



## **DAY FOUR – THURSDAY, JUNE 30, 2022 – 2:00 PM**

### **From Breakdown to Breakthrough: Transforming Trauma**

#### **Session Description:**

Pain is pain. Trauma is trauma. We will all experience emotional wounding at some point in our lives. But what makes our trauma unique is the way we respond to it. Will we break down, or break through?

We're living in a world that is constantly forcing us into tiny boxes of positivity and perfection. A world in which we're more connected than ever, but statistically the loneliest we've ever been. A world that is plagued by polarization and division and violence. A world where hurt people hurt people. And although there's no excuse, perhaps there's an explanation.

Bottom line—the time could not be more crucial to talk about the root causes of our issues, not just the symptoms. It's time to normalize raw, vulnerable and honest conversations about the suffering we've endured.

Brittany Piper envisions a trauma informed future, where survivors are understood, accepted and supported. For the past 10+ years she's dedicated herself to this vision. She believes that when met with empathy, our trauma can be our greatest gift, and that on the other side of our pain is the purpose we've been searching for. She also believes that when met with shame, our pain can quite literally kill us. She knows this because she's walked both of these realities. Since being given a second, and even third chance at life, she's vowed to use her trauma as her compass, healing her and connecting her to others in a way she never dreamed of. And now, she wants to help you do the same.

#### **BIO:**

**Brittany Piper** is an international recovery expert speaker and healing coach—cultivating 400+ programs spanning 10 years and three continents. Her work has been recognized by The United States Army, the Laura Bush Institute of Women's Health, Cosmopolitan, Elite Daily + more. She is a rape survivor and leading national educator and advocate on sexual violence prevention and recovery—speaking to tens of

thousands of audience members each year. She is also a forensic neurobiology expert—conducting dozens of trauma-informed trainings and programs with the United States Army and Sex Crimes Detectives annually. Lastly, she is trauma-informed life coach, and the creator of The Healing Hub—a diverse Trauma-Informed membership platform that offers Life Coaching, somatic tools, safe connection, and a compassionate community.