



## Case Study & Testimonial 1: Emma\*

Emma was referred to Arise by a DV specialist hotline, seeking help due to her volatile situation involving control and financial abuse. During our initial video call, she shared how her husband's behaviour was causing her daughter to withdraw, leaving her feeling deeply depressed and directionless, despite having recently started a job in her professional field.

After being unfairly dismissed just before completing her probation period, Emma found herself without income and unsure of her next steps in the face of ongoing abuse. She was encouraged to join the Arise program by the Arise Recovery Coach.

From the outset, Emma showed exceptional commitment, attending every session promptly, including those she initially doubted would be beneficial. Her eagerness to learn and contribute, coupled with her background as a facilitator and trainer and business transformation, enriched the class discussions and inspired her classmates.

Throughout the program, she gained insights into the abuse she had endured, realising behaviours that were not acceptable despite initially overlooking them. Concurrently navigating separation and asset division with her husband, she decided to embrace a significant lifestyle change, using settlement funds to purchase a small unit outside of Sydney.

The program empowered Emma to reassess her boundaries and prioritise her independence and security. Graduating in 2023, she collaborated on a business plan with one of Arise service partners, exploring self-employment opportunities while securing a project contract role to stabilise her finances.

*"Arise Foundation helped me see my situation clearly and gave me the tools to rebuild my life. I've secured my own home, started a new career path, and regained my confidence. I finally feel in control of my future."*



## Case Study & testimonial 2: Tina\*

Tina joined the ERP program in early 2023, initially reserved and quiet. She had a thriving yoga business for more than 15 years and had to file for bankruptcy as result of financial abuse by her intimate partner. Over time, she opened up about her challenging circumstances, revealing her struggle and how she dealt with managing basic needs like groceries and a stable environment for her children amidst various forms of abuse. Through the program, she gradually discovered her path forward and began to vocalise her aspirations.

Her courage and determination inspired classmates to share their own stories and perspectives. She engaged earnestly with facilitators, seeking guidance and exploring different avenues toward her goals, realising her own capabilities despite enduring prolonged abuse and lacking confidence.

Transitioning from crisis mode, Tina focused on recovery and stabilising her mental and physical health. Upon completing and graduating from the ERP program, she swiftly took a bold step: reaching out to another organisation and relocating interstate to ensure safety and a fresh start for herself and her children. After more than 15 moves to hide from the perpetrator, they now thrive in a supportive environment, forming a resilient and content family unit.

With our support, Tina accessed necessary services to overcome obstacles hindering her progress. Today, she volunteers her time with our foundation, exploring newfound opportunities she once only dreamed of. She is currently a consultant at a winery company and her goal is to re-start her yoga business once the legal battle is finalised.

Tina's journey is a testament to resilience and determination, inspiring others as she continues to explore and achieve her dreams.

*"After years of abuse and moving more than 15 times to hide, Arise Foundation gave me the support and belief I needed to start again. I'm now safe with my children, working, and planning to relaunch my yoga business. For the first time in years, I feel free and hopeful."*