



About Us

2025



Mission

The mission of Your Cor Coach is to provide a space for clients to feel safe, seen, heard and unconditionally valued. Your Cor Coach seeks to foster compassionate self-discovery that leads to empowered growth, restorative health and sustainable wellbeing reflected in tangibly improved lives.

Since 2004, Corrie has been privileged to work with and learn from several large and diverse groups of people across intersecting fields in communications, trauma informed and health & wellness coaching. Interwoven throughout her life is also a story of profound and ongoing healing from complex childhood trauma. She is diagnosed ADHD, (c)PTSD and has several certifications and extensive experience with, PTSD, addiction recovery, somatic embodiment, nervous system regulation, attachment theory, functional fitness and nutrition.

Values

- Safety
- Connection
- Empowerment
- Wellbeing

Contact

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Integrative Health Coach

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yourcorcoach.com

Starts April 3



INFO GUIDE

by yourcorcoach.com

What is the Therapeutic Bookclub (TBC)?



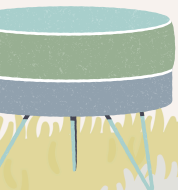
Who is it for?



Where do I buy the books?



Why is it important?



Where does it meet?

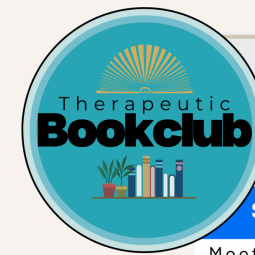
The purpose of the Therapeutic Bookclub (TBC) is to build a safe, wellness focused, trauma informed community space that fosters personal growth with books promoting mental, physical, emotional and spiritual wellbeing.

TBC welcomes any adult interested in reading books and contributing to group discussions that promote personal growth, emotional safety and wellbeing for the community.

Participants are welcome to purchase books from the [Recommended Reading List](#) on [yourcorcoach.com](#). We earn a small commission and appreciate the support!

Developed and led by Corrie Dunkin, a Certified Trauma-Informed Integrative Health Coach, TBC is a great way to improve the quality of your life by learning about trauma related topics through a healing informed lens in a safe, relaxed community environment.

Each bookclub meets live on Zoom for 3 sessions. See specific dates for each bookclub on next page or click [here](#).

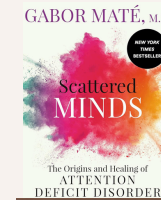


2025 BOOKS

Starts April 3

Ends May 1

Meets live on Zoom every other Thurs 6-7pm ET



Session 1: April 3

- Part 1
(Chapters 1-5)

Session 3: May 1

- Parts 5-7
(Chapters 16-32)

Session 2: April 17

- Parts 2-4
(Chapters 6-15)

***May 15 ADHD Workshop
(Save The Date) - 50% OFF
w/Bookclub member coupon**

Starts June 3

Ends July 1

Meets live on Zoom every other Tues 12-1pm ET



Session 1: June 3

- Part 1
(Chapters 1 & 2)

Session 3: July 1

- Part 3
(Chapters 8-10)

Session 2: June 17

- Part 2
(Chapters 3-7)

***July 15 Breath Workshop
(Save the Date) - 50% OFF
w/ Bookclub member coupon**

Starts Aug 7

Ends Sept 4

Meets live on Zoom every other Thurs 12-1pm ET



Session 1: Aug 7

- Chapters 1 - 2

Session 3: Sept 4

- Chapters 9-11

Session 2: Aug 21

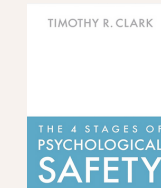
- Chapters 3-8

***Sept 18 IFS Workshop
(Save the Date - 50% OFF
w/ Bookclub member coupon**

Starts Oct 2

Ends Oct. 30

Meets live on Zoom every other Thurs 6-7pm ET



Session 1: Oct 2

- Stage 1

Session 3: Oct 30

- Stage 4

Session 2: Oct 16

- Stage 2 & 3

***Sept 18 Psych.Safety
Workshop (Save the Date) -
50% OFF w/Bookclub member
coupon**

Purchase a Package & Save!

Select Package