



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.

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1:1 Services

I offer 1:1 coaching in 3 main areas:

- **Trauma-Informed Creative Coaching**
- **General trauma-informed coaching for wholeness and healing**
- **Trauma-informed coaching for Spiritual/Religious Healing**

Private coaching is offered in 12-week packages (6 sessions), currently priced at CD \$480 (approx USD \$360). Most clients schedule their sessions on a biweekly basis. The average client journey lasts about six months.

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.