

Session Outline (Free Session & Set up For Continuing Coaching)

There are many avenues to a successful coaching session. Here is one example outline.

Say Your Name 3 Times

Set the Session Intention / Say Blessing

What would you like me to look at today?

- Make sure to have them clarify it as a question
- Rate How you Feel about your Issue

Read the Energy of the Issue – (7-10 Min)

Pick a Tool and Move the Block – (10-15 Min)

How are you Feeling, What do you Notice?

- Rate How you Feel about your Issue Now

Wrap Up – (10-15 Min)

- The reason I offered free sessions like this is so people could see what this is and how effective it is. (Since it's kind of hard to explain until you've experienced it.)
- It seems like you really resonate with this type of work and would make more amazing breakthroughs using these types of tools
- *Give them a clear sense of what you could work on together; framing it in time (1 session, 3 months, etc. – use your awareness to determine what would serve them. For example...*
 - If we did 1 more session together we could work on _____
 - If we did 3 more sessions together we could work on _____
- You're obviously interested in making some changes in certain areas of your life since you said yes to the free appointment. What are your thoughts about going forward with another set of sessions?
- Give Options
- Money Back Guarantee
- Check or Credit Card

Schedule Next Appointment with Them

After the Call:

- CLEAR ANY MATCHES
- RETURN ENERGY TO EACH OF US
- "HANG UP THE PHONE"

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