



**Beth Bryce, MS, CMCC, CMCS**

*Trauma-Informed Coaching*

[www.bethbryce.com](http://www.bethbryce.com)

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## **Career Healing Session©**



Spend 90 minutes in a virtual, one-on-one session with Master Career Coach Beth Bryce, designed as a safe, supportive, and gentle recovery session to help you begin healing and overcoming workplace trauma barriers that hinder your personal and professional growth. This focused session is customized to your needs and goals. Whether you're seeking support to regain your confidence and agency or preparing for an important career transition, you'll be amazed at how much can be achieved together in just one call.

**Reauthor your story into purpose & wisdom!**

## Session Preparation – FAQs

- **Who is this for?** People whose experiences with workplace adversity—such as emotional abuse, bullying, symptoms of post-traumatic stress disorder (PTSD), systemic discrimination, high-stress jobs, or sudden unemployment—affect their professional lives, decision-making, and behavior at work.
  - Poor performance evaluations, difficulty interacting with co-workers and/or supervisors, disengagement, extended unemployment, dissatisfaction with work, and negative impact on health & personal relationships may be some symptoms.
- **What are the benefits?** This is not about “fixing.” We focus on empowerment by building confidence, establishing boundaries, cultivating resilience, fostering resourcefulness, and addressing burnout, career stagnation, and moral injury.
- **Example discussion topics:**  
Grounding, recognizing and understanding trauma effects, building resilience, and focusing on strengths, self-regulation, and identifying a career path that aligns with safety, well-being, and personal growth.

### Next steps

- **Contact Beth** – Email with questions or to make your 90-minute coaching session appointment today!
- **Questionnaire** – Once you’ve scheduled your appointment and paid beforehand, you’ll receive a questionnaire to help Beth understand your career challenges. Complete and return it 24-48 hours before your session.
- **Preparing for your session (before/after)** – We will discuss your environment, nervous system regulation, emotional processing, and self-care; hydrate, nourish, and sleep.
- **Beyond Coaching** – TIC Coaching is not a substitute for diagnosing or treating mental illness; if it goes beyond our scope, a referral to a therapist may be necessary.
- **Options to continue** – Ask about a 3-session discounted package for additional support through your continued healing.

# Career Healing Session©

Monday through Thursday  
9:00 am – 4:00 pm EST



- Your investment includes – A 90-minute, personal virtual session led by **Master Career Coach, Beth Bryce**, notes of our discussion, recommended resources, and a summary of your future action steps.
- Upon registration, you will receive a career questionnaire to be completed and returned one day in advance of your scheduled session.
- **A sliding scale is available, \$400-\$600**; your payment is due at registration prior to our scheduled session.
- Due to the limited nature of availability, we will not issue refunds due to cancellation one day prior. However, rescheduling your session is always an option.

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**Contact Beth today for scheduling**  
Email [beth@bethbryce.com](mailto:beth@bethbryce.com) to RSVP and pay online