

The Tunnel

Workshop.

A facilitated workshop through The Tunnel Framework®.

Available as Full Day (all seven steps) or Half Day (foundation four steps).

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

Full Day from £12,997 · Half Day from £6,997 · Exclusive of VAT.

WHAT IS INCLUDED WITH EVERY BOOKING

Participant Workbook included · Books included · See inside for details

victoriataylorspeaks.com · 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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Four Steps.

The Foundation.

The half day workshop covers Steps One to Four of The Tunnel Framework®. These four steps are the foundation. Everything that follows is built on them. Each woman leaves with the workbook she has written and a clear direction for the work that continues.

THE FOUR STEPS

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.*

SCHEDULE

09:00	Welcome and your story so far
09:30	Step One: Recognition
10:00	Step Two: Naming the Truth
10:30	Break
10:45	Step Three: Breaking the Silence
11:30	Step Four: Reclaiming Power
12:15	Closing and what comes next
12:30	Close

From £6,997 · Exclusive of VAT · Includes all participant materials

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What Every Attendee Receives

Full Day: Book One, Journal and Workbook included. Half Day: Book One and Workbook included.

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

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 · info@victoriataylorsspeaks.com