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CONSULTING

Fighting Back; My Journey to Unbroken

For Jorey, the decision to end his life was a business decision. He was cool, collected, pragmatic, and completely unemotional. The decision to not go through with it, was likewise a business decision. In the days that followed, Jorey experienced fear, sadness, loneliness, despair, and anger, and he experienced these emotions on a repeat loop. It wasn't until he felt a glimpse of hope sneak in that he knew that he was going to be alright.

The hope Jorey experienced came in the form of a life coach, who explained to him how our emotions dictate our actions, not our logical thoughts. This simple truth had such an impact on Jorey, that he dove head first into the biology, psychology and physiology of PTSD, Depression, Anxiety and Suicide.

Fighting Back; My Journey to Unbroken is an inspiring account of Jorey's journey, where he uses his life experiences to teach about trauma, trauma recovery, and suicide prevention. Jorey utilizes a presentation style which he refers to as "edutainment". He explains edutainment as a learning experience so rich with entertainment, that the audience forgets that they are learning, and simply sit back and enjoy the presentation.

This world has become plagued with depression, anxiety, post traumatic stress, and unfortunately suicide. **Fighting Back** is a no guilt, no nonsense, in your face, truth about our ability to thrive in this life.

Contact us today to book Jorey for your next event, course or presentation!

www.Jorey.us

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832.515.2765

jorey@HerrscherConsulting.com

Fighting Back; My Journey to Unbroken

- Introduction
- The Truth About Decision Making
 - Circumstance
 - Thought
 - Emotion
 - Action
 - Result
- The Correlation between Positive or Negative Emotions and Results
- The Trauma Recovery Cycle
 - Admit or Recall Traumatic Event
 - Remember thoughts, emotions, and actions
 - Feeling Self Empathy
 - Redefining Event
- Physiology of Trauma
 - Why we do what we do
 - Where we get stuck in the Trauma Recovery Cycle
- How we heal
- Types of treatment
- 2 types of Suicide
- Conquering Suicidal Ideation
- Question/Answer