



Hi, I'm so glad you're here. I don't know your particular story. Maybe you've been through betrayal yourself with a family member, a partner or friend. Maybe you're betraying yourself by making promises that you're not keeping to yourself, you're doing something that you know isn't in your best interest, compromising your values or not speaking your truth. You're here for a reason.

I found that crisis gives us a wonderful gift of waking us up, shaking us up and then having us ask a series of questions where we think, "Is this what I want to do? Who am I? Who do I want to become?" Maybe that's where you are right now. Maybe you've had a betrayal and you're thinking, "I don't want to do what I was doing. Life is short. I want to help people who've been where I've been." That could be what you're experiencing right now. Given the choice, I'd rather work with a coach who has had a deep, profound experience and who's "been there, done that", more than someone with the cognitive and intellectual understanding any day of the week.

Maybe you've worked with a nutritionist or trainer, who lost a tremendous amount of weight, or they were a total couch potato and they reworked their nutrition and their fitness, and now they're so healthy and so fit. That's so much more inspiring than someone who's just teaching it to you. I know from the world of betrayal someone can truly benefit from someone who has been there and done that, and they understand because they've personally experienced it.

I don't know where you are in your experience right now but let's say you have navigated your betrayal and you're out the other side and you're experiencing that state of Post Betrayal Transformation. You've been through that dark, lonely, scary tunnel I call the tunnel of transformation and you weren't sure when you were going to come out the other side...and then you did.

Now, imagine meeting somebody who's where you were. You have such empathy, such compassion. You know what that person's experiencing. You know what that person is feeling, how lonely, how disconnected, how heartbroken, how anxious, how angry, all of those emotions wrapped up together.

You can't just read that from a book and learn it. Living it is so important. What I'm finding is that the people who are interested in the PBT certification (Post Betrayal Transformation) certification to become a PBT Certified Coach or Practitioner, they've been there. It's also like a special secret because, when you know you have to represent what you're teaching, you can't afford to go back to your old ways, you just can't do it. It's like that nutritionist, that trainer slipping-they can't afford to.

I remember back in the days when I was a nutritionist and trainer. I couldn't afford to slack off because I was facing people. I noticed it's the same thing with staying on track with this betrayal work.

I've had my betrayals and sometimes it just is hard. As much as I find myself slipping, I have to contain it because I have to show up. It's funny because a lot of the coaches and practitioners are becoming coaches and practitioners, (of course, to serve, of course, to share), but to keep themselves doing the work.

That was what happened with Sarah. Sarah is going through her certification now. Originally, she called me because she wanted to get started with the *Betrayal to Breakthrough Program*. It's a great program and it can absolutely help but then she didn't trust herself.

This is what happens also with betrayal, we don't trust ourselves because we think, "We're a bright person. How did we not know? How did we not have any signs? How did we not see?" So because she didn't trust herself, she's thought, "I don't know if it's going to be enough for me to do the program because I may not follow through." She opted to go through with the certification because then she would do the program, but knowing she was going to have to show up for other people was going to be the additional motivation she needed to do the work and to heal. Until you face it, feel it, heal it, it's just going to keep repeating itself.

Why would you be interested in certification?

It could be something as simple as you want more clients.

It could be you want to have deeper transformations with your clients.

Maybe you're realizing you're taking them to a certain level but oh my gosh. Now that you know an unhealed betrayal from decades ago is at the root you can take them so much further. If you could really work on that topic with them, they can have such deep and profound transformations and get them to that point of Post Betrayal Transformation, and maybe that's why you're here.

Maybe you just want to be part of a community where you're doing this with other people who share the intention and the heart to help people heal from what I believe is one of the most painful of the human experiences.

I don't know what it is for you but what I do know is if you've had the experience, you have a knowing that other people who haven't experienced it just don't have. What I've also found is that betrayal puts us in a club we never wanted to be in. We're in this club that only if you've experienced this, you understand because of the nature of it.

Think about it what betrayal is. These are the people we're closest to. We're never betrayed by people we don't know. It's by the people we're closest to.

I've said this before. When the people you trust the most prove untrustworthy, who do you trust? When the ones you'd run to when other people are causing harm are the ones causing the harm, where do you go? It shatters every single thing you know to be real and true. It shatters your sense of safety. It shatters your ability to trust. It compromises things like belonging, confidence, abandonment, worthiness, trust. All of it has to be rebuilt. That's the nature of betrayal, and it can all be rebuilt. The program teaches you how to do that and then the certification teaches you how to help other people do that.

Like I said, I don't know where you are on your journey. Maybe you're completely out the other side. Just imagine now someone coming to you where you were and you now have that deep place of knowing. You know exactly what they're experiencing. You know the pain they're in. You know the questions that are coming up for them. You know the fear, you know the anguish, the shame, the fear of judgment, the pain, the anger, the sadness, all of it mixed up in one. That makes you the perfect person who could help others.

Join me in the next video because I'm going to be telling you a very personal story and explaining a bit further what this whole certification's about. Trust your gut, it never lies. You'll know if it's a fit for you. Talk to you soon.