

# Breaking the Cycle of Family Dysfunction

Exploring positive changes and healing strategies

OHMeDAY COACHING



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TRANSFORM YOUR LIFE WITH OHMeDAY COACHING'S 6-WEEK COACHING EXPERIENCE:

## **Dysfunction Family Recovery with ACoA Healing**

**Are you ready to break free from the patterns of a dysfunctional family and start living the life you deserve?** Coach OhMeDay's course is a transformative 6-week coaching course designed to help you heal and thrive.

**Course Overview:** OhMeDay's coaching experience is a kick-start to your journey of gaining fresh insight into your behavior patterns and finding an avenue for self-love and healing. With this increased capacity, Coach OhMeDay will support you in establishing the tools necessary to break the cycle of family dysfunction!

### **What You'll Learn:**

- Discover how alcoholism, drug addiction and other family dysfunction **affected you in the past & influences you in the present.**
- Explore the unhealthy elements of your childhood.
- Discover the reasons for the way you think, believe, and feel about yourself.

### **Course Benefits:**

- Gain strategies for living a healthier life as an adult.
- Learn effective tools and techniques to manage and heal from trauma.
- Develop a sense of safety and resilience to handle intense emotions (with your children, intimate relationships, coworkers, etc.)
- Practicing the 12-Steps, focusing on the ACoA Solution, and accepting a loving Higher Power of your own understanding—you will find freedom.

**Course Details:**

- Format: Online sessions
- **6 Weekly 90-minute Coaching Sessions** – “tailored to your goals”
- A safe, non-judgmental Space to share emotions & struggles
- Unlimited email support (with a response within a workday)
- Unlimited text message responses (within 2 hours)
- Downloadable Worksheets and Resourceful Information (personalized)
- *Free* 15-minute mid-session check-ins per week
- **BONUS:** *One year access to Coach OhMeDay for “consultation” as needed* (for individual plan only).

**Start Date:** **May 1, 2025**

**Price:** Total Value \$1,500— **Individual Discount** - \$975 --

**Special Group Price (limited seating) – ONLY \$225**

**Note:** An installment plan can be arranged upon request.

**TO REQUEST ENROLLMENT IN COACH OHMEDAY’S**

**DFR™ (DYSFUNCTION FAMILY RECOVERY) SIGNATURE PROGRAM\* . . .**

Email to **contact@ohmedaykiss.com**

Type in Subject Line: **DFR Program**

**Include your . . .**

**Name, Phone Number and**

**which DFR™ Program you are interested in:**

**GROUP OR INDIVIDUAL**

**Register Now!** Don't miss this opportunity to transform your life. Accepting registrations now!

Email Request to Enroll to **contact@ohmedaykiss.com**

If you have any questions, or are unclear about anything mentioned above, please phone or text to 804-909-7088, or email Coach OhMeDay at [omide@live.com](mailto:omide@live.com)

**COACH OHMEDAY’S DFR™ (DYSFUNCTION FAMILY RECOVERY) SIGNATURE PROGRAM\*** will help you learn to identify, and address, your Adult Child issues when they surface so that you can be a loving parent to yourself and children—so you can feel more secure on your job—and so you can develop healthy relationships with family, friends, and mainly—*yourself!*

Email request to: **contact@ohmedaykiss.com**