Tina Talks

WELCOME

Her Life, Rewritten.

A private, faith-rooted coaching experience for Christian women.

Your invitation

FROM BROKEN TO BEAUTIFUL

IF LIFE HAS NOT GONE THE WAY YOU HOPED, THIS WAS MADE FOR YOU.

Her Life, Re-Written | BEAUTIFUL LIVES FROM BROKEN STORIES

Begin

Flip the page on your story

WELCOME

My name is Tina. I know what it means to be shattered by shame, silenced by grief, and held together by performance. I've walked through betrayal, infertility, burnout, and the kind of spiritual numbness that makes you wonder if God still sees you.
I kept going, stayed faithful and held it together on the outside while quietly falling apart on the inside.

And then I wrote a book. Not to inspire anyone or to build a platform. I wrote it because I needed to make sense of what had happened to me. And somewhere in the act of telling the truth about my own story, something cracked open. The healing I had been waiting for arrived when I wrote the last chapter. It was as though I had ended one version of my life. My pain found purpose, and I finally had the clarity and permission to step into a new narrative, and that's how "Her Life Re-Written" was born.

What started as a journal became a book. What started as a cry became a calling.
What started as survival became a system.

We were each created with an original design. God placed a purpose, an identity, and a calling in us before life ever had a chance to interfere. Loss, grief and shame can try to interrupt that design and make you forget it entirely. But even though the design was disrupted, it was not destroyed.

They say grief has five stages. The last one is acceptance.
I got to a sixth. Redemption.

I didn't build this to impress anyone. I built it because I had to survive, and then I realised I wasn't the only one. My purpose is to help women like you redeem the times and be restored to your original design as we create beautiful stories from broken lives.

Tina , Founder Tina Talks



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From the outside, you are still functioning.

But underneath, something feels fragile and unresolved.

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01

You may be carrying...

Heartbreak. Grief. Disappointment. Infertility. Divorce. Or a quiet erosion of identity that you have not fully put words to yet.

02

You have tried...

Prayer. Staying busy. Staying positive. Listening to advice. Pushing yourself to keep going. And the weight is still there.

03

You are asking...

Can I trust myself again? Can I love again? What if time is running out? What if I choose wrong again?

04

You know...

Something has not been dealt with at the root. You are not just confused. You are carrying something that needs to be faced, processed, and rebuilt properly.

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You are not behind. You are carrying something that needs proper attention.

You are celebrating other people's milestones while quietly grieving your own. You are tired of holding it together. And deep down, you know surface approaches have not been enough.

WHY YOU'RE STILL STUCK

IT IS NOT YOU. IT IS WHAT YOU HAVE BEEN GIVEN TO WORK WITH.

You have the faith and the tools, and you are putting in the effort. The gap is not you, it is that none of these things was designed to do what you actually need right now.



Therapy

Valuable. Helps you understand patterns and process the past. But not designed to give you a structured, faith-rooted way to rebuild your life and sense of self when everything has been disrupted.

Prayer

Powerful. Connects you to God and gives you hope. But not designed to give you the sequence, accountability, and honest one-to-one support needed to actually rebuild.

Church

A gift. But hard to be truly honest in those circles. Most programs are underfunded. Tailored, long-term, personal support is rarely available. And some women fear becoming the illustration in next Sunday's sermon.

As powerful as a hammer is, it is not used for surgery.

These are the right tools for what they were designed to do. What you need now requires something built specifically for this moment and this kind of rebuilding.

THE DEEPER TRUTH

We have been chasing the wrong destination.

The story we were given: get married, have children, hit the milestones, then you will feel complete. But look at what actually happens across all three groups of women.

Three stories. The same feeling underneath.

Women who have everything

The marriage. The children. The home. The life that looks exactly like the plan.

And they are still empty. Still searching. Still wondering why.

Women who have some of it

A marriage but no children. Children but no marriage. The career but not the relationship.

The emptiness is still there, sitting alongside what they did build.

Women who have none of it

The divorce came. The miscarriage. The hysterectomy. The relationship that ended. The timeline that did not hold.

The emptiness is there too.

If the same emptiness shows up whether a woman has everything, something, or nothing, then we can agree that the destination was never the thing.

Marriage, motherhood and milestones are a proxy. What every woman really wants is identity, wholeness, purpose, and to know her life counts. This is what I help women build. Together, we build you into a woman who is whole in herself and rooted in God's truth about who she is, not in the world's verdict or expectations of her or her accomplishments.

THE SOLUTION

Her Life, Rewritten.

Her Life Rewritten is a private, faith-rooted coaching experience for Christian women whose lives haven't gone to plan and who are ready to heal at the root, rebuild with peace, and move forward with confidence, wholeness, and intention.

90 days. One-to-one. Fully personalised.





The 90-Day Journey

Reveal. Restore. Rebuild.

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1
Reveal

Clarity and honesty.

You identify what is really going on beneath the surface. You name the root wound and what has not been fully processed.

By the end:

- Clearly articulate what has hurt you
- Understand what drives your emotional patterns
- Stop suppressing everything just to keep functioning

2
Restore

Healing and identity.

You begin releasing shame, pressure, regret, and false labels. You reconnect with who you are beneath the pain.

By the end:

- Make decisions with more clarity
- Less driven by shame or comparison
- Begin to trust your own judgement again

3
Rebuild

Integration and forward movement.

You are no longer just understanding things differently. You are starting to live differently. Acting from alignment rather than fear.

By the end:

- Grounded decisions
- Clear next chapter plan
- Showing up with confidence and steadiness
- Direction and tools to continue

The D.E.S.I.G.N. Framework

How we get there: A truth-rooted path back to God's design.

Six stages. Each one builds on the last.



59 Journey to becoming

1 Discovery

Naming what is really happening. Identifying the root wound, the story you have been living by, and what has not been fully processed.

2 Emotional Release

Releasing what has been suppressed.

3 Spiritual Alignment

Reconnecting with God's truth about who you are.

4 Intentional Action

Moving from insight into structured, practical action. Decisions made from clarity rather than fear.

5 Grit

Building the inner strength to follow through. Maintaining structures. Acting from alignment rather than pressure. Staying consistent when it gets hard.

6 New Narrative

You have language for your story again. What happened, what it did to you, what it means, and who you are becoming now. A clear direction forward.

THIS IS FOR YOU IF...

- You are a Christian woman who knows life hasn't gone according to plan and is ready to do the inner work needed to rebuild with peace, confidence, and intention.
- You are still functioning but you know something deeper needs attention. Prayer, endurance, and staying busy have not reached the root.
- You may be carrying heartbreak, disappointment, infertility, divorce, timeline grief.
- You are open to honest reflection, personal responsibility, and real change. You need more than encouragement.



THIS IS NOT FOR YOU IF...

- You want a quick fix, surface-level motivation, or someone to rescue you while you remain passive.
- You are unwilling to reflect honestly or take responsibility, or you need clinical or therapeutic support right now.

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Everything is personal and tailored.

You are not left to figure this out alone between sessions. Support runs through the entire 90 days.

1:1 coaching sessions

Weekly or bi-weekly private sessions with Tina. Every session is tailored to where you are and what you need. Nothing generic.

WhatsApp support

Direct access between sessions for check-ins, questions, and real-time guidance within agreed boundaries. You are not left waiting.

Structured reflection work

Practical tools and reflection frameworks that help you move from insight into action. You are held accountable through sessions, reflections, and application.

Feedback on your thinking

Guidance on your decisions and next steps so you are never left second-guessing. Your thinking is shaped, challenged, and supported throughout.

If you fully commit and you are still not where you expected to be after 90 days, support continues through follow-up sessions or voice note support at no additional cost. The process holds until you get to where you need to be.

What you walk away with

You do not just leave with insight.
You leave with a structure you can actually live from.

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New Narrative. A Story Writing Experience

A story-writing experience where we craft your new story together, written in your voice and rooted in truth. The moment you stop being defined by what broke you and start writing the next chapter.

Decision Compass

A personal framework for making choices from truth, not fear. In any situation, at crossroads and in your relationships. You will never again have to decide from a wounded place.

Stability Rhythm

A personalised daily structure that supports who you are becoming. Flexible, sustainable, and built around your life.

Boundaries Blueprint

A written framework for what you will and will not accept going forward. In relationships, work, and life. You do not just know who you are now; you know how to protect it.

Truth Anchors

Your fixed points. Specific statements, scriptures, and grounding practices you return to when the noise gets loud and the old voice tries to pull you back.

Life Design Map

A personalised blueprint for the life you are building. Tailored to your priority areas as revealed by the Wheel of Life. Where you were, what shifted, where you are going, and the architecture of the life you are now building intentionally.

Growth and Grit Toolkit

Your bridge between knowing and doing. Includes your Relapse Recognition Map, your Momentum Markers, and your Grit Anchor Statement so you keep moving forward even when it gets hard.

Next Chapter Plan

Your immediate action plan for the season ahead. Not the broad picture, but the first deliberate move: what you are doing first, what the next chapter looks like, and how you begin it with intention. You leave knowing exactly what comes next.

Beyond the tools, you leave with a fundamentally different relationship with yourself. Built on honesty, self-trust, and the deep knowledge that you can face hard seasons without losing yourself inside them.

Real women. Real results.

Women who have been exactly where you are.



"I didn't realise how much self-doubt held me back until I worked with Tina. I used to question my value. N'ow I walk boldly, knowing I am equipped, called, and more than enough."

— Tolu , IT Consultant (London)



"I was constantly second-guessing myself and letting others' opinions drown out my voice. In just 8 weeks, I learned to trust myself, set boundaries, and lead with confidence, at work and in life. I finally feel powerful."

— Lisa , Marketing Executive (London)



"I was thriving professionally but internally fracturing after two marriage breakdowns. I tied my entire sense of who I was to my relationship status. Working with Tina, I rebuilt myself, and I am much clearer and more grounded. I am back in the driver's seat of my life and career as I now recognise my worth"

— Chioma , Property Developer (London)



"When I started coaching with Tina, I had given myself a six-month deadline to get married even if the relationship didn't feel right. I was exhausted, confused, and scared of falling behind.

Through our sessions, Tina helped me see the truth I was avoiding. She guided me with so much compassion and clarity that both my partner and I realised we weren't the right fit even though we desperately wanted it to work.

Ending it broke my heart, but it saved my future. Today I'm travelling, growing my business, rediscovering myself, and living with a peace I never had before. Tina didn't just coach me, she helped me choose myself."

-Jenny , UK

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***DISCLAIMER**: Faces have been kept anonymous to protect my client's privacy*

THE PROMISE

What every woman who fully commits walks away with.

1 **Clarity on what has actually been driving your pain**
Not the surface issue. The root belief, wound, or narrative that has been shaping your decisions without you knowing it.

2 **A rebuilt sense of who you are**
No longer dependent on your relationship status, your timeline, or what has or has not happened to you. You will know who you are in God independently of your circumstances.

3 **A practical structure for moving forward**
Eight tools you keep permanently, including a plan for your next chapter.

What is included

Total value £4,650

1:1 private coaching over 90 days	£2,500
WhatsApp support between sessions	£300
Reflection work and accountability	£250
Progress tracking and check-ins	£250
Session feedback and guidance	£300
New Narrative + Decision Compass + Stability Rhythm + Truth Anchors + Next Chapter Plan	£1,050

YOUR NEXT STEP

Ready to stop managing it and start dealing with it properly?

If you have read this far, you already know something needs to change. This is where you stop carrying it. And start rebuilding with intention.

~~Total Value : £4,650~~

WHAT YOU PAY

Pay in full

£2,500

Best value. One payment, full access from day one.

3 monthly payments

£1,000 x3

Total £3,000. One payment each month across the 90 days.

Her Life, Rewritten takes on a small number of clients each month. Not as a marketing tactic, but because this work requires full presence, personalised attention, and a level of care that cannot be spread across unlimited women at once.

Apply for a clarity call

You answer a few questions beforehand. On the call, we explore what you want to heal and rebuild, and decide together if this is the right fit.

You can also email me at hello@tinatalks.uk



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2026

Her Life, Rewritten.

Let's rewrite your next season and chapter together.

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