

HEAL EMPOWER EDUCATE CONNECT

THE LIFE 2 TEAM VISION AND MISSION



Life 2

Heal • Empower • Educate • Connect



PREPARED AND PRESENTED BY

JANE SLEIGHT-LEACH
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FOUNDER OF THE LIFE 2 PROJECT JANE SLEIGHT-LEACH

Jane and The Life 2 Project

Life 2 exists to provide low cost or no cost healing & recovery solutions for women who have experienced domestic or family violence and related abuses, and who are financially challenged as a result.

We deliver highly effective services that heal, empower, educate and connect our guests to live a freer and fuller life. Our quality of service and the outcomes for our participants are our highest priority

We do not stand still. This is an evolutionary journey and we are constantly shaping, developing and growing as a team and in our work, developing content, delivery methods and ideologies to support a trauma informed safe space for women's healing.



Jane is the Founder and Lead Facilitator of The Life 2 Project. She has been facilitating groups, workshops and retreats using Energy Psychology methods since 2012. She is certified in several highly effective techniques that support her vision to assist women to release past trauma, and to overcome personal challenges and difficult emotional states. She has developed her skills over time to now specialising in post crisis work with women who have experienced domestic and family violence. This area of work is a particular passion for Jane, having had lived experience and deep insight into abuse dynamics. She has a very broad range of experience with many clients and a wide spectrum of individual issues.



FOUNDATIONAL PRINCIPLES

CORE BELIEFS

- We believe that a holistic approach to emotional empowerment is the most effective way to break the cycle of domestic violence.
- We believe every woman has the right to choose the way in which she follows her healing journey.
- We believe that every woman has innate knowing regarding her own needs and abilities.
- We believe that every woman has the right to heal past wounds, to be empowered to live the life she chooses, to receive education in the areas that build awareness of body, mind and spirit and to be connected with a like-minded and supportive community.
- We believe that every woman has the right to live free of the emotional trauma of past experiences.
- We believe that every woman has the right to access effective processes and information, regardless of income or financial status.



LIFE 2 TEAM VALUES

GUIDING OUR WORK, TEAM, SERVICE AND ENVIRONMENT

RESPECT

for the spirit of the work, for healing, for the collective consciousness, for the women we work with, for the sacredness of our space and for each other as individuals and a team.

TRUTH

remain true to the values and core purpose of the work within our space and in life.

HONESTY

in communication with each other, with self, with intent & with universal energy

CARE

our focus when working within the Life 2 programs is the care and well-being of our clients, support of each other as a team and our nurturing actions in the delivery and development of the work.

RESPONSIBILITY

we take full responsibility and ownership for our thoughts, words, actions and intentions in our individual lives and in our work, & for their outcomes or consequences.

REVERENCE

we remain in reverence for the power and depth that our work continually achieves. We hold ourselves as practitioners and the work we do with the highest esteem, and we hold the space in which we work as sacred.

GRATITUDE

we bring the practice of gratitude to all our experiences, interactions, conversations, ideas and thoughts. We transform and grow in this way personally, professionally and spiritually.

TRUST

we have each other's back, we hold space for our clients, we stand solid in our commitments.

SERVICE

we exist to be of service.



GUIDING PRINCIPLES

OUR APPROACH IS GUIDED BY THE NEEDS OF OUR PARTICIPANTS

Our events provide a safe and sacred space. We are guided by what women need, as expressed by women.

Our way is not to tell anyone how to think, feel, respond or behave. We do not judge.

Our way is to hold those who choose to join us in safe space so they find their own way to their release, gently and with support.

We are different because each woman is unique.

Our participants decide how to integrate what they learn and experience through us into their life, as a spiritual practice, as a health and wellness routine, as a stress relief technique, as a mental health support, or all of that.

We hold the space.



"These workshops have taught me so much about myself. I now know that I'm in charge of how I choose to feel"

SUSAN, BRISBANE



LIFE 2 MISSION

OUR FUTURE DIRECTION AND VISION

Our vision is to be the peak organisation offering sustainable solutions in healing and recovery from the trauma of domestic and family violence, and related abuses, for women worldwide.

Our vision is to develop a network of properties, pop-up event spaces, specialist practitioners and support teams worldwide.

Our vision has the flexibility to embrace new and unanticipated opportunities for innovation, growth and development.

Our mission is for all women in need to have the opportunity to heal and recover from the trauma of abuse.

Our mission is for women to be the decision makers in their own recovery journey, to feel, accept and embody their power.

We hold this vision in sacredness.





Life 2

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