

VICTORIA TAYLOR

Trauma-Informed Speaker

Creator of The Tunnel Framework®

# The Tunnel

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## *Full Day Workshop.*

A full day facilitated session through all seven steps of The Tunnel Framework®.

Individual reflection, pair work and group discussion at every stage.

Each woman leaves with a personal roadmap she has written herself.

From £12,997 exclusive of VAT · Workbook, Book One and Journal included.

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### WHAT IS INCLUDED WITH EVERY BOOKING

Participant Workbook · Book One: The Tunnel · The Guided Journal

[victoriataylorspeaks.com](http://victoriataylorspeaks.com) · [info@victoriataylorspeaks.com](mailto:info@victoriataylorspeaks.com)

# Seven Steps.

## *One Day. Your Map.*

The full day workshop takes every woman in the room through all seven steps of The Tunnel Framework®. Not a lecture. Not a training. A structured working day with individual reflection, pair work and group discussion at every stage. She walks out with something she did not have when she walked in.

### THE DAY

09:00	Welcome, ground rules and your story so far
09:30	Step One: Recognition · Step Two: Naming the Truth
10:30	Break
10:45	Step Three: Breaking the Silence · Step Four: Reclaiming Power
12:15	Lunch
13:00	Step Five: Healing the Wounds · Step Six: Rebuilding Identity
14:30	Break
14:45	Step Seven (Bonus L): Liberation · What comes next
16:00	Closing circle

### WHAT EVERY WOMAN RECEIVES

- Participant workbook — 21 pages of structured reflection
- Book One: The Tunnel — Seven Steps from Survival to Freedom
- The Guided Journal — for continued work after the session
- A personal roadmap built from her own honest responses

### THE TUNNEL FRAMEWORK® — SEVEN STEPS COVERED IN FULL

#### **T** Recognition

*The moment you stop calling it normal.*

#### **U** Naming the Truth

*Excavating what silence has buried.*

#### **N** Breaking the Silence

*Speaking out loud what was done to you.*

#### **N** Reclaiming Power

*Choosing yourself for the first time.*

#### **E** Healing the Wounds

*The body presents the bill.*

#### **L** Rebuilding Identity

*Finding the woman building herself in the dark.*

#### **L** Liberation

*The tunnel does not disappear. You outgrow it. (Bonus Step)*

From £12,997 · Exclusive of VAT · Includes all participant materials

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# What Every Attendee Receives

*Book One, the Guided Journal and the Workbook are included with every Full Day Workshop.*

INCLUDED WITH EVERY BOOKING — NON-NEGOTIABLE



Book One  
**The Tunnel**  
INCLUDED



The Journal  
**A Guided Journal**  
INCLUDED

WORKSHOP WORKBOOK — INCLUDED WITH EVERY BOOKING



**The Tunnel Workbook**  
INCLUDED

ALSO IN THE TUNNEL SERIES



Book Two  
The Light After the Tunnel



Book Three  
The Woman After the Tunnel

All books available at [victoriataylorSpeaks.com](http://victoriataylorSpeaks.com)

## WHAT COMES AFTER THE WORKSHOP

# The work does not stop here.

Every programme begins with a free 30-minute clarity call. No commitment required. Speak to the team at the back today or book online.

**INTEGRATE — DUAL-COACH ONE TO ONE**

24 weeks · Victoria and Stephanie working concurrently · Weekly  
90-min  
Maximum 6 clients · Application required

**£13,997****TRANSFORM — PRIVATE ONE TO ONE**

24 weeks · Weekly 60-minute sessions  
Fully customised Tunnel Framework® and TRIUMPH® application

**£8,997****CONNECT INTEGRATED — BOTH PATHWAYS**

12 weeks with Victoria + 12 weeks with Stephanie · Sequential dual-  
specialist

**£6,997****CONNECT — GROUP COACHING**

12 weeks · Maximum 10 women · Weekly 90-minute sessions

**£3,997**

Every programme begins with a free 30-minute clarity call.

[mindsetplusmastery.com](http://mindsetplusmastery.com) · [info@victoriataylorspeaks.com](mailto:info@victoriataylorspeaks.com)