



## What is it?

Liberate a program based on research and designed to help individuals overcome personal, professional and vocational challenges, fostering growth, resilience, and empowerment. The program consists of eight transformative sessions, each focusing on different aspects of personal development that feeds into all other aspects of life. By combining research, life experience and integrative tools. Liberate provides a comprehensive approach to personal growth.

# Liberate

## Why it Matters?

The Liberate Program matters because it empowers individuals to tap into their resilience blueprint, promoting holistic well-being unlocking creativity in the process. For community, it means less polarity and a mature approach to having healthy discourse and empathy.



### 01

#### Awakening Liminal Thinking

Introduction to Liminal Thinking, understanding the power of beliefs and assumptions in a personal, vocational and professional context



### 02

#### Exploring Trauma Theory

Overview of trauma theory, recognizing the impact of past experiences on current behaviour and responses



### 03

#### Embracing Trauma-Informed Principles

Introduction to trauma-informed principles and creating a safe environment for healing.



### 04

#### Cultivating Somatic Embodiment

Understanding the mind-body connection and the role of somatic experiencing in healing



### 05

#### Nurturing Resilience Blueprint

Exploring the concept of resilience, post event growth and identifying personal strengths and resources



### 06

#### Tapping into Intergenerational wisdom

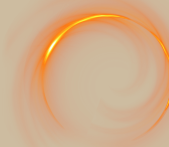
Honouring ancestral knowledge and integrating intergenerational wisdom into one's life.



### 07

#### Embodying Dance Liberation

Introduction to expressive movement as a form of liberation and self-expression.



### 08

#### Finding strength in stillness

Embracing the power of stillness and mindfulness in cultivating inner peace.

Join the Liberate Program to unlock your full potential, achieve personal, professional and vocational growth, and embrace a more empowered and fulfilling life



Click logo to learn more about Yemi Penn