

High Achievers Find Solace: TRTP Approach Targets Executive Stress

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Sally
WILSON

Geelong, Victoria Sep 20, 2023 ([Issuewire.com](https://www.issuewire.com)) - The journey to the pinnacle of professional success is often fraught with unforeseen internal challenges. Imposter's Syndrome, self-sabotage, or the mere aspiration to ascend to greater heights can plague even the most accomplished. [Sally Wilson, a distinguished executive coach in the Greater Geelong region](#), offers a breakthrough for these high achievers with her pioneering TRTP counselling services.

The [Richards Trauma Process™, or TRTP](#), while renowned for tackling conditions like PTSD, anxiety, and depression, has found a unique application in the executive realm. Once seemingly invincible, high-flyers seek relief from the internal obstacles that Wilson identifies. "Some highly successful people struggle with anything from Imposter's Syndrome, Self Sabotage, and some just simply want to level up

and feel an internal freedom," she comments, shedding light on the seldom-discussed vulnerabilities of the accomplished.

Given the competitive corporate atmosphere, it's estimated that about 70% of high achievers have experienced Imposter's Syndrome at some stage in their careers. These numbers underline the pertinence of TRTP in today's fast-paced business environment.

Yet, Sally's outreach isn't restricted to therapy. Her podcast, "[Being: With Sally Wilson](#)," delves into the challenges and triumphs individuals globally face. Through these tales, she fosters a dialogue about perseverance, resilience, and the personal battles that often ensue en route to global impact.

From the serene setting of Ocean Grove to bustling corporate boardrooms across Australia, Sally's blend of [executive coaching with TRTP](#) is a testament to her multifaceted approach to mental well-being. Those at the zenith of their careers, or those aspiring to scale those peaks, will find an ally and guide in Sally.

As the corporate world becomes more demanding, addressing the mental well-being of its leaders is paramount. Sally Wilson's integration of TRTP into executive coaching brings this issue to the fore, prompting a broader discussion on holistic approaches to leadership development.

Source:

<https://graduate.asu.edu/graduate-insider/best-practice-developing-resilience-and-overcoming-imposter-syndrome>

<https://trtptherapy.com>

<https://www.iamsallywilson.com>

<https://www.iamsallywilson.com/podcast>

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