

Iesha Taraboulsi

FOUNDER · AUTHOR · CERTIFIED NEUROSCIENCE COACH

Understanding the survival brain. Finding your way back to yourself.

Iesha Taraboulsi is an Australian author, Certified Neuroscience Coach, Certified Wellness Coach and founder of Graceful Discoveries, an education-led platform supporting women navigating betrayal, prolonged stress and significant personal upheaval.

Her work explores what happens when trust is shattered, uncertainty takes hold and the mind begins searching relentlessly for answers.

With more than 25 years of professional experience across intelligence, investigations, fraud, governance and risk, Iesha brings an unusual perspective to understanding human behaviour, the search for certainty and the decisions people make under pressure.

Following her own experiences of personal betrayal and prolonged workplace stress, she began exploring the relationship between the brain, nervous system, emotional responses and the difficult process of rebuilding a sense of safety and self-trust.

Today, Iesha combines lived experience, neuroscience-informed education and practical tools to help women make sense of their responses, recognise the effects of prolonged stress and create space for greater clarity.

She is the author of *Take Back Your Power*, creator of the Calm the Chaos Method™ and an Executive Contributor to Brainz Magazine.

AT THE HEART OF HER WORK

"Don't ask a survival brain to make life-changing decisions."

Based in Queensland, Australia. Available for media interviews, podcast conversations and selected speaking engagements.

The science behind the survival response.

Understanding what happens when trust and certainty disappear.

Betrayal is often discussed through the lens of relationships, forgiveness and whether to stay or leave.

But there is another conversation worth having: what happens to our thinking, emotions and sense of self when something fundamental to our lives suddenly changes?

Iesha's work explores how overwhelming experiences and prolonged stress can influence attention, emotional regulation, threat perception and decision-making.

Through Graceful Discoveries, she translates neuroscience-informed concepts into accessible education and practical resources that help women better understand their responses without judgement or pressure to make immediate, life-altering decisions.

Her approach is not about telling women whether to repair a relationship, walk away or begin again. It is about helping them develop the understanding, clarity and self-trust to make decisions that are right for their circumstances.

SIGNATURE METHODOLOGY

The Calm the Chaos Method™

Developed through Iesha's professional knowledge, personal experiences and studies, the Calm the Chaos Method™ is the educational foundation of Graceful Discoveries.

It recognises that when someone is experiencing overwhelming emotions, intrusive thoughts and a persistent search for answers, the immediate priority may not be making a decision. It may be understanding their responses and finding ways to reduce the sense of urgency.

The method brings together education about stress and survival responses, practical grounding strategies, reflective exercises and tools to distinguish known facts from fears and assumptions.

CENTRAL PRINCIPLE

Stabilise first.
Find clarity.
Rebuild self-trust.

The method informs Graceful Discoveries' educational resources, guided tools, workshops and live experiences.

PROFESSIONAL BACKGROUND & CREDENTIALS

- 25+ years across intelligence, investigations, fraud, governance, risk and assurance
- Degree in Criminology and Criminal Justice
- Certified Neuroscience Coach
- Certified Wellness Coach
- Author of *Take Back Your Power*
- Executive Contributor, Brainz Magazine
- Creator of the Calm the Chaos Method™
- Founder, Graceful Discoveries and She Rebuilds Collective

AREAS OF EXPERTISE

i. **Betrayal Shock & Emotional Overwhelm**
Understanding the emotional and cognitive responses that can follow significant breaches of trust.

ii. **Stress, Survival Responses & Decision-Making**
How heightened stress and uncertainty can influence attention, judgement and the perceived urgency to make decisions.

iii. **Overthinking, Intrusive Thoughts & the Search for Certainty**
Why the mind may repeatedly revisit conversations, search for missing information and struggle to tolerate unanswered questions.

iv. **Rebuilding Self-Trust After Betrayal**
The relationship between shattered trust, self-doubt, identity and the gradual rebuilding of personal agency.

v. **Identity Beyond Betrayal**
Helping women recognise that another person's decisions do not have to define their worth, identity or future.

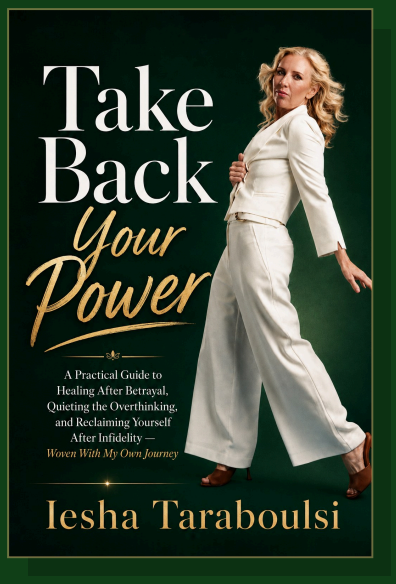
Beyond the silence.

Bringing difficult conversations into the open.

Through her writing, interviews and educational work, Iesha contributes to conversations about betrayal, prolonged stress, emotional recovery and the relationship between our experiences and the decisions we make.

Her perspective challenges familiar narratives around betrayal, particularly the expectation that women should immediately know what to do, how to feel or whether to stay or leave.

Instead, she advocates for a more informed, compassionate understanding of the psychological impact of significant personal upheaval.



THE BOOK

Take Back Your Power

An exploration of betrayal, self-worth and finding your way forward.

Drawing on lived experience and personal reflection, *Take Back Your Power* explores the emotional impact of betrayal and the process of reclaiming identity, self-respect and personal agency.

At its heart is the recognition that while we cannot control another person's decisions, we can begin to reclaim how we respond and what we choose for ourselves.

AVAILABLE IN PAPERBACK AND DIGITAL FORMATS

DISCOVER THE BOOK →

IN PRINT

Brainz Magazine Executive Contributor

Iesha contributes articles exploring neuroscience-informed perspectives, human behaviour, personal change and decision-making.

VIEW CONTRIBUTOR PROFILE →

FEATURED ARTICLE

Don't Ask a Survival Brain to Make Life-Changing Decisions

READ THE ARTICLE →

COMING SOON

When the Truth Breaks, So Does Your Trust in Yourself

ON AIR

Champion Mindset Collective

A podcast conversation exploring Iesha's personal journey, the impact of significant life experiences and her perspective on rebuilding personal agency.

RECORDED 28 OCTOBER 2026

Listening link available on release.

EDUCATIONAL WORK

Calm the Chaos™

A growing collection of neuroscience-informed educational resources, guided tools and experiences designed to help women understand overwhelming responses, explore their thoughts and rebuild self-trust.

Graceful Discoveries also develops guided journals, self-directed learning and live educational experiences.

EXPLORE GRACEFUL DISCOVERIES →

Conversations that matter.

Because understanding changes the conversation.

Betrayal, prolonged stress and emotional upheaval are experiences that can fundamentally change how people see themselves, their relationships and the world around them.

Yet many of the conversations surrounding these experiences focus almost exclusively on what someone should do next.

Iesha brings another perspective: before we focus on the decision, we need to understand the person trying to make it.

Drawing on lived experience, an investigative professional background and neuroscience-informed education, she offers accessible and thought-provoking discussions about human behaviour, the search for certainty and the process of rebuilding self-trust.

SUGGESTED INTERVIEW & SPEAKING TOPICS

01 Don't Ask a Survival Brain to Make Life-Changing Decisions

Why heightened stress and emotional overwhelm can make major decisions feel urgent, and what it means to create space for clarity.

02 Why Betrayal Can Make You Question Everything

How broken trust can affect our perceptions, assumptions, personal identity and confidence in our own judgement.

03 Turn Off the Crime Board

Why the mind can become consumed by timelines, evidence, unanswered questions and the search for certainty after betrayal.

04 When the Relationship Survives but Trust Has Changed

Reconciliation, rebuilding self-trust and creating a relationship that is not simply a return to what existed before.

05 The Hidden Cost of Prolonged Stress

How sustained emotional and professional pressure can influence wellbeing, behaviour, confidence and everyday functioning.

06 You Can Choose Your Marriage Without Abandoning Yourself

Challenging the belief that repairing a relationship and reclaiming personal identity must be opposing choices.

07 Rebuilding the Relationship With Yourself

Why self-worth, identity and personal agency deserve attention regardless of another person's decisions.

08 I Didn't Choose to Be Betrayed, But I Can Choose What Comes Next

Reclaiming self-worth, personal agency and the freedom to shape your future after betrayal, whether that means rebuilding a relationship or choosing a different path.

AVAILABLE FOR

- Podcast interviews and guest conversations
- Editorial interviews and contributed articles
- Women's wellbeing and personal development events
- Panel discussions and selected speaking opportunities
- Educational workshops and collaborations

MEDIA & SPEAKING ENQUIRIES

Iesha Taraboulsi
Founder, Graceful Discoveries
Author of *Take Back Your Power*
Creator of the Calm the Chaos Method™

For media interviews, podcast invitations, speaking opportunities and educational collaborations, please get in touch through Graceful Discoveries. Available for Australian and international virtual opportunities, with in-person engagements considered by arrangement.

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