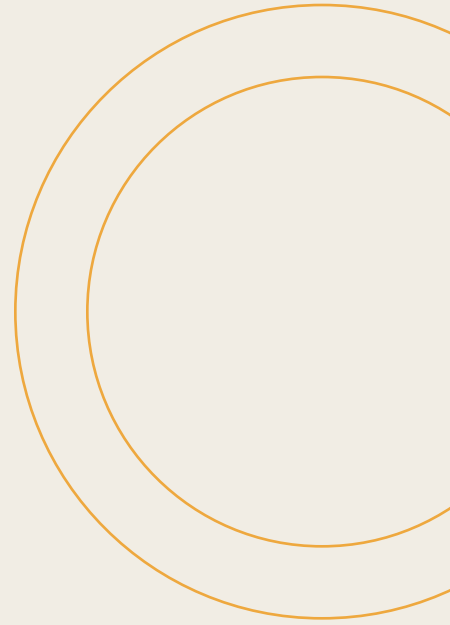




Before We Meet.

Your questions, answered.

Booking your call was the brave first step. These answers are for the moment after, when the excitement settles and the questions start.

Take your time with them. They'll make our conversation richer.

Tracy Doyle

You're not broken. You're brave.

A little reassurance before our conversation.

You can start right here.

01 What if I get emotional or don't know what to say?

You don't need to have the right words. Most women who come to me are near their breaking point and feel so empty and numb. Oftentimes there are no words. Getting emotional is positive. It means you're feeling, and releasing some of the weight you've been carrying. No matter what, I'll meet you there. There's no performance required on this call. The most useful thing you can bring is honesty about where you are, and I'll guide the rest.

02 What if I decide it's not the right time for me?

That's okay. No judgment. This work asks you to look back on your life and sometimes it's painful. So if you're not ready, you can say so without explanation or apology. I'd rather you wait until you're ready than start before you are. Burnout is a signal, not an end, and when the signal gets louder, you'll know when it's time.

03 What is the Aurora Method®?

The Aurora Method® is the framework I created after searching for solutions to overcome the patterns that kept me stuck. I realized that they were unconscious beliefs shaped by early life experiences that distorted how I thought, felt, and related to others. The framework is practical and designed to help you uncover what's been keeping you stuck in burnout and relationship conflict, then name what you need to change. Once you can see it and name it, then you are empowered to change it. That's the foundation we'll build on if we work together.

A different way forward.

04 How is this different from other burnout programs I've tried?

Most burnout programs treat the symptoms: sleep, time management, boundaries, self-care routines. While helpful, they may not last and your relationship conflicts and burnout may come back. The Aurora Method® goes underneath. We work to uncover the unconscious patterns that drive you to relationship conflict and burnout, the ones that have you reacting before you even know you're reacting. We work to reshape what was shaped, because what was shaped can be reshaped. That's the work, if we do it together.

05 Is this therapy?

No. Therapy is essential work, and I have deep respect for it, and this work can be a powerful complement to it. Therapy often focuses on understanding why you feel the way you do. The Aurora Method® helps you take the why and apply action to it daily. Many of my clients are in therapy alongside this work, and the two complement each other beautifully. If you're in therapy now, you don't need to leave it to do this.

06 How long until I see results?

Most women notice meaningful shifts within the first four to six weeks, fewer emotional spikes, calmer communication, a clearer sense of what's happening inside them when they react. By the end of our 12 weeks together, you'll feel grounded, reconnected, and walk away with a personalized approach to handling daily pressure at work and at home.

With you, every step.

07 Will I be coaching directly with you, or someone else?

You'll be working with me. Every session, every message, every breakthrough. Me. I don't hand my clients off to associate coaches or assistants. When you say yes to this work, you're saying yes to working directly with me.

08 Is there anything I need to do between sessions?

No homework. Aurora Method® Coaching is workshop-style. We do the work together, in the room, during our sessions. I designed it this way because the women I work with are already running on empty. The last thing you need is another to-do list. That said, many women find themselves naturally reflecting between sessions, journaling, or noticing patterns in real time. That's welcome, but never expected.

09 What if I'm not sure I'm "burned out enough" to be here?

This is one of the most common questions I'm asked, and it's worth answering honestly: if you're here, you know deep down that you need help. As women, we're wired to minimize our needs and compare ourselves to someone more deserving. That perpetuates the problem, because we keep believing we should just push through. You don't need to hit a breaking point to deserve this work. You're not broken, you're brave, and the fact that you booked this call means you're already giving yourself permission. Because you know it's time.

See you soon, Tracy Doyle