



12-weeks from SURVIVE to THRIVE so you can move on and create the love life you deserve!

If you're ready to **reframe your pain into wisdom gained**, invest in your **personal growth**, and create more **purpose** and **meaning** in your love life, then join me on this transformational journey. Learn more about the 12-week virtual program below:

## WHAT'S INCLUDED IN THE BREAKUP BOUNCE BACK PROGRAM?

### 12 weeks of video modules:

Weekly **go-at-your-own-pace video modules**, jam packed with the exact educational information that you need to help you:

- ♥ Cope with heartbreak
- ♥ Expand your understanding of the breakup and past relationships and why they haven't worked out
- ♥ Heal, let go, and adapt a healthy, positive mindset in which you'll become more open and vulnerable to receiving the love you desire
- ♥ Figure out exactly what makes an ideal match for you

- ♥ **Date with more confidence, clarity and self-worth**
- ♥ **Create lasting love**

Each week you'll have access to over an **hour of video trainings** created specially for this coaching program. You'll gain in-depth knowledge and understanding of the **entire breakup process and skills required to move on and open yourself up to new love.**

All of my information is based on science, research and hands-on experience working with hundreds of breakup and dating clients in my experience as a licensed counselor and coach. This program has been **SIX YEARS** in the making and will change your life.

## **Exercises:**

Each week you'll complete **reflective exercises** that build off information you're learning to help you understand your behaviors and patterns in love.

The **insight gained** from these exercises is essential in **growing, changing, and moving forward.** These are the same thought provoking questions I ask my clients in our 1:1 coaching sessions.

Completing the exercises is a **mandatory requirement** to participate in this program since I want to ensure your success!

## **Downloadable PDFs:**

For many of the concepts I cover in the video modules, I have also created **easy-access PDFs** for **meditations, checklists, guides,** and **inspiration** to keep you accountable during the process.

## **Private FB group:**

Access to a private FB community moderated by Samantha. This FB group will provide:

- ♥ A place where Samantha will be available for **questions and live videos**
- ♥ A place to discuss **weekly assignments and exercises**

- ♥ A **safe and supportive community** with **peer accountability** and **encouragement from people going through similar experiences** and **who understand what you're going through** (this is why group therapy and programs like AA are so successful because of the social support...you're not alone!)
- ♥ A place to **celebrate your progress**, and seek support when you're feeling stuck
- ♥ **Inspiration** to keep you motivated

## Monthly Live Call:

Each month you'll have **direct access to Samantha on a live call** during which we'll expand upon training concepts, review tips, tools and strategies, live **Q&A**, and **laser coaching** in which we'll get to work on specific issues that may be impeding your progress.

Here's a quote from a program member after a recent live call:

**"All I can say is thank you, Samantha. After the meditation I cried, yet felt the much needed catharsis from my soul. This has not been easy since my breakup and I have been sitting on an emotional seesaw. I gained much more confidence from hearing from others and knowing that love will conquer all...in this case, self-love and respect and forgiveness. I will be fine, as will all of us. There is someone who will love quirky me for me, and I will recognize him when we meet. Thank you, thank you, thank you!"**

## **BREAKUP BOUNCE BACK CURRICULUM: A general outline**

### **Week 1**

- ♥ The reason why you're in **excruciating pain** and care so much about this breakup
- ♥ How to **process your emotions** in a healthy way
- ♥ Understanding the *emotional rollercoaster* you're on and how to **survive the 5 stages of grief**
- ♥ **Forgiveness** and if you really need it to move on
- ♥ Essential **self-care survival skills** + self-care tool kit
- ♥ Best practices for managing your **physiological needs** during *intense times of stress*: how to eat for your brain, body & breakup, best bedtime tips when you have a breakup on your mind, and how to sweat the sadness away
- ♥ The **breakup do's and don'ts** to live by
- ♥ The **#1 most helpful coping skill** in surviving heartbreak
- ♥ How to manage **mutual friends** when you're going through a split

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## Week 2

- ♥ A major dose of **tough-love** to prevent you from **impulsively contacting** your ex or **rationalizing** why you should be together
- ♥ Why **love is not a bargain**
- ♥ Determining your own **worth**
- ♥ **Grieving** the future you envisioned together and **accepting your new reality**
- ♥ How to **reframe your breakup from a failure**
- ♥ Why sleeping together doesn't mean you're **getting back together**
- ♥ Why you can't **change** and **control** your ex
- ♥ Why **missing your ex** doesn't mean you should get back together

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## Week 3

- ♥ Which of the two **breakup categories** you fall into
- ♥ How to deal with **ghosting** and out-of-the-blue breakups
- ♥ Why being stuck in a "**hanging-on hookup**" dynamic is so toxic and how to finally **break free**
- ♥ What **emotional abuse** looks like and why it could be keeping you trapped in **breakup hell**
- ♥ How to **cut cold turkey**

- ♥ Imperative **breakup boundaries**
- ♥ How to create **closure** and finally let go

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## Week 4

- ♥ Understanding **your brain on a breakup** and how this physiological response to your heartbreak can **set your emotions free**
- ♥ How to find **mental relief** from **rumination** and **despair**
- ♥ **Mindfulness exercises** created specifically to help you overcome your breakup
- ♥ **Anxiety** and **obsession management** tools
- ♥ The secret weapon for **depression**

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## Week 5

- ♥ Finally uncover and understand the **real reasons behind your breakup**, even if your ex couldn't articulate why
- ♥ Gain insight and awareness into the relationship and **no longer feel confused** and in the dark about **why it ended**
- ♥ Understand the **4 major reasons for a breakup**
- ♥ Learn about your **attachment style** and how it impacts your adult romantic relationships (this is HUGE in picking an ideal match in the future!)
- ♥ Deal with dark feelings of **shame** and not feeling **good enough**
- ♥ Learn how your **self-concept** has been altered by the relationship that just ended
- ♥ Figure out **who I am without you**

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## Week 6

- ♥ How to reframe your breakup pain into **wisdom gained**
- ♥ Understanding how your **love languages** played into your breakup
- ♥ How to turn your **breakup baggage** into **love lessons**, which will guide everything you do **moving forward in love**

- ♥ Explore and identify **emotional injuries** that cause **destructive beliefs** about yourself and love and keep you stuck repeating the **same negative patterns**
- ♥ **Reflective exercises on your relationship** with your ex

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## Week 7

- ♥ How to be **intimate** and **vulnerable** with yourself first before others
- ♥ How to practice **self-love**
- ♥ **Worthiness** exercises
- ♥ Redefining your **sense of self** and **accepting who you are**
- ♥ How to practice **self-forgiveness**
- ♥ How to listen to your **inner voice** and trust your **intuition**
- ♥ Creating a new sense of **purpose + goals**

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## Week 8

- ♥ Preparing to put yourself back out in the **dating market**
- ♥ Identifying your **fears around dating**
- ♥ Challenging **negative thinking** and **limiting beliefs** that don't serve you
- ♥ How to operate from a **mindset of abundance** and hope rather than scarcity and fear
- ♥ The importance of **timing** in finding love
- ♥ Figuring out if you're **ready to start dating + assessment**
- ♥ Special dating mindset **meditation**

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## Week 9

- ♥ How to **let go of life's timelines**, stop beating yourself up and **embrace where you are**
- ♥ Exercises on **increasing confidence**
- ♥ How **confidence** plays into your love life
- ♥ The **defenses** you create that **keep love away**
- ♥ Exercise on taking off your armor and **embracing your authentic self**
- ♥ **Vulnerability breathing meditation**
- ♥ Figuring out exactly **the type of partner you deserve**

- ♥ Be weary of the **Frankenboyfriend effect**

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## Week 10

- ♥ The **dating mindsets** you MUST have to be **successful** in finding love
- ♥ How to take off your **armor** and develop a new framework for **attracting and receiving love**
- ♥ Dating from a place of **worth** and **authenticity**
- ♥ How to lose your taste for **emotionally unavailable partners** (the last thing you want to do is find another person who can't give you the love that you need)
- ♥ How to develop a **deeper connection**
- ♥ Your **brain on a date**: how to stop freaking out and chill out
- ♥ **Fitting-in** versus **belonging**

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## Week 11

- ♥ In-depth dive into Samantha's **ideal match theory**
- ♥ Rating your ex and on the **ideal match scale**
- ♥ Exploring the concept of **settling** and **good enough**
- ♥ Identifying **deal breakers** (no superficial BS allowed!)
- ♥ How to figure out which **flaws** you're willing to **accept in a partner** versus what's a firm **deal breaker**
- ♥ How **personality** plays into your ideal match
- ♥ What **traits** to look for in a partner based on your own **personality**

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## Week 12

- ♥ Learn about all of the essential ingredients to creating a **successful relationship** (hint: it takes waaay more than love!)
- ♥ Identify your **core values** and how these impact the life you want to live
- ♥ Learn exactly which **core value questions** to ask a new partner
- ♥ Create a **vision** for the **future life you want to live**

## **BONUS:**

**When you commit to the *Breakup Bounce Back* program, you'll also get **FREE ACCESS** to my **DATE SUCCESSFULLY** program content!!!!**

## **DATE SUCCESSFULLY BONUS CONTENT INCLUDES:**

### **1) Video modules in which you'll learn:**

- ♥ Mindset work to prepare you for **re-entering the dating market** with confidence and the skills to find your **ideal match**
- ♥ **Concrete tips** for creating a stellar **online dating profile** and **messaging strategy**
- ♥ How to be more **approachable** and meet people "in the wild"
- ♥ A list of great **places to meet people in real life**
- ♥ **First date etiquette**
- ♥ Exercises to **gain clarity** and **figure out exactly what you're looking for** in an ideal match
- ♥ **Text prompts** to turn someone down when you're not interested
- ♥ How to tell if the person you're dating is **emotionally unavailable**
- ♥ How to know if a **new relationship** is on track for **success**
- ♥ How to know when you've met your **ideal match**
- ♥ And **SO MUCH MORE!**

**2) Meditations, checklists, and exercises** to help you get the most out of your dating life



**3) Dating Dictionary** so you can stay up to date with *modern dating terms* and *concepts*, which are constantly changing due to the impact of technology on our love lives (updated as new terms and trends appear in the media and on the dating market).

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## WHY AM I GIVING SOMETHING AWAY FOR FREE???

The **bonus** in itself is worth the price of the *Breakup Bounce Back* program!

So why am I giving an entire program away for free???

No, it's not because I'm crazy, but because I want to **reward** you for **taking action** right now to recover from your breakup.

The sweetest gift I can imagine giving is to **help you find love again after heartbreak**.

I'm providing **INSANE VALUE** because you *deserve* to have the love life that you **deeply desire**.

All of the program content is based on years of research, client work, and concrete skills that I've taught singles to **meet their ideal match** and **create love lives that thrive**.

Everything is laid out for you in a step-by-step, systematic way.

All you need to do is **trust** that **you came across this program for a reason at this exact time in your life**, get out of your own way, and **get started!**

## What community members are saying they've taken away from the Bounce Back program:

*“It has transformed me to be more assertive, patient, observant, and appreciative for those around me and to understand better how to love myself properly! I am better at understanding painful emotions but I feel more in control. I think I have developed more compassion and understanding in the sense that I do not feel my exes necessarily wanted to hurt me purposefully, we were just not right for each other. I have a more positive mindset and am much stronger and optimistic for what the future holds. I’ve been able to help other friends going through similar situations as well.”*

*“Overall I think this course has really changed my mindset about happiness and of course how to intelligently and purposefully date quality men and not fall back upon old habits...which are still a challenge at times..but this investment in myself has been a good one. I know the dark place in my heart that I once had is now brighter and less afraid to continue. Having faith in myself has been a big plus. Simply loving myself ,not in a narcissistic way, but as a valued person has been a big plus. As the philosopher Plato said, "Know thyself" meaning to step outside oneself and watch ones own reactions like an observer. This has resonated for me. I will not settle for less in this part of my life...Thank you Samantha...I'm feeling a little verklempt...you have done so much for me and please keep me among your circle of people. I hope to be able to call upon you if I need your advice /input....or better yet have a cup of coffee with you...xoxo”*

*“My major transformation was growing more confident in myself. My situation was unique, because I did not go through just one heartbreak, but several. After breaking up with my ex of 2 1/2 years back in 2016 I went on to date with hopes of finding love again. I fell in love with someone*

*online during the process but it did not work out for several reasons including distance, maturity levels, attachment styles (learned that through the program) etc. That one broke my heart in a way that did not make sense to me because I always was able to bounce back after (no pun intended haha). After that, I went on to date a couple other guys but they were not on the same page or they were simply not ready for a relationship. One was kind enough to be honest from the start, but the other...not so much. But I have learned from all of these situations now, what I truly want in a man and realized that I do not have to change myself, but rather be patient yet proactive and intentional at the same time for the correct person to come into my life. Thank you for all the support sweet Samantha! I felt like you were the perfect combination of a bestie and counselor! I will cherish this experience more than you know.”*