



STUDENT SYLLABUS



*THE
ESSENTIAL COACH
ACADEMY*





MODULE ONE:

Class #1.

*Effective Coaching Skills:
Authenticity,
Being vs Doing,
Holding space,
The Formula*

Worksheets:

Pre-work questions

FTFAR

Homework:

*Keep a time, money,
food or thought journal
and post to me daily.
Post one self-coaching
model for each day*



MODULE ONE

Class #2

Sample Sessions

Ideal Client

The Formula & how to use it.

Worksheets:

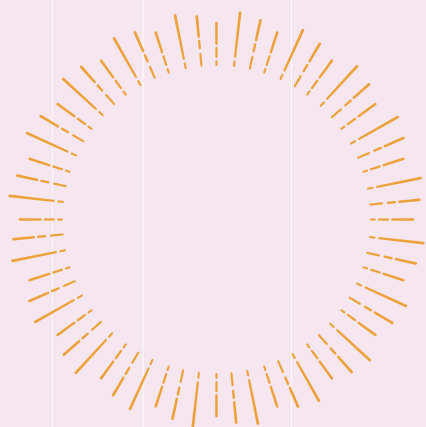
Ideal client: Parts 1-4

Homework:

Post one self-coaching model to me each day.

Post answers to Now Feeling Worksheet and Top Three Feelings.

Ask for friends who would like coaching from your friends list. (Make sure they know this is practice for you)



MODULE ONE:

Class #3

The power of questions

The Coach Role

Past and Future focus

How to use goal setting

Worksheets:

Create a coaching agreement

Powerful Questions

Homework:

Complete your goals worksheet

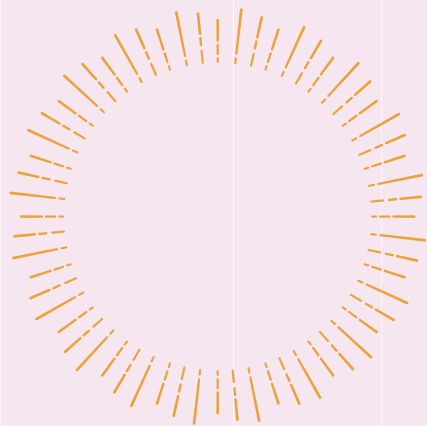
*Post What do You Want
worksheet*

*Post one Self Coaching model
daily.*

Things to set up and remember:

Free conference call.

*Have you got some coaching
calls set up?*





MODULE ONE:

Class #4

Keys to asking powerful questions

Boundaries

Emotional Childhood

Worksheets:

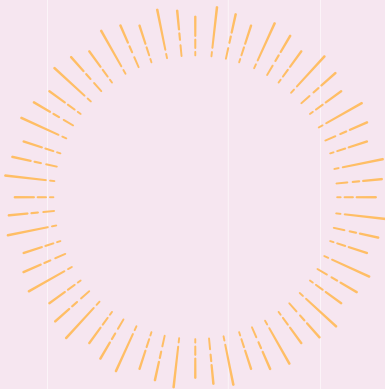
Feelings: Taking responsibility

Homework:

*Keep a time, money food or
thought journal and post.*

*Post one self-coaching model
each day for coaching.*

*Move through this week being
fully conscious, intentional and
deliberately focused on what you
want over what you don't want.*





MODULE ONE:

Class #5:

Let's talk the formula as a tool!

Using the formula with your client

Working with fact vs fiction

What's Energy!

Worksheets:

Explaining the formula

Letter to your past self

Letter to your Pain Causer

Homework:

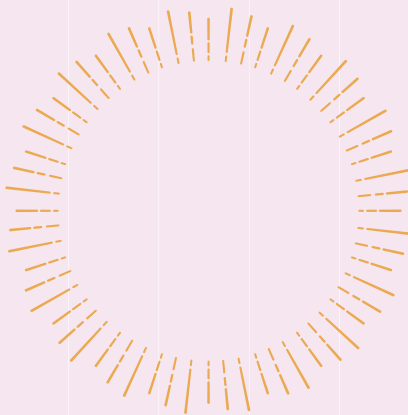
Practice the energy/vibrational scale.

Compose a letter to your past self

Write down what beliefs/patterns have been changed.

One self-coaching model daily

Request people for coaching.





MODULE ONE:

Class #6:

Two things, Judgment and Meeting your client where they are.

Believe

Soothe

Focus

Resistance

6 Week Coach Guide

Worksheets:

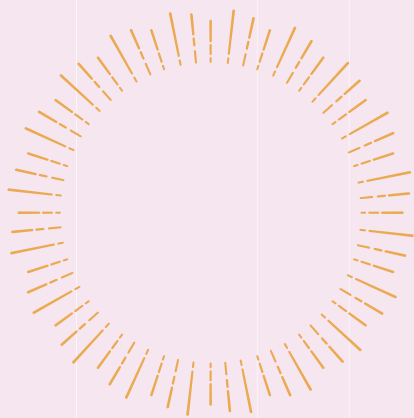
Priorities

Self-Appreciation

Homework:

Observe your own energy/vibrations and amp up your focus on what you are expanding.

Post one Self-Coaching model daily.



MODULE TWO: Seven

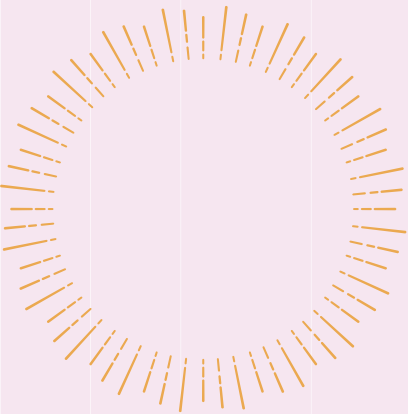
Essential Laws:

Class #1

The First of the Seven Essential Laws, The Law of Attraction. Whatever you broadcast out into the universe is joined or attached to energies that are of an equal frequency, resonance, or vibration.

There are six parts to the Law of Attraction.

- 1. Attracting a new job, or a different career path.*
- 2. Thinking about your future (including finding a partner)*
- 3. Giving a Presentation or a long list of things to do.*
- 4. Looking to succeed in business, or move to the next level.*
- 5. Being creative, e.g. painting, writing, making music or brainstorming.*
- 6. Staying positive and in tune with optimism.*



Module Two **Class 1** cont.



Homework:

Keep practicing the formula.

Learn which oils go with each part of the Law of Attraction.

Use these oils so you can see the effects.

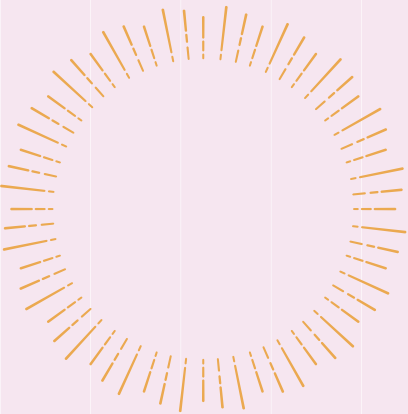
Worksheet:

Clarity through contrast with a desire statement, 68 second process.

The Focus Finder Technique

This weeks focus:

- 1. Become more away of your feelings in any given moment.*
- 2. Set your intention so you create more joy.*
- 3. Make deliberate choices each day*
- 4. Deliberately look for things to be grateful for to put your energy and focus towards.*
- 5. Use essential oils, the Formula and any processes you have been taught this week.*
- 6. Work with clients over the next week on all of these things as well.*





MODULE TWO:

Class #2: *The Law of Deliberate Creation*

This Law requires you consciously choose where you put your focus over the Law of Attraction which is like a boomerang, in whatever you give you receive back. In the Law of Deliberate Creation we knowingly offer the energy so we don't create by default.

Worksheets:

*Segment Intending, Creative Workshop
The Memory Release Technique*

Homework:

Practice the Formula

Learn the essential oils that go with this law, then practice using them on your clients and yourself.

Also, practice using the essential oils on yourself when doing the processes with yourself and your clients.

Understand the difference between the Law of Attraction and The Law of Deliberate Creation.



MODULE TWO:

Class #3: *The Law of Allowing.*

This law is the principle of least resistance.

This is used in relationships - with others and yourself by acceptance without judgement.

You are out of alignment with this law when you believe another person needs to think feel act or believe according to how you think they should.

This creates blocks your blessing from the universe from happening.

Worksheets:

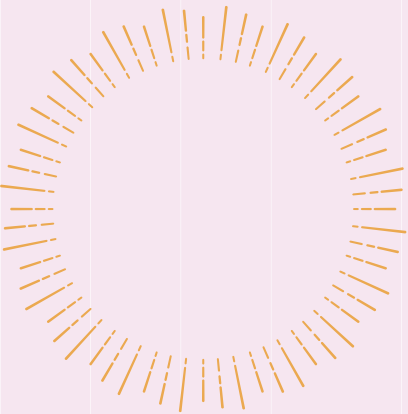
Which thought feels better, Turning it over to the Manager. The Forgiveness Release Technique

Homework:

Practice the Formula

Learn the essential oils used with this Law Practice using the oils with yourself and your clients.

Learn the processes and use the oils when practicing them.





MODULE TWO:

Class #4 The Law of Sufficiency and Abundance

The Law of Sufficiency and Abundance states that you have everything within you right now to make your life a living dream. There is an abundant supply of every wonderful thing and experience. There is enough for everyone.

There is always enough. We have bought into the a lie that there is not enough. This is the lie of scarcity and limitation.

If you feel you do not have enough (of anything) then you're right. When is your life going to be enough?

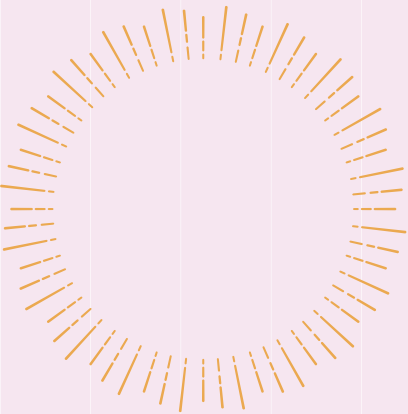
It goes hand in hand with the Law of Attraction because if you constantly feel that nothing is ever enough, then that's what you're attracting into your life.

Worksheets:

Book of Positive Aspects, The Belief Release Process.

Homework:

The Formula, Get familiar with both processes.





MODULE TWO:

Class #5 The Law of Pure Potentiality

This realm of pure awareness is the place of all possibilities and underlies all creativity.

PURE consciousness is our spiritual essence or being and the source of joy in our lives.

When we realize that our inner being - the Spirit that animates our minds and bodies - is one of pure potentiality, we are then in alignment with the power that manifests everything in the Universe.

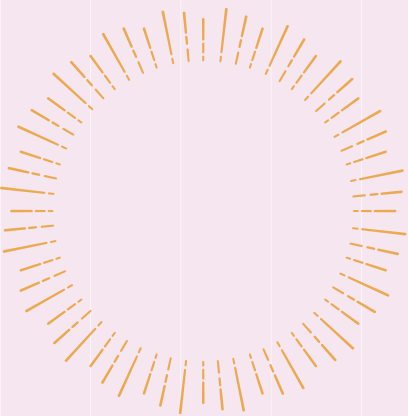
Anything is possible and there is unlimited creativity. If you feel limits in your life, your ego or flesh will feel fear and desire things that will make you feel "free" such as money, prestige, and power.

Worksheets:

The Judgement Release Technique, The Magical Creation Box

Homework:

Practice TJRT, learn the essential oils associated with this law, and practice meditating.



MODULE TWO:

Class #6: The Law of Detachment

The Law of Detachment states that in order to acquire anything in the physical universe, you must relinquish your attachment to it.

This does not mean that you must create by default or that you should not desire or intend for what you want to create.

TRUST

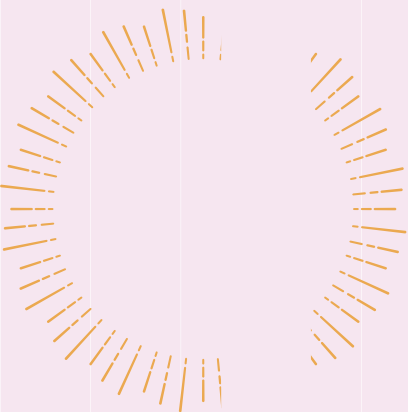
To.....Rely.....Unto.....Spirit.....Totally

Worksheets:

The Control Release Technique, Wouldn't It Be Nice.

Homework:

Learn the oils associated with this law.
Practice both processes.



MODULE TWO:

Class #7: The Law of Polarity

The Law of Polarity states that unity is plural at a minimum of two. Polarity represents the two extremes of the one thing, which is the same thing. e.g. hot/cold (weather,) up/down (direction.)

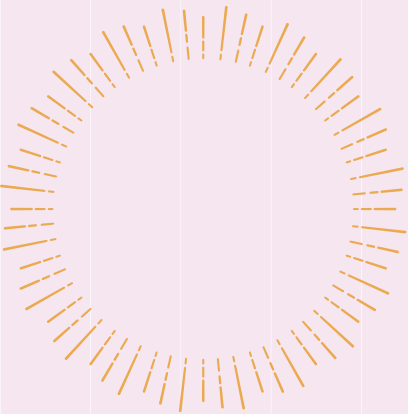
The Law of Polarity also states that everything that exists has an equal and exact opposite. To be very clear, for anything to exist, there has to be an equal and exact opposite. You cannot experience sadness without having already experienced happiness. Light cannot be experienced if you don't know what darkness is and to feel successful you need to know what failure feels like as well.

Worksheets:

The Desire Process, Pivoting.

Homework:

Learn the oils associated with this Law. Practice both processes



MODULE THREE

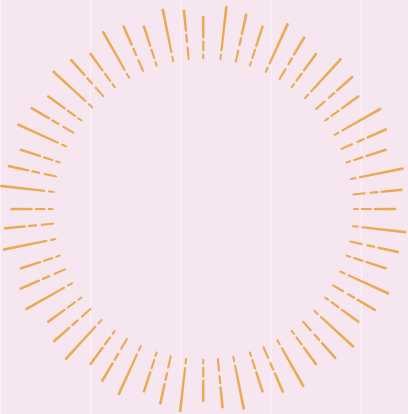
Class 1: MEDITATION, VISUALIZATION, AND CONSCIOUS ALIGNMENT



Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Scholars have found meditation elusive to define, as practices vary both between traditions and within them. Meditation is practiced in numerous religious traditions.

Since the 19th century, Asian meditative techniques have spread to other cultures where they have also found application in non-spiritual contexts, such as business and health.



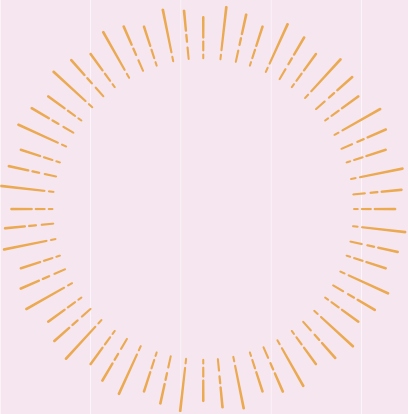


MEDITATION, VISUALIZATION, AND CONSCIOUS ALIGNMENT

We will look at the types of meditation you can do and the benefits.

Worksheet: Identifying how to begin and end meditation.

Practicum: Practice meditating this week by listening to sounds until you become still and quiet.





MODULE THREE:

Class 2: MEDITATION, VISUALIZATION, AND CONSCIOUS ALIGNMENT

What meditation is used for.

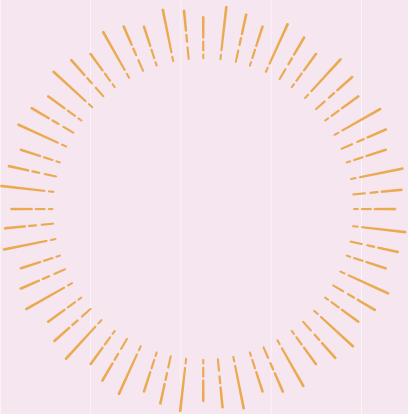
The benefits of meditation.

How meditation can help anxiety

When to use meditation for self-care.

Worksheet: How to keep yourself in unity and grace over chaos and stress.

Practicum: Write a guided meditation to use around self-care.





MODULE THREE:

Class 3: MEDITATION, VISUALIZATION, AND CONSCIOUS ALIGNMENT

Using the four elements to meditate.

Earth. This is about surrender and acceptance. Perfect oil: Surrender, Peace & Calming or Stress Away.

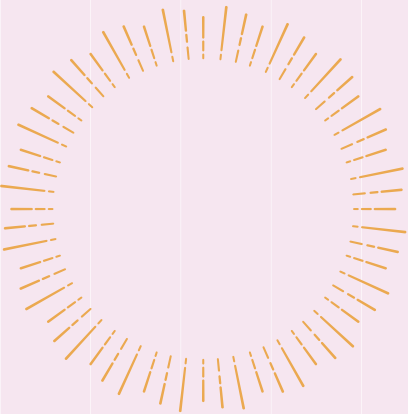
Water: This ties into how emotions can be healing. Oil: Lavender, Frankincense, Lemongrass (for purification)

Wind: This is about know where vitality and positive energy come from. Lavender Joy, Neroli

Fire: This is about passion and the immense love that beats within you. Frankincense, Geranium, Stress Away, Valor.

Worksheet: Differences in the elements.

Practicum: Do a meditation around each of the elements and write a guided meditation around one or more elements.





MODULE THREE:

Class 4: MEDITATION, VISUALIZATION, AND CONSCIOUS ALIGNMENT

What is visualization?

Why is it important with regards to meditating?

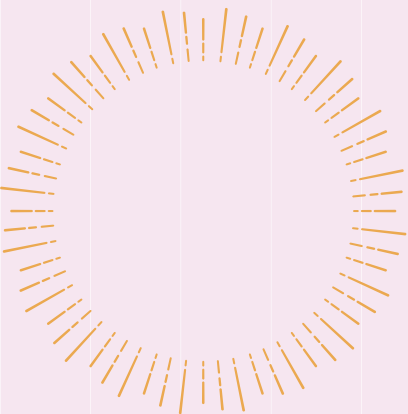
How is it powerful when combined with meditation?

What are the different ways visualization can be used in conjunction with meditation.

What if your client has trouble with visualization and how can you help?

Homework: Write down as many ways as you can that could help your client be able to participate in visualization.

Practicum: Do a meditation along with a visualization about your future self. Take notes on what your experience was.





MODULE THREE:

Class #5 Meditation, Visualization and Conscious Alignment.

What is conscious alignment?

How do you know if you are not in alignment with your dreams and goals..

How does conscious alignment help create and manifest the dreams and goals you have.

How do you get in alignment when you find yourself or your client in anxiety, blame, fear or shame?

Why is being in alignment relevant to what you are trying to manifest in your life.

All oils that are used with the Essential Laws are relevant to use when practicing these elements.

Homework: Notice when you are out of alignment this week. Write down feelings, thoughts and where you are experiencing this in your body.

Practicum: When you find your self out of alignment stop and do a quick re-set



MODULE THREE:

Class #6 Meditation, Visualization and Conscious Alignment.

Summary:

How these three elements work together for good.

Why it is powerful to use all three together to create or manifest your dreams and goals.

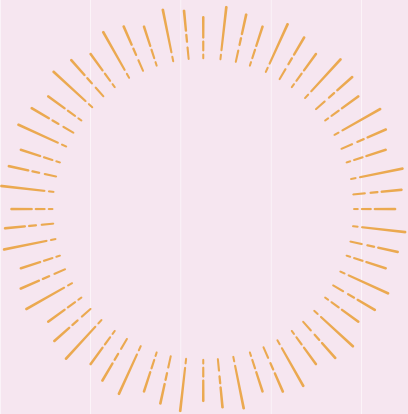
How to use meditation for a quick reset.

How to use visualization even without meditating.

How to use the frontal lobe to overcome the amygdala when you get out of alignment and quickly reset your emotional balance.

How and when to use with your clients and yourself.

Homework: Keep doing these three things when you notice you are in fear, anxiety, shame, blame or a negative thought pattern.



MODULE FOUR: MINDFULNESS

(The Art Of Capturing Your Thoughts)

Class #1



What is Mindfulness.

What causes the fight or flight feeling?

Correcting or overriding panic using and understanding your brain.

Exercise:

1. The Raisin Exercise/Being in The Present.

Homework:

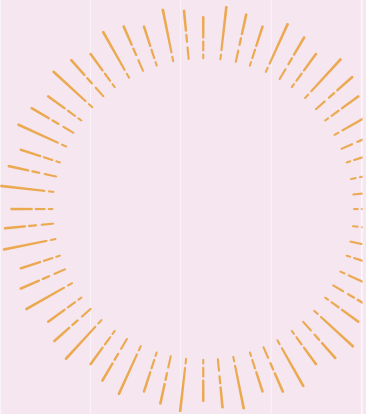
Listen to The Body Scan Meditation.

https://www.youtube.com/watch?v=15q-N-_kkrU&feature=emb_logo

Worksheet:

How to Think Accurately..

6 Traps to avoid and 16 Coping Statements that Work .





MODULE FOUR: MINDFULNESS

(The Art Of Capturing Your Thoughts)

Class #2

How Mindfulness helps stress.

Being in the present as opposed to worrying about future or past events.

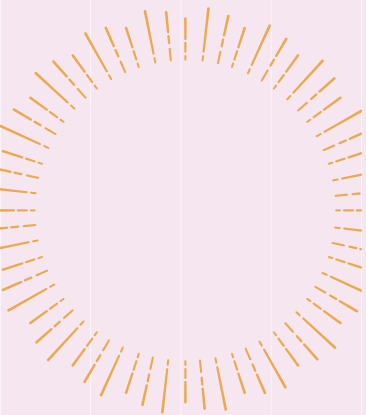
How being "Mindless" can impact your health.

When to use Belly Breathing and Why.

Homework:

Practice belly breathing when you find yourself worrying, doubting, fearful or anxious.

Worksheet: Clown Rules (Credit to Richard Pochinko:





MODULE FOUR: MINDFULNESS

(The Art Of Capturing Your Thoughts)

Class #3

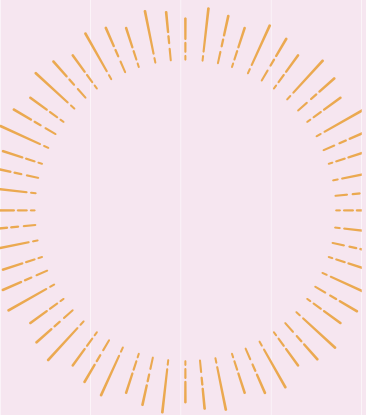
How your body works with Mindfulness.

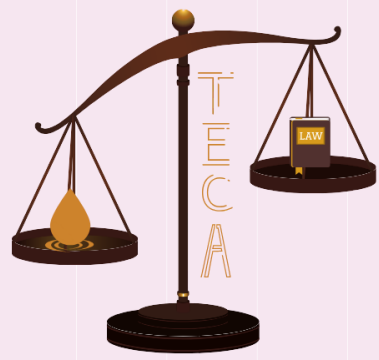
Your body and it's reaction to stress.

How coloring can help with Mindfulness.

Worksheet: How Mindful You are.

We will do this together in class.





MODULE FOUR: MINDFULNESS

(The Art Of Capturing Your Thoughts)

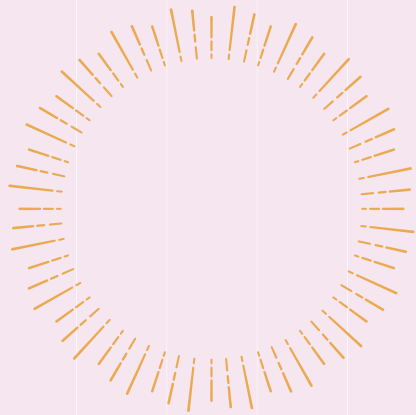
Class #4

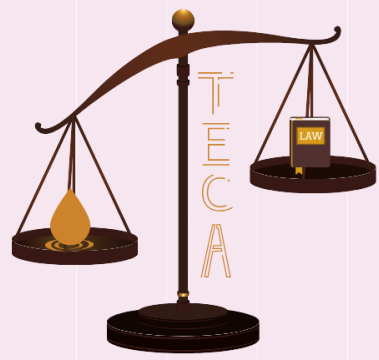
The positive side of stress.

6 ways to counteract stress.

How to gain control of stress through the Power of the Mind.

Homework. Practice and use the six ways to fight stress.





MODULE FOUR: MINDFULNESS

(The Art Of Capturing Your Thoughts)

Class #5

Mindful eating.

Mindful drinking (not just alcohol)

The Why.

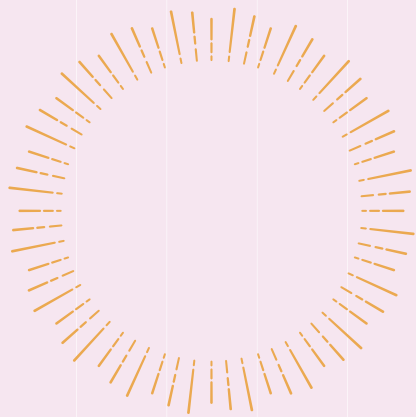
Setting Rules and boundaries.

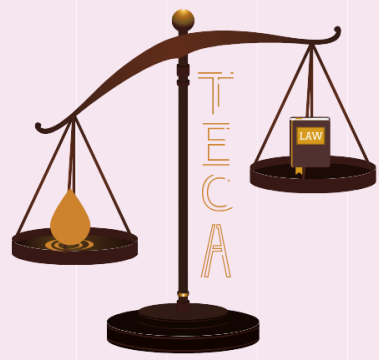
The Hungry Eater Meter

The Desire Scale.

Homework: Journal your eating and drinking (alcohol, water, soda etc.)

Determine where you are being mindless instead of mindful.





MODULE FOUR: MINDFULNESS

(The Art Of Capturing Your Thoughts)

Class #6

Using Essential Oils and Mindfulness for Soothing Stress.

- (a) Massage
- (b) Sleep
- (c) Parenting

Using Mindfulness for clutter

Homework:

Practice the art of mindfulness in all areas of your daily life this week.

Journal.

