



EMBRACE MODEL RESET TOOL

# A Practical Framework for Real-Life Challenges

*Helping people name what weighs on them, process it with intention,  
and take one realistic step forward.*

## What Is the EMBRACE Model?

The EMBRACE Model is a guided, seven-stage framework born from real experience with grief, loss, and life transitions. Developed by Jan Davidson — a counselor, coach, and certified grief specialist — it helps individuals move through challenges with clarity, intention, and forward movement.

It works across settings: individual coaching, group workshops, staff development, family dynamics, and client-facing therapeutic work.

## The Seven Steps

**E** Evaluate  
*Finding Your Ground*

**M** Maintain  
*Nurturing Your Progress*

**B** Balance  
*Harmonizing Your Heart*

**R** Reach Out & Release  
*Lightening the Load*

**A** Action  
*Stepping Into Your Power*

**C** Connect & Commit  
*Building Your Circle*

**E** Empower  
*Owning Your True Grit*

## Where It's Being Used

- ◆ Individual coaching & therapeutic sessions
- ◆ Group workshops & retreats
- ◆ Staff development & organizational wellness
- ◆ Grief Life Coach Certification (accredited, 2024)
- ◆ Families navigating change, stress, & transition

*“This is not about perfect solutions. It’s about giving yourself a place to start.”*  
— Jan Davidson



This is one tool from the EMBRACE framework. The full model guides people through seven stages of growth — from evaluation to empowerment.

# The 6P Reset

A quick, guided check-in you can use anytime — with clients, staff, or yourself.

**1 Pause** What's weighing on you right now? Take a breath. Name it.

*What keeps showing up for you lately?*

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**2 Pinpoint** Name your dominating issue — the one thing underneath everything else.

*If you had to name it in one sentence, what would it be?*

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**3 Process** Sit with it. What's underneath? What feelings are driving it?

*What's really going on beneath the surface?*

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**4 Plan** Identify one small, realistic step forward. Not perfection — just progress.

*What is one thing you could do this week?*

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**5 Practice** Commit to following through. How will you hold yourself to it?

*What will help you stay consistent?*

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**6 Progress** Reflect on movement. What would "better" look like for you?

*How will you know things are shifting?*

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**After completing this reset:**

*What shifted for you? What feels different now?*

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