

# People's Choice Award

## Becky Curtis

Becky founded Take Courage Coaching™ to help those in chronic pain. Her coaching approach offers the latest in pain management and brain science, which helps clients discover their inner strengths and motivates them to make lifestyle choices to improve their experience with pain.

Becky overcame multiple injuries and permanent disabilities sustained in a near-fatal auto accident to provide tools and assistance to others living with chronic pain. Suffering from excruciating chronic pain that was seemingly incurable with any medical technique, Curtis refused to simply resign to living with pain. Instead, she proactively learned how to make behavioral changes and better manage her pain, eventually founding Take Courage Coaching, a group of professionals in counseling, coaching and communications to help others learn to keep pain from dominating their lives. Her coaching approach offers the latest in pain management and brain science.

She has been a regular speaker at PAINWeek®, trains coaches, and travels extensively speaking to medical groups about the role of coaching in pain management. At TCC she designs a specialized, evidence based health coaching program. This partnership facilitates medical treatment success, as together they teach and reinforce healthy pain management behaviors. Using a self-management approach, they offer education, support and motivation, and increased long-term success with each patient. Patients will be more satisfied with their lives as they learn ways to solve their problems and cope with stress. TCC emphasizes the importance of functionality over elimination of pain.

"I'm hoping we can have a paradigm shift when it comes to how we treat people with chronic pain. What I would like to see is people letting go of the "I need to be pain free" to "I can be free from pain. Pain doesn't have to have control over me. I can still have a good, healthy, functional life and not be pain free."

"After I got my own pain figured out, I decided that I wanted to spend the rest of my life helping people that have chronic pain. We give them all the tools they need to be active managers of their own experience of pain instead of passive patients. I have a brilliant group of people that work with me and we are trying to change the world."

