

## Recovering and Being The Gift Of You with Brooke Ferreira

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

In this episode, Brooke shares her passion as a Licensed Marriage and Family Therapist, to empower women to recover their voice, shine their light, and live with courage and authenticity. She recounts life experiences in which she handed over her power and forfeited her truth because of what she thought others expected of her. She discusses why we relinquish the most authentic parts of ourselves to others and how to recover and live fully in the gift of who we are.

During our conversation, Brooke:

- Shares how she discovered her passion to become a Therapist and empower women.
- Shares the struggles and victories of her life journey.
- Explains her thoughts on why people stay stuck in stress.
- Shares some encouragement for those people who are afraid of seeking help from counselors and some key practices that she implemented to stay authentic to herself.

People would describe Brooke as heart healing, honest, collaborative and connecting. Brooke is passionate about working along individuals and couples as they learn to live authentically, boldly, and joyfully. Her work helps clients to explore the wounds or trauma that may be holding them back from achieving their best self. Brooke holds her client's perspectives and offers them new ones that level them up, challenges them to grow, and helps them spiritually and emotionally connect to themselves and others.

Brooke has specialized training working with individuals who are experiencing issues with self-esteem or self-worth, individuals who are navigating the impact of childhood trauma or grief and women who are experiencing mood or anxiety disorders during pregnancy or postpartum.

She practices at Arise Counseling and Coaching in Peachtree City, GA.

#### Quotes from this Episode

"It's not gonna be easy. You can't take the path of least resistance." — Brooke Ferreira

**"The average person would be surprised at how many people don't know what their values are. If you don't know what your values are, how are you making decisions?" — Brooke Ferreira**

"I emphasize so much bodywork because our body signals so much to us." — Brooke Ferreira

**"God came down and He wanted to divide the power of amazing, awesome, and authenticity, right among the people, but He wanted to hide it in the place where nobody was gonna find it because**

**you had to work really hard to get to it. And so the place that He hides it is inside of each of us.” —  
Brooke Ferreira**

**Resources:**

Website: <https://arisecounselingandcoaching.com/brookef/>

Facebook: [www.facebook.com/nurtureandbe](http://www.facebook.com/nurtureandbe)

Instagram: <https://www.instagram.com/nurtureandbe/>

**Golden Timestamp:**

**38:40-39:36** - Shares on how to know what their inner child looks like.

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