



STEPHANIE BROWN

ChronicIllnessSpecialist · Speaker · Coach

YOUR VISIBLE FOUNDATION

For women at Survive and Stabalise

Self study · Group · Private 1:1

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You are carrying something significant, and you have been carrying most of it alone. Your VISIBLE Foundation is where you stop doing that.

Five pillars, Voice, Identity, Solidarity, and the beginning of Insight and Boundaries. Work through it yourself, or with Stephanie alongside you. Language for your experience. People who understand without explanation. The ground beneath your feet, so that everything else becomes possible from there.

THIS IS FOR YOU IF:

- ◆ You feel like your illness has taken over your identity
- ◆ You're carrying this in silence, or you're angry and don't know where to put it
- ◆ You've never had a space where you didn't have to explain yourself from scratch
- ◆ You want structure and company while you find your footing, not a solo self-help programme

WORKBOOK £197 <i>one-time, self-guided</i>	GROUP £1797 <i>one-time investment</i>	PRIVATE 1:1 £2497 <i>one-time investment</i>
The full Foundation Workbook, at your own pace, no sessions with Stephanie. • Five pillars, Voice through the beginning of Boundaries • Full VISIBLE workbook, yours to keep <i>Start with the free Self-Assessment</i>	Move through Foundation alongside other women at the same stage, with Stephanie facilitating every session. • Seven guided sessions, five pillars • A cohort who understands without explanation • Workbook, recordings, and a pathway recommendation <i>Start with the free Self-Assessment</i>	The same Foundation journey, entirely one to one with Stephanie, paced fully around you. • Seven private sessions, five pillars • Full flexibility to reschedule around flares • Workbook and a personalised pathway recommendation <i>Start with the free Welcome Conversation</i>

HOW TO BEGIN

For women at Survive and Stabilise

1 Free Self-Assessment

Ten minutes, on the website. An honest picture of where you are right now.

2 Free Welcome Conversation

Thirty minutes with Stephanie. No commitment, just a chance to talk it through.

3 Choose Group or Private

Begin Your VISIBLE Foundation in the format that fits you.

The life you are building now still counts. Even if it looks nothing like the one you planned.

