

Setting Standards, Not Survival Rules

An introduction to the TRIUMPH® Framework

The TRIUMPH® Framework was co-created by Victoria Taylor and Stephanie Brown through Mindset + Mastery. It is a seven-pillar methodology for women who are ready to move beyond survival and understanding into the deliberate construction of a life that is fully their own.

Trust Restoration

T

Rebuilding the relationship between your mind, body, and intuition. Learning to trust your own signals, your own judgement, your own worth.

Reclamation of Power

R

Moving from powerlessness to agency. Recognising where you still have choice, voice, and influence. Claiming the authority over your own story.

Identity Integration

I

Bringing all parts of yourself into a coherent whole. Not the survivor. Not the role. The full woman underneath all of it.

Unwavering Boundaries

U

The architecture of self-respect. Learning to protect your energy, your time, and your life with clarity and without apology.

Mastery of Energy

M

Understanding and managing your physical, emotional, and creative energy. Because sustainable transformation requires sustainable practice.

Purposeful Relationships

P

Cultivating connections that honour who you are and support who you are becoming. Releasing what no longer belongs.

Highest Aspirations

H

Reconnecting with the ambition and purpose that survival buried. Giving yourself permission to want the life you were always capable of building.

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