

7 Gates™ to Forgiveness Coaching Programme



Freedom.
Peace.
Love.
For women
& men of heart...



Hi, I'm Helen, Forgiveness Coach



Here to serve women and men of heart to transform pain and suffering into freedom, peace, and love, through the ancient practice of Forgiveness.

WELCOME WOMEN & MEN OF HEART.

You are the creators, the healers, the peacemakers, the inspired leaders, the growers, the coaches, the carers, the artists, the storytellers, the transformers, and lovers of all kinds.

You are needed now more than ever by the global community, to be and serve at your highest level, to enable the transition through these turbulent times, to a more peaceful and sustainable world.

One of our greatest challenges to living peacefully, is knowing how to heal from the hurts we experience whilst on this human journey.

In the following brochure, you will learn more about the **7 Gates™ to Forgiveness Coaching Programme**, which is the process I have created for you, to help guide you through your forgiveness journey.

Thank you for being here. ♥♥♥

Helen Tanner
FORGIVENESS COACH



Web: helentanner.com
Email: helen@helentanner.com
Phone: +44(0)7768968189



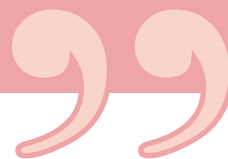
7 Gates™ to Forgiveness

Introduction



FORGIVENESS IS the eventual release of feelings of resentment, rage, victimhood, and desire for revenge, towards someone who has harmed you, for your own freedom, wellbeing and peace. Forgiveness is your choice, and your journey.

FORGIVENESS IS NOT forgetting, condoning or excusing behaviours. Forgiveness does not mean that you have to reconcile with the other person, nor does it exempt them from justice or legal accountability. It should never be used as an excuse to stay in an abusive situation.



The gift of Forgiveness

Forgiveness enables us to:

- ♥ Experience freedom from the past
- ♥ Live creatively, lovingly and joyfully
- ♥ Use our anger in a healthy and empowered way
- ♥ Be healthy in mind, body and spirit
- ♥ Find Peace within

How are you?

Are you...

- ✓ Obsessively thinking about past hurts?
- ✓ Feeling weighed down with rage, blame, bitterness, guilt, or shame?
- ✓ Having frequent conflicts in your relationships?
- ✓ Fearful of feeling love and joy?
- ✓ Experiencing recurring health issues?

What's happening?

It's simple:

Your inner and outer life are demanding your attention, and asking you to face what has happened to you, in order to heal it once and for all.

This is your time.

To stop being defined by the past, your pain, or someone else's behaviour.





7 Gates™ to Forgiveness

Tired of suffering?

If you're suffering, because of something that has happened to you, and you're tired of the pain, and feeling stuck in the past, it may be time to begin your journey to Forgiveness.

Despite Forgiveness being a commonly used word, many people think it is for the benefit of the person that harmed you. Although, if they are genuinely remorseful, the offer of Forgiveness can be very healing for the relationship, the primary purpose of Forgiveness is to help YOU heal.

What is happening in your life, is an opportunity to let go of what is not serving you, to transform your pain and difficulties, and to step up to a whole new level of being your soul-full, wonder-full, creative, loving self.

7 Gates™ to Forgiveness Coaching Programme

Through the structured 7 Gates™ to Forgiveness Programme, I will support you every step of the way to release and heal your past, and change old habits that are holding you back from a healthy, peaceful, and joyful life.

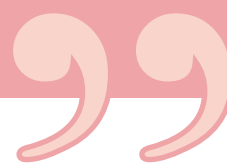
I have come to know Forgiveness, through my work as a Psychotherapist, and as an international Peacebuilder supporting communities in countries devastated by war. I have seen its incredible power to offer peace, healing and freedom from suffering in extraordinary circumstances.

The 7 Gates™ to Forgiveness Programme is my offering to you. It is a unique combination of research, personal experience, and guidance from some of the worlds most important forgiveness teachers alive today.



After working on an issue that I thought was impossible to transcend, I now feel free, happy, and ready to move forward. Helen, you are a natural guide, intuitive, caring, and a good listener. You helped me discover my needs, heal the pain I had been carrying, get the clarity I needed, and returned me to my heart. Thank you.

– Regina Betch Mexico City





7 Gates™ to Forgiveness

There are three stages to the programme: 1. Freedom 2. Peace 3. Love

How would your life be different if you felt...

Free from the pain, and rage you feel about a past event?

Free from constantly replaying a past event in your mind?

Free from obsessively thinking about someone who has hurt you?

Freedom

On your journey to freedom...

You will identify the thoughts beliefs, feelings, which are holding you back.

You will let go of any attachment to victimhood, and contain the painful story you have been living.

You will go through a process of releasing what no longer serves you.

How would your life be different...

If you had inner Peace, and you were able to forgive yourself?

If you could meet your needs in a healthy way, which is aligned to your core values?

If you had clarity about what you want without feeling conflicted or guilty?

Peace

On your journey to Inner Peace...

You will identify your core values by which you wish to live your life by.

You will identify different parts inside yourself, their role in your life, and how they meet your needs.

You will resolve inner conflict, and let go of unhealthy guilt about past behaviours.

What if...

You could make sense of your life's journey so far, and find meaning in the most difficult experiences

Even after being hurt, you could open your heart and love again?

You could trust that life is working 'for you' rather than to you?

Love

On your journey back to Love...

You will look for the meaning in the difficult experiences of your life.

You will find ways in which life is working *for you*, and re-claim parts of yourself you wish to carry forward.

You will begin opening up your heart once more by creating in your life from a place of love, whilst maintaining healthy boundaries.





7 Gates™ to Forgiveness

There are two options for joining the programme: group or one-to-one.

If you join the **GROUP** programme you will:

- ✓ Join a small group and be guided step by step through the 7 Gates™ Programme.
- ✓ Receive 6 months of support.
- ✓ Join 21 live group sessions which take place over Zoom.
- ✓ Receive 4 one-to-one coaching sessions.
- ✓ Have access to the private facebook group: 7 Gates to Forgiveness exclusively available for paid members.
- ✓ Receive tools, and written instructions in between sessions.

Next group programme begins on Tuesday 6th of October 2020. (completes April 2021)

If you join the **ONE-TO-ONE** programme you will:

- ✓ Be guided step by step through the 7 Gates™ Programme one-to-one with Helen.
- ✓ Receive 12 months of support.
- ✓ Receive 21 LIVE one to one coaching sessions on Zoom.
- ✓ Have access to the private facebook group: 7 Gates™ to Forgiveness exclusively available for paid members.
- ✓ Receive tools and written instructions in between sessions.
- ✓ Receive email support in between live coaching sessions.
- ✓ The one to one option can commence at any time of the year, subject to availability.

To enquire about either programme, book a free exploration call with Helen at: www.helentanner.com/bookings



Frequently Asked Questions

What is Forgiveness?

Forgiveness is the eventual release of feelings of resentment, rage, and desire for revenge towards someone who has harmed you, for your own freedom, wellbeing, and peace.

Forgiving someone can take place even if the person forgiven has not been told. It can be a private act and decision.

Forgiveness can take place even when the other person has not apologised.

Forgiveness is a personal choice.

Forgiveness is a personal process.

Forgiveness is not forgetting, condoning or excusing behaviours.

Forgiveness does not mean that you have to reconcile with the other person.

Forgiveness does not excuse the other person from justice or legal accountability.

Forgiveness should not be used as an excuse to stay in an abusive situation.

Forgiveness should not be used as a means of self-harming.

How does the programme work?

You are guided step by step through the Forgiveness process. There are three stages to the journey: 1. Journey to freedom 2. Journey to Peace 3. Journey to Love. Each stage has seven sessions.

The process is led by Helen, with a weekly Zoom call or face to face session. We will be covering a particular 'topic'/step of the journey each session. There will be teachings, meditations, a workbook, exercises to complete, guided visualisations, activities. There will be some activities to do between sessions.

I want to forgive myself, will this programme work?

Yes. This programme includes forgiving others, and forgiving the self.

What benefits will I get from joining this programme?

Learning how to forgive has been linked to the following:

- Improved cardiovascular functioning
- Improved lung function
- Improved functioning of nervous system
- Improved functioning of immune system
- Lower blood pressure
- Less muscle tension

As well as physical benefits, forgiveness can give you:

- Increased hope, caring, trust, happiness, gratitude and faith
- Increased ability of love again
- Sense of freedom from the past, our pain and the ones who have hurt us.

Is this a group programme?

The 7 Gates™ to Forgiveness Programme is available in a group or on a one to one basis, depending on what you feel you would most benefit from.

Is this the only Forgiveness service you offer?

No. If you join The 7 Gates™ to Forgiveness Programme you will be guided through the complete forgiveness process. There are some other shorter options available, as well as Forgiveness coaching sessions which will get you started on your Forgiveness journey, or help you with an area where you are particularly stuck. There are also Forgiveness talks and workshops available.

The place to start is with a 50 minute free call with Helen to discuss your needs and where you currently are in your journey, and which service is best suited for you.

Is the Programme face to face or online?

The 7 Gates™ to Forgiveness™ Programme is available both face to face and online.

How much does the programme cost?

The 7 Gates™ to Forgiveness Programme is an in depth programme of 21 sessions, and costs vary depending on whether you would like group or one to one support, join online or face to face.

There are several other shorter term options available if the programme is not quite right for you at this time. Options to pay for your service in instalments are usually available.

How do I join the Programme?

To make sure the programme is right for you, all potential participants are invited to book a complimentary 50 minute phonecall with Helen, where she will assess your needs and what service may be best for you at this time.

Is this a religious programme?

No, this is a secular programme. However, it does have a spiritual flavour to it. The 7 Gates™ to Forgiveness Programme is open and relevant to all people of faith or none. The underlying assumption of the programme is that Forgiveness is a healing process, which is accessible to all – regardless of belief.

How will I know if I have forgiven?

People who have forgiven usually feel:

A sense of FREEDOM from a past incident.

A feeling of INNER PEACE.

A heart that is open and feels LOVE again.





About Helen

By now you may be wondering who I am...

My name is Helen Tanner. I have Irish and Cornish heritage, and I currently live in Cornwall, SW England, with my partner, and our cat Casper. I have been interested in, and working within the healing and peace arena for almost thirty years. I am a Forgiveness Coach – guiding and supporting people through the forgiveness process.



My Credentials

- ♥ I am a qualified Forgiveness Coach
- ♥ Qualified Creative Psychotherapist
- ♥ Qualified Life Coach
- ♥ Qualified Executive Coach
- ♥ Qualified Conflict Coach
- ♥ Qualified NLP Practitioner
- ♥ I have a Masters Degree in Conflict Resolution and a Degree in Law.

Why work with me?

1. I have undertaken the forgiveness journey, and emerged stronger, and with a greater capacity to love than ever.
2. I offer a clear pathway to freedom, peace and love with a forgiveness programme I have been evolving for 12 years.
3. My deep passion to serve you, women and men of heart, to heal at a deep level so you can serve at your highest level.



Get in touch

Helen Tanner LLB PgDIP DTH MA
helentanner.com
helen@helentanner.com

+44(0) 7768968189 UK
facebook.com/www.helentanner.co.uk
linkedin.com/in/helen-tanner1

What's next?

1.

Book a free call with Helen to chat about what you are experiencing, explore your options, and get you started on your forgiveness journey.

Book here:
[helentanner.com/
bookings](https://helentanner.com/bookings)



2.

Join the free online community.



Forgiveness for Women & Men of Heart:
[facebook.com/groups/
ForgivenessHeart](https://facebook.com/groups/ForgivenessHeart)

The group is there to offer you support, tools, a space to ask questions, and get inspiration.

