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Welcome

Hey there, amazing you,

Carly here. I just want to take a moment to congratulate you for signing up for this course, because it's a huge step towards you moving from surviving to thriving.

I just wanted to let you know a bit about me and my story.

I know what it's like to feel like you're crawling through each day, and to go to bed at night hoping you don't wake up the next morning.

I know what it's like to have clinical depression – not just the kind of depression that is really just sadness for a few days.

I know what it's like to feel suicidal.

I know what it's like to abuse my body with drugs and alcohol.

I know what it's like to have friends and family suicide or try to.

I know what it's like to be a carer for someone with mental health issues and who's having suicidal thoughts.

I was lucky enough to be born into a loving family and I had a great upbringing.

The challenges that I faced came later, and it's what made me want to become a Coach.

I also have a background in Psychology, Forensic Psychology, Criminal Justice, mental health and energy work.

I also teach Reiki, and my knowledge and experience of the world of energy gives me an added flavour to the other work I do, leaving me with a holistic picture that's tailored to each individual I work with.



If you're here, I know you're going through a really shitty time right now.

I hope swearing doesn't offend you, because I'm just my authentic self and I like to keep it real :)

But you know what?

I've never met anyone who's amazing who hasn't been at rock bottom.

They came out the other side, learned huge lessons and experienced massive growth.

It's not usually obvious what the lessons are for us when we are deep in the depths of it, but trust me lovely, there are **always** lessons and there is **always** growth – if you allow it.

I also know that feelings are temporary.

They **can** change, and you **can** feel differently.

Shit, you can even feel amazing.

I know it doesn't feel like it right now, because you feel like life is a struggle and you're just surviving.

But I have personally experienced coming back from rock bottom, and have held the hands of many others who have come out the other side of child abuse, death and bereavement, suicide attempts, mental health issues, the loss of a job, bankruptcy, and much much more.

As you go through this course, please know that I'm here for you – I've got your back.

Tap into my support in the Facebook group or via email at carly@coachcarly.com.



Click here to join the Facebook group:

facebook.com/groups/youcansurviveandthrive/

I really hope you get what you need out of this course.

I'm always open to feedback and suggestions, so either email me or post it up in the Facebook group.

Sending you much love, health, healing and happiness,

Coach Carly xx