



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. Learn more [here](#).

Consultations

Consultations are the first step in the coaching process. They're free, low-key, and last 45 mins. We'll get to know each other and discuss how coaching works.

[SIGN ME 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 per year on various topics. Connect on Instagram or via email to receive updates and special offers on programs as they open up!

[SEND ME UPDATES](#)

Still have questions? Email me at nicole.marie.roccas@gmail.com or tap the button below to learn more about my coaching services.

[LEARN MORE](#)