

A QUIET SHIFT

THAT CHANGED EVERYTHING

A story of rediscovering joy through understanding

BY NADINE SCHUMONT, DAVIS FACILITATOR

A young woman came to see me a couple of years ago. She was with her pastor and his wife. She didn't say much. Her head was down most of the time, and everything about her felt flat-like she wasn't really connected to anything around her.

She had been struggling for a long time. She had been off work because she was experiencing depression. She had been in the hospital more than once because she didn't want to be here anymore.

As I started the assessment with her, she stayed the same, short answers, no emotion, no real connection.

Then I asked about the kids in her life—her nieces and nephews. And just like that, she lit up. It wasn't big or dramatic; the shift was clear. Her face changed. Her energy changed. In that moment, I knew there was still joy in her. And where there is joy there is life. That became our focus.

We started her Davis Concepts for Life program and simply followed the process, step by step, concept by concept. Nothing was forced, and nothing was rushed. As she began to understand concepts like 'cause' and 'consequence', 'change', 'wants' and 'needs', and how her thoughts and perceptions were shaping her experience, something began to shift. It wasn't about adding anything new to her—it was about clearing what was in the way. The thoughts, the heaviness, the patterns that were stopping her from seeing the joy that was already there in her life. And she worked through it, gently but fully.

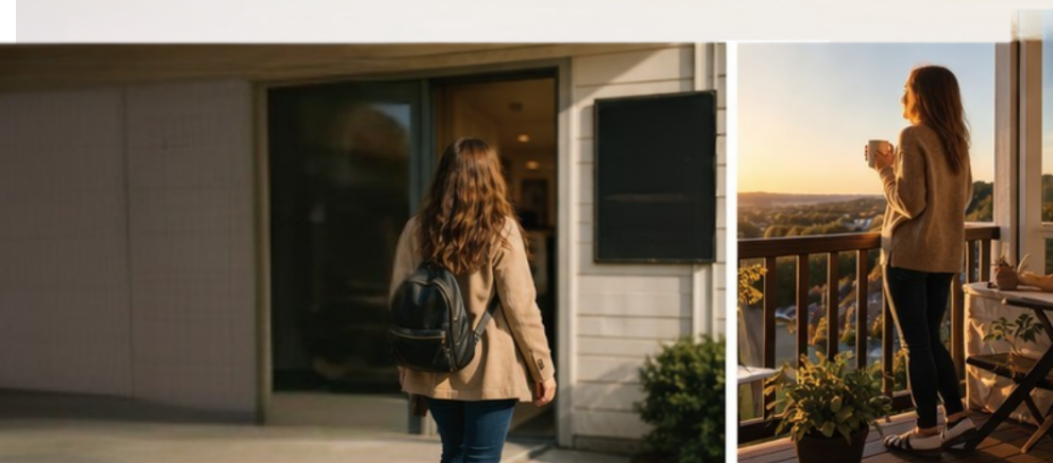
At one point, she took a short break in the program, and during that time, she went back to her workplace, not to jump back in, but to train. She wanted to prepare herself so that when she finished the program, she could return the very next day feeling ready. And that's exactly what she did. She chose to step back into her life.

The Davis experience reminds us that life is a journey of new experiences, and over time, we begin to find our way forward with greater understanding and joy. She returned to work, continues to grow and discover herself, and today she lives independently in her own place. She is connected to her community in a new way—more open, more present, and grounded within herself.

And most importantly—she is here.

I still think back to that first moment, not the assessment or the program, but that small shift when she thought about those kids. That's where it started. Not with fixing something, but with her remembering that joy was still there. And sometimes, that's all it takes to begin finding your way back. ❤️

“Where there is joy, there is life.”



LIFE CAN FEEL HEAVY.

But understanding creates space. And in that space, joy has a way of returning.

The Davis Concepts for Life program helps people clear what's in the way so they can reconnect with who they truly are and the life that's still possible.

**CHANGE IS POSSIBLE.
JOY IS STILL THERE.**

Real people. Real stories. Real change with the Davis Concepts for Life.
BECAUSE EVERY LIFE MATTERS.

