

THE BECOMING



FROM TRAUMA TO WHOLENESS



THE WORKSHOP

Join us for an inspiring and educational wellness workshop led by trauma survivors and educators. With their unique experiences as seasoned peer support workers, they offer invaluable insights into the healing process.

"We have consciously chosen to move away from sharing our stories of trauma and instead focus on sharing our journeys of healing with service providers in the coming years. Our new content aims to educate on trauma-informed victim care from the survivor's perspective, while also providing a space for service providers to process and reflect on their own emotions during our wellness hour."

— Michelle and Timea

Who Should Attend: This workshop is ideal for anyone interested in learning about trauma through a survivor's lens, the stages of healing, and effective trauma-victim care practices, and in indulging in a wellness hour designed to facilitate discussions on self-care and self-reflection.

Service providers, Front-Line workers, Shelter workers, Housing, probation, Victim services, Therapists, and more

THE BECOMING

An inspiring and educational workshop, combined with a wellness hour, led by trauma survivors/educators. With their unique experiences as seasoned peer support workers, they offer invaluable insights into the healing process.

1-2 days workshops for Service Providers



"Moving away from sharing our stories to focus on the story of our healing"

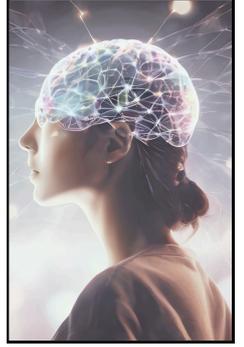
By offering hope and helpful tools for our service provider community

ABOUT THE WORKSHOP



Session 1: Understanding Adverse Trauma from a Neuroscience Perspective

Explore how individuals become victims and the factors that contribute to their vulnerability, delving into epigenetics, generational trauma, childhood trauma, survivor mode, and victim mentality.



Session 2: The cycle of healing

This session will outline the stages of mental states and healing from the survivor's perspective. Understanding these stages is crucial for providing appropriate support throughout their journey.



Session 3: Effective ways to support Survivors of Trauma

This session will provide a step-by-step guide on the types of support that should be offered, based on the survivor's current stage of healing. Understanding these stages allows for more effective and appropriate assistance



Session 4: Self-Care and Wellness Hour

Engage in reflective discussions about working with survivors while creating natural aromatherapy items to reduce anxiety, alleviate stress, and promote overall mental health. This hands-on activity fosters connection and equips you with practical self-care tools.



Don't miss this opportunity to enhance your understanding and skills in supporting survivors of human trafficking.

BOOKING

The Becoming workshop

If you wish to invite us, please send us an email to:

Info@timeascause.com for more information.

FACILITATORS

Timea E. Nagy is a best-selling author, trauma resiliency educator, and the founder of Timea's Cause. She is a passionate educator on trauma resilience and healing, integrating holistic and unique approaches.



CO-FACILITATOR

This workshop is co-created and co-facilitated with Michelle Furgiuele, Canadian survivor, educator, mother, and Peer support worker.



PACKAGES

There are two packages available: basic and premium. Our services include: Complete facilitation of the new content, wellness products, certification, graphic design of the poster, and more.

Request our complete informational package via Info@timeascause.com

Coming Soon...



Employee wellness retreats integrated with AROMATHERAPY AND TRAUMA TECHNIQUES are starting in the fall of 2026. For more information, please contact us at info@timeascause.com.