programming, and Board Certified Trauma and PTSD Hypnotist.

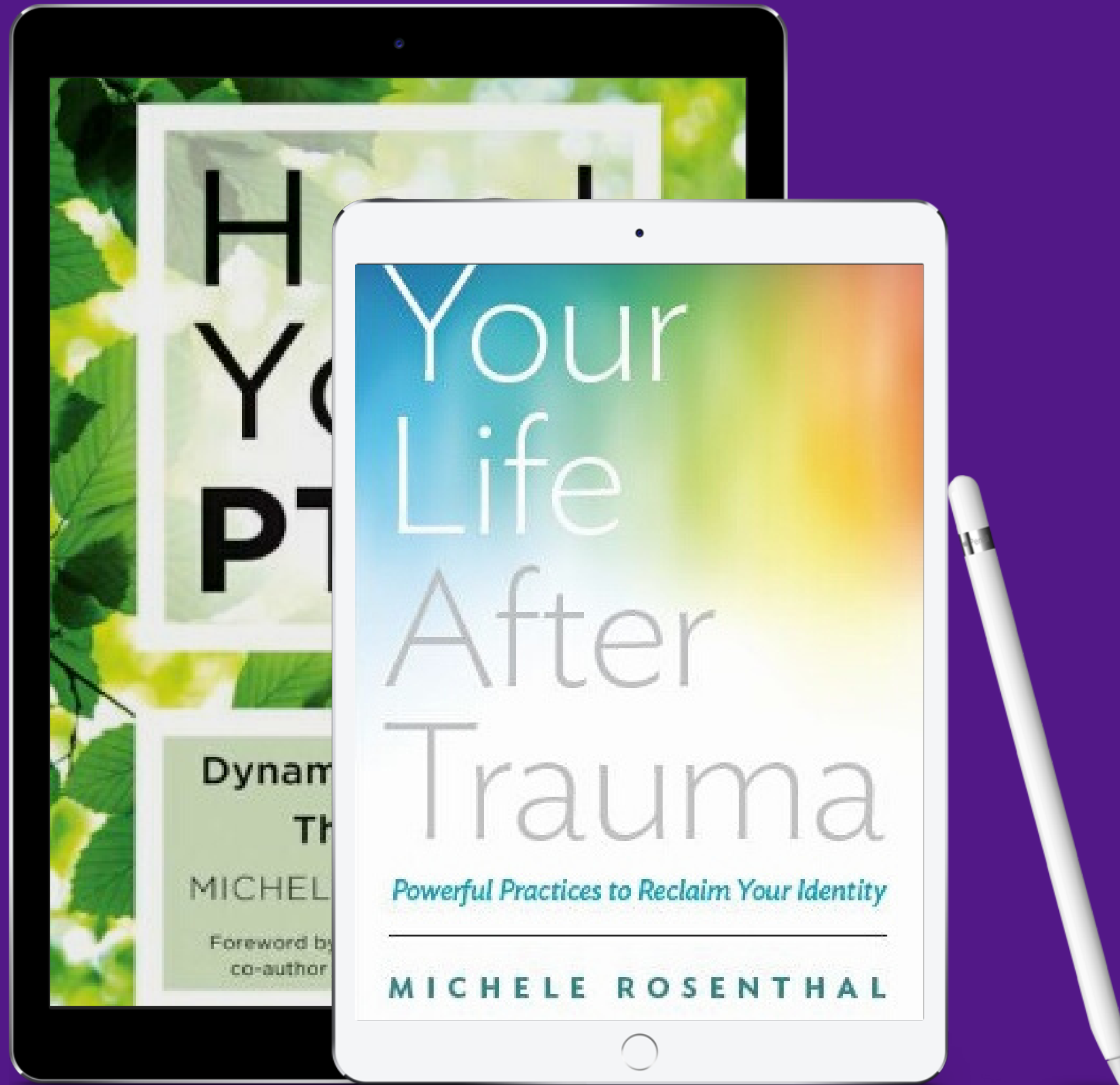
Frequently seen in the media in such places as CBS, NBC, The Palm Beach Post, Orlando Sentinel, The Washington Post, Newsday, Psychology Today, Ladies Home Journal and The Dennis Miller Show, I am also the founder of Holistic Health Connections, a membership-based organization for the holistic health community. Learn more at MyTraumaCoach.com.



You have enormous healing potential;
the goal is learning to access it.
You can do this. Dig deep. I believe in you!

Michele

QUESTIONS?



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