



## MEET TIFFANIE



My name is Tiffanie Bacon and I founded Tiffanie Bacon, LLC.

I am an Author, Mental Health Advocate, Coach, Counselor, Encourager and Consultant

In addition, I am a certified Life Coach (ICF affiliate) and a certified Mental Health teacher, systems strategist, author, motivational speaker, certified Christian counselor, and entrepreneur who loves serving others. I serve as a Facilitator for NAMI, Incorporated (National Alliance on Mental Illness)



**At Tiffanie Bacon LLC** my objective and desire is to coach, empower, encourage, and support women who have experienced trauma to re-enter a life of healing, experience the love of God, and walk in freedom.

My mission and passion is to use my training, skills, talent and personal journey to give back to those lost and in need of direction and my purpose is to encourage, empower, and inspire those who are discouraged.

## AREAS OF FOCUS

### ☐ **Childhood Trauma**

Have you been unable to move forward in what God has shown you? Have you struggled with forgiving your victims or accusers?.....***This is your healing journey.***

### ☐ **Life After Divorce**

There is life after divorce. If you desire to get your life back, rebuild and receive restoration after an abusive and narcissistic relationship.....***This is your healing journey.***

### ☐ **Rejection**

Are you going down a spiral always comparing yourself, needing the approval of others, feeling hopeless like your life is over, and feeling as if no one understands what you're going through?.....***This is your healing journey.***

### ☐ **Unforgiveness**

When we have difficulty forgiving others or even ourselves, it prevents us from walking in total freedom in Christ. If you struggle with forgiveness.....***This is your healing journey.***

### ☐ **Boundaries**

If you have past issues with low self-worth or self-esteem and now having trouble establishing boundaries.....***This is your healing healing journey.***

### ☐ **Mental Health**

Physical, mental, and emotional abuse can lead to Anxiety, PTSD, depression, suicidal thoughts and so much more..... ***This is your healing journey.***

## **BOOK A SESSION TODAY!**

*If you are you ready to move from a life of bondage, hopelessness, and despair into your healing.*

**Follow us on Social Media or Visit our Website at.....<https://www.tiffaniebacon.com/>**

