

# Trauma-Informed Flourishing Coaching Model™ “TIFCOM”

## A radically different approach to coaching.

Our world right now is focused extensively on our mindset, but what about our heart space? The heart space is important because it is the very essence of who we are.

Welcome to Flourishing Trauma Informed Coaching™! A whole embodiment approach to healing.

Here, we explore the world you and your clients live in: the fear and anger, the feelings of being misunderstood, powerless, hopeless, or rock bottom. We have all been there and know too well the overwhelming feelings of being lost, confused, stuck and feeling like something is wrong with us.

Are your clients tired of feeling helpless, dead inside, purposeless? Are you ready to give them a sense of peace and freedom, to resuscitate hope?

Every person has four centers that will be reviewed in this program:

- Your Body, which **carries** your story,
- Your Brain, which **knows** your story,
- Your Heart, which **feels** your story,
- Your (Human) Being, which **creates life** from your story.

Often, we do not attend our life in balance and lean heavily on one centre. We may overuse our body or rely on intellect alone. The same holds true with making decisions or responding from our feelings. Here we will teach the use of each center in a way that creates growth, harmony, and wholeness.

In TIFCOM, you will learn how to be an empathetic, caring coach that learns how to identify the places of your client's pain through the heart space and reconnect all of the centers to each other, allowing your clients to thrive. You will experience the transformation that's possible when we bear witness to each other's healing process, holding a sacred space.

The TIFCOM journey provides you with an opportunity to discover what holds clients back from moving forward, and how to release the things that no longer serve them in a healthy way.

By creating a safe environment and community, we walk alongside you through this process so that you can facilitate healing from trauma for your clients in a holistic and meaningful way using the Evidence-Based Model of Flourishing.

## **Format & Schedule:**

### **Level 1:**

**Sep 16 – Dec 2, 2025**

**Tuesdays 6pm-8pm MT**

Weeks 1-10 are content-oriented

Weeks 11-12 are Group Coaching Sessions – MANDATORY Experiential Learning

### **Level 2:**

**Jan 6 – Apr 21, 2026**

**Tuesdays 6pm-8pm MT**

Weeks 13-22 are content-oriented

Weeks 23-28 are Group Coaching Sessions – MANDATORY Experiential Learning

**PLUS 3 One-on-One** – Three one-on-one sessions with Sandra

- Session 1 is focused on their earliest trauma,
- Session 2 on the most recent, and
- Session 3 on the most severe trauma.

## Investment Cost:

- \$4997 + GST One Year Program with Option to Renew.
- \$5497 + GST One Year Program, Includes One-Day Training on The Flourishing Life Questionnaire with Dr. Wayne Hammond, With Option to Renew.
- \$4000 + GST For Current Flourishing Member Renewal.

## Facilitator: Sandra Maiorana

Sandra Maiorana is a Certified Flourishing Life Coach, Parenting Coach, Educator Coach and the Facilitator and primary author of our newly released Trauma-Informed Flourishing Coaching™ Program (TIFCOM).



Having studied with PRH International for 20 years, Sandra is passionate about her work and offers a wealth of experience in the areas of trauma healing, addiction, mental health, sexual abuse, violence, youth and parenting. She also serves young offenders through the Edmonton Police Service's Diversion Program.

Sandra established her practice in 2012 after her own healing journey led her to recognizing her potential to help others through the tools, she learned for herself. Her honesty and humility when sharing her own life stories, struggles and successes makes her clients feel that she is "journeying with you."

By combining these nurturing and caring ways with her training in PRH, Flourishing's strength-based approach, Suicide Intervention and Indigenous Awareness training, Sandra offers an extraordinary experience in transformative healing that leads her clients to dreaming, thriving and reaching their ultimate potential.

Sandra works from her comforting home office where she and her friendly pets greet each client with a warm beverage and a safe place to be Heard, Seen and Accepted. She is a proud mother to her three adult children but has left such a lasting impact on so many of her clients that she is often referred to by them as the mom they always needed as well.

**From Sandra:**

*My name is Sandra Maiorana, and my story begins being born to a 17-year-old child who was sent away from her home on announcement of my conception with my 23-year-old father. Surviving her attempt of aborting me, my mother's coping mechanism became addiction, never recovering from the abandonment (and addictions) of both her father and mine.*

*I was 'unwanted' from conception and have spent all my adult life recovering from that very initial trauma.*

*I am not a victim to that beginning, but the realities of that tough start leave me well versed in poverty, neglect, abuse (mental, physical, spiritual, and sexual) and the generational inheritance of her trauma.*

*My deep aspiration in this lifetime founded by my very personal healing journey led me to my counseling and coaching education and allows me the privilege to advocate, educate and inspire changes in the way people parent today.*

*As the once child and now parent of 3 adult children, I have decades of wisdom from the good, bad and ugly times that I want to share with you. I come to walk with you, beside you, having trialed and errored many, many ways of 'being'.*

*I have no judgements towards the vast mistakes I have made along my way, I was simply surviving.*

*My 'apparent' failures on my journey include leaving home at 17 (ironically the same age as my mother) and, most recently, a divorce from a 30-year marriage. These are simply the live, real-time human experiences that were my teachers, and the lessons learned were immense.*

*Having endured relentlessly, I am passionate about paying forward the insights I have gained to ensure something different for you and your relationships and families. I am honest and vulnerable; I am tough but loving. I bring passion to my real-life lessons and hopefully inspire a new way of being in your life.*

*What a pleasure to meet you :)*

*Sandra*