

Kimberly M. Weeks



TRANSFORMATIONAL LEADER | TRAUMA RECOVERY SPECIALIST | PROGRAM DEVELOPER

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PROFESSIONAL SUMMARY

Transformational Narcissistic Abuse Coach and Trauma Recovery Practitioner specializing in guiding women out of cycles of abuse and into emotional, psychological, and spiritual restoration. Co-Founder of Global Trauma Institute and former Director of Leadership for the International Association of Trauma Recovery Coaches. Brings 20+ years of corporate leadership experience combined with deep expertise in trauma-informed care, nervous system regulation, and faith-based recovery models.

CORE COMPETENCIES

01

Trauma-Informed Coaching

Recovery frameworks, somatic & nervous system regulation, client transformation systems

02

Faith-Based Healing

Deliverance models, biblical integration, identity restoration and spiritual recovery

03

Leadership Development

Team mentorship, strategic planning, organizational growth, practitioner training

04

Program Design

Curriculum creation, workshop facilitation, digital platforms, certification programs

PROFESSIONAL EXPERIENCE

Co-Founder & Trauma Recovery Coach

Global Trauma Institute

2024 - Present

- Co-created a global certification and education platform for trauma recovery practitioners
- Developed proprietary multi-phase healing frameworks integrating psychological, somatic, and spiritual methodologies
- Led community engagement, student mentorship, and program delivery
- Delivered keynote teachings and healing intensives on identity, boundaries, and restoration

Founder & Lead Coach

StandFirm Healing & Deliverance Program

2025 - Present

- Created a structured four-phase healing program for recovery from narcissistic and spiritual abuse
- Facilitated group coaching, deliverance sessions, and trauma recovery intensives
- Integrated neuroscience-based tools with biblical principles for long-term transformation

Non-Profit Consultant

2022 - Present

Initiate Justice LA · Black Male Initiative Georgia

- Designed and delivered trauma-informed workplace trainings for teams supporting justice-impacted individuals
- Provided "Speed Therapy" and "Speed Coaching" sessions for Black and Brown men and women in Atlanta

Director of Leadership

2018 - 2023

International Association of Trauma Recovery Coaches

- Led leadership development and coach training across a global membership base
- Mentored certified trauma recovery coaches at advanced levels — 2,000+ students trained
- Implemented trauma-informed leadership strategies and enhanced certification standards

Business Development & Leadership Roles

2001 - 2021

Lifetouch · GE Capital · GlaxoSmithKline · The Coca-Cola Company

- Built 20 years of progressive leadership experience in business strategy and operations
- Consistently exceeded performance targets and led high-performing teams across multiple regions

SPEAKING & RECOGNITION

01

Keynote Speaker

Conscious Life: Trauma Super Conference — four consecutive years, covering nervous system regulation and faith-based healing to global audiences

02

Brand Ambassador

The Narcissist's Playbook & I Love You My Narcissist documentaries — led ambassador programs connecting content creators, mental health professionals, and survivors

EDUCATION

Bachelor of Arts — Journalism & Mass Communications

University of North Carolina at Chapel Hill

CERTIFICATIONS

CTCP-S

Certified Trauma Care
Practitioner / Supervisor

CATC-S

Certified Adolescent Trauma
Coach / Supervisor

CNAP-S

Certified Narcissistic Abuse
Practitioner / Supervisor

THE FOUR OPERATIONAL GOALS AND SIX PRINCIPLES OF TRAUMA-INFORMED CARE HAVE BEEN SET FORTH BY THE UNITED STATES SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA).