

PODCAST TRANSCRIPT



EPISODE 67

Unresolved Trauma Follows You To The Office

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HAPPY EXECUTIVE WOMAN

Episode 67

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### Unresolved Trauma Follows You To The Office

A previous client of mine left her job due to a series of traumatic mental and emotional events. She suffered at the hands of a person in the highest leadership position at her organization.

Other allegations were made against him, and talk about his behavior had spread through the company, but she was the first to file a formal complaint. She was made to look like the problem and received backlash stares and co-workers whispering whenever she came into the room. Colleagues she once hung out with began to avoid her, *even though they had suffered at the hands of this man as well.*

As women of color, they were afraid to speak up. **They needed their jobs.**

Join me inside this episode to learn what happened to her and her abuser, and how we partnered to help facilitate her healing and redemption.

*See you inside...*

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Her case against him became public knowledge and was all over the news and in the local paper.

Episode 67

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**Her confidence was gone. She was embarrassed, humiliated, and ostracized.**

She had the support of her friends and family but eventually had to hire legal counsel to help her fight against the abuser and the system. It took a few years but eventually, others started to speak up about their experiences with him.

**Ultimately, he lost his job,** and after time away from work due to emotional stress, she moved on to another company.

My client was very gifted in her craft, and she had a way of working with her clients that if duplicated would mean a shift in how the company performed in her area of expertise.

*Her new colleagues saw this and used her methods passing them off as their own.*

She saw what was happening, yet she kept quiet to keep from causing trouble again at the new company, even when challenged or presented with an opportunity to shine.

When this client came to me it wasn't to discuss this particular event, but while listening to her explain what was going on at the new place of employment, I sensed there was more than she had to share. While we were successful in our work together before this, my client's long-term transformational work began when she felt comfortable enough to

## Episode 67

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tell me the whole story of what happened to her.

The trauma that she experienced from her first job left her exhibiting the symptoms of PTSD, intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Even though she was no longer in that environment and justice had been served to her abuser, she took the unresolved trauma to the new job with her.

She didn't feel confident in her superpower. She felt that others were taking advantage of her, and they were, but she had not said anything.

The more we worked together, the more we uncovered her pain, past and present, her insecurities, and the fact that he still had an energetic hold on her even though he was no longer part of her life.

We began the healing work. It wasn't easy, but she stuck to it. When she would catch herself falling into old habits of thought, she would text me, and I would walk her through it.

Each week she got stronger and stronger. I gave her homework and practical and spiritual journaling exercises to do and her confidence began to increase.

Episode 67

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*She worked on healing.* I helped her find her voice, reviewed and edited emails for her to use at her place of employment, and helped her to devise a strategic plan that would allow her to stand in her greatness *confidently and with ease.*

She is now the go-to expert at her new place of employment and no longer suffers from the debilitating effects of the trauma she suffered at her previous employer.

#### **What unresolved trauma are you taking into the office with you?**

It could be a traumatic experience from childhood, a relationship, or a previous employer. You could even be in the middle of a traumatic work environment right now.

#### **Is it possible to heal from that experience and stay at the company?**

It is, but you will need to do the work to determine whether or not it is worth it.

Personal trauma from your childhood will have you reacting to people in the office as though they were the offending parent or relative. Relationship trauma will cause you to respond to a perceived slight in a manner you wish you would have responded to your ex, often showing up as a major overreaction to a situation that triggered a repressed memory.

## Episode 67

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Unresolved Trauma Follows You To The Office

Every situation is different, and it doesn't matter where or when it happened. **If you do not do what needs to be done to heal from it, it will follow you to the next office every time.**

The beauty of doing the work yourself is that *you better understand your team members as a leader*. You can then identify those going through a personal crisis, and lead with compassion and empathy since you understand how challenging it can be to continue to push through when your world is crumbling around you.

Stop living as a hostage to your past pain. Take back your power and for yourself to be the woman you've always wanted to be, the leader you've always wanted to be.

When you're ready, *I'm here to help.*