

Beyond Trauma Institute

# SYSTEMIC RELATIONSHIPS

With Sara Drumond

Beyond Trauma Institute

SYSTEMIC RELATIONSHIP  
COACHING FOCUSES ON SEEING  
THE INDIVIDUAL AND THE COUPLE  
AS A WHOLE.

EVERY PERSON DESERVES TO BE  
SEEN, HEARD, AND  
ACKNOWLEDGED.

EVERYONE CARRIES A PAST  
AND A STORY TO TELL.

With Sara Drumond

Beyond Trauma Institute

MOST RELATIONSHIPS  
END NOT BECAUSE OF  
LACK OF LOVE, BUT  
BECAUSE OF LACK OF  
ALIGNMENT AND VISION  
FOR THE RELATIONSHIP.

With Sara Drumond

# This is for You if You...

- 1 Are going through a breakup/  
divorce/crisis/power struggle
- 2 Need assistance with emotional  
unavailability, lack of intimacy/  
Ongoing disconnect and issues
- 3 Want to Rebuild Self-Confidence &  
Self-Esteem and manage Stress &  
Anxiety
- 4 Want to regain Trust in each  
other, Reignite passion and  
healthy boundaries
- 5 Want to improve communication  
and problem solving
- 6 Would like to understand family  
patterns, past traumas and how  
they affect the current moment
- 7 Wan to improve lack of presence,  
understanding, decision making,  
commitment.

SESSIONS ARE TAILORED FOR YOUR PERSONAL NEEDS

Sara Drumond

# Systemic Relationship Coaching

With Sara Drumond

- ✓ 4x 60min Online Sessions
- ✓ For Individuals / Couples Session  
Optional access to 'Love Can Work' or 'Romantic Relationships' 21 Day Challenge + 1h Live Recording valued at £65 - designed to support individuals and couples to restore balance in their lives/relationships.
- ✓ £280 total
- ✓ Follow Up - £80 - 1:1/ Couple

# Systemic Relationship Coaching

With Sara Drumond

**Move past a broken heart. Restore Self - Confidence. Find balance and purpose in the relationship. Go beyond family patterns and belief systems. Understand the core of the relationship crisis.**