



Transform From Within.

High-touch coaching for the mind that thinks differently.

MA Childhood & Early Years (Distinction) · Trauma Healing Practitioner — Distinction (IPHM, IAOTH & CMA) · Neurodiversity Coach — Distinction (IPHM & IAOTH)
Somatic Reprocessing Practitioner (IAOTH) · Narcissistic Behaviour & Relationships: Psychology (IAOTH) · EFT/TFT Practitioner (CTAA)

WHY SIM

You don't need fixing.
You need the right understanding.

SIM Consciousness Coaching was built for people who have spent years trying to fit into systems that were never designed for them — or trying to make sense of relationships that left them doubting their own reality. Whether you are working through the effects of past experiences, recovering from narcissistic abuse, processing a late neurodivergent identification, or simply feeling disconnected from who you truly are, this is a space where your mind is not a problem to be managed, but a landscape to be understood.

THE APPROACH

A different kind of coaching experience.

Trauma-Informed

Every session honours your nervous system and history.

Narcissistic Abuse Recovery

Specialist support for coercive control, gaslighting & toxic dynamics.

Neurodiversity-Aware

Strategies built around how your brain actually works.

Somatic & Conscious

Breathwork and nervous system regulation woven throughout.

IS THIS FOR YOU?

This is for you if...

- You feel stuck in patterns shaped by past experiences or unprocessed emotion.
- You are recovering from narcissistic abuse, gaslighting, or a toxic relationship dynamic.
- You are neurodivergent and want support that genuinely understands how you think.
- You struggle with emotional regulation, overwhelm, or a persistent sense of disconnection.
- You want deeper self-awareness and are ready for real, lasting change.



COACHING PROGRAMMES

Three pathways. One commitment: you.

All programmes begin with a free introductory call to ensure we are the right fit for each other.

The Foundational CRS™ Framework

Premium Standard

12 Weeks
10 Sessions + Consultancy + Closing
Core proprietary technique suite

Foundational Transformation
Investment discussed in consultation

MOST POPULAR

The Expanded CRS™ Architecture

Premium Plus

4 Months
14 Sessions + Consultancy + Closing
Expanded proprietary technique suite

Full Transformation
Investment discussed in consultation

The Complete CRS™ Master Suite

Premium Elite

6 Months
18 Sessions + Consultancy + Closing
Full proprietary technique suite

VIP Experience
Investment discussed in consultation

BEYOND THE SESSION

This isn't a once-a-week conversation.

Between sessions, you'll practise techniques tailored to your individual progress, send experiential journals, and receive personalised written feedback — with voice-note guidance and emergency access when you need it most. You're not just booking my time. You're being taught a framework you'll carry with you long after the programme ends.

- Journal Review
- Written Feedback
- Voice-Note Guidance
- Emergency Access

CLIENT LOVE

What clients say.

“
I had tried various other therapies and medication for depression and anxiety. While these provided temporary relief, they often felt superficial and fleeting. In contrast, Ra'ana's coaching has supported a profound shift I had been seeking for years — working through childhood patterns I had carried for a long time.

Aussie Scientist Premium Programme

“
Many of the challenges I had carried throughout my life were connected to undiagnosed ADHD. Ra'ana helped me understand both the strengths and challenges that come with it, while giving me practical tools to navigate daily life. The emotional and spiritual growth alongside this has been profound.

Angel in USA Premium Programme

“
I came to her feeling overwhelmed and disconnected from myself, and she guided me with so much compassion, clarity, and understanding. Her techniques helped me regulate my emotions, rebuild my confidence, and see myself in a completely new light. I felt heard, supported, and genuinely cared for throughout.

Dr. Professor Premium Programme

“
I was unaware I had been experiencing narcissistic abuse, having been born into a narcissistic household. Ra'ana helped me recognise the situation and supported me step by step as I planned my next move. I found a new job and moved out within three weeks of starting the programme.

Narc Survivor Premium Programme

Client experiences are individual and not guaranteed. Coaching outcomes vary, and this is not a substitute for medical, psychiatric, or psychological treatment.

Ready to begin?

I accept 4 clients at a time — places are offered based on fit, assessed during a free introductory call.

Request your free introductory call at www.sim-coaching.com



YOUR COACH

Ra'ana Khan | MA (Distinction) | Consciousness, Trauma & Neurodiversity Coach

Ra'ana holds an MA with Distinction in Childhood and Early Years from Leeds Beckett University. She is a Certified Somatic Reprocessing Practitioner and holds specialist coaching certifications — with Distinction — in Trauma Healing and Neurodiversity Coaching, alongside certification in Narcissistic Behaviour & Relationships: Psychology, accredited by IPHM, IAOTH, and CMA.

An independent researcher and certified coach, she works one-to-one with a carefully selected group of clients — ensuring every journey is high-touch, deeply tailored, and genuinely transformative. This is a non-clinical coaching practice and is not a substitute for psychotherapy, psychiatric treatment, or medical care.

THE ARCHITECTURE OF CRS™

The Consciousness Recalibration System was built from over seven years of academic research, internationally accredited somatic training, and advanced neurodevelopmental study. Every qualification below was a deliberate foundation stone.

I. ACADEMIC & RESEARCH FOUNDATIONS

- **MA — Childhood and Early Years**
Leeds Beckett University · 2022 · Distinction
- **BA — Social Sciences**
University of the Punjab · 2019

II. CERTIFIED MODALITIES & BOARD ACCREDITATIONS

- **Trauma Healing Practitioner**
Accredited by IPHM, IAOTH & CMA · 2025 · Distinction
- **Neurodiversity Coach**
Accredited by IPHM & IAOTH · 2025 · Distinction
- **Somatic Reprocessing Practitioner**
Inner Wellsprings Academy · Accredited by IAOTH · 2025
- **Narcissistic Behaviour & Relationships: Psychology**
Psychology & Counselling Academy · Accredited by IAOTH · 2021
- **EFT / TFT Tapping Practitioner**
The Priority Academy · Accredited by CTAA · 2020
- **Hypnotherapy Practitioner Diploma**
Achology (Academy of Modern Applied Psychology) · 2019
- **Neuro-Linguistic Programming (NLP) Practitioner**
Achology (Academy of Modern Applied Psychology) · 2019
- **Professional Life Coaching Certificate**
Achology (Academy of Modern Applied Psychology) · 2019

III. POST-GRADUATE NEURODEVELOPMENTAL & APPLIED PSYCHOLOGY TRAINING

- **Advanced Neuroscience of Human Behaviour**
Udemy · 2025 · CPD
- **Practical Neuroscience for a Better Brain**
Udemy · 2025 · CPD
- **Polyvagal Theory: Anxiety, Trauma & Autism**
Udemy · 2024 · CPD
- **Working With Autistic Clients in Therapy**
Sussex Hypnotherapy Centre · 2024 · CPD
- **Advanced Child Psychology & Adolescent Counselling**
Psychology & Counselling Academy · 2019 · CPD
- **Counselling Children & Adolescents**
Psychology & Counselling Academy · 2019 · CPD
- **Diploma in Modern Applied Psychology**
Achology · 2021 · CPD
- **Career Coach Certification**
Transformation Academy · 2022 · CPD

Professionally accredited by: IPHM – International Practitioners of Holistic Medicine · IAOTH – International Association of Therapists · CMA – Complementary Medical Association · CTAA – Complementary Therapists Accredited Association

These are CPD-accredited practitioner bodies for coaching and holistic practice, not government clinical regulators.

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THE CLIENT JOURNEY

The CRS™ — Consciousness Recalibration System

The structured client journey delivered through SIM™ Consciousness Coaching

CRS™ is the complete client journey — the practical sequence through which you consciously move from fragmentation toward integration. It is not one technique or one session. It is a carefully structured pathway, built to honour your individual pace and readiness, that progresses through six distinct stages. Each stage depends on the one before it. Nothing is rushed. Nothing is forced.

“Allah does not transform the experiential reality of a people until they recalibrate what lies within their souls.”

— Qur'an 13:11 (consciousness coaching aligned vocabulary used) · Spiritual foundation: recalibration of the self, the nervous system, and the soul (ego-self / Nafs).

True transformation only happens when the nervous system feels safe enough to reorganise itself.

REGULATION BEFORE INSIGHT · SAFETY BEFORE EXPLORATION · INTEGRATION BEFORE EXPRESSION

THE SIX STAGES OF CRS™

STAGE 0

Assessment

NASI™ instruments map your neurodevelopmental traits and baseline state, establishing the starting point for the journey.

STAGE 1

Safety & Regulation

Nervous system stabilisation through breath, rhythm and grounding. No deeper work begins until this foundation is present.

STAGE 2

Consciousness Expansion

Observer consciousness is cultivated. You begin to witness your inner world with clarity rather than being ruled by it.

STAGE 3

Processing Past Experience

Emotionally held material is gently approached and processed in your safe space — without reliving or retraumatisation.

STAGE 4

Identity Reconstruction

Survival-based identities soften. A more integrated, authentic sense of self emerges naturally.

STAGE 5

Authentic State Integration

Growth consolidates into lived reality: clarity, relational capacity, and daily practice aligned with your authentic internal state.

WHAT MAKES CRS™ DISTINCT

- Regulation-first ethics
- Non-invasive approach to past experience
- Deep personalisation to your pace & readiness
- Consciousness-led, not diagnosis-led
- Identity integration over symptom management
- Zero protocol rigidity

SIM™ Consciousness Coaching is a non-clinical coaching service. It does not diagnose or treat mental health conditions and is not a substitute for psychotherapy, psychiatric treatment, or medical care. Clients in crisis are supported in seeking appropriate licensed care.