



COACH'S CORNER

The Power of ADVENTURE

Here are some ideas for this session and working with the Power of ADVENTURE:

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of ADVENTURE Insights and Tools to your client. Share what you know about the Power of ADVENTURE.
2. Share your own stories about how choosing to embrace ADVENTURE on a small or larger scale brought joy and awesomeness to YOUR life.
3. Have your client recall her/his stories about The Power of ADVENTURE in action.
4. Present the tools for the Power of ADVENTURE:

Tool#1: FIND ADVENTURE IN YOUR OWN BACK YARD

- You can opt to have your client to make this list during your session or have her/him do this at home later
- Encourage your client to keep this list handy, post it somewhere highly visible or keep it by her/his bedside to wake with ideas for infusing fun and exploration into her/his day
- Have your client choose at least 1 local adventure to engage in daily or weekly

Tool#2: EMBRACE ADVENTURE ON A LARGER SCALE

- This could also be a great thing for your client to do with you during your session, as you can be present to cheer her/him on! You can work with your client to start this list and finish later, or s/he can always do this at home.
- Encourage your client to keep this list handy, post it somewhere highly visible or keep it by her/his bedside to wake with visions of her/his next great adventure/s

→Have your client choose the adventure that feels like the next logical step/gets her/him the most excited

→Encourage your client to do something that moves her/him toward realizing that adventure daily

→Have her/him repurpose the “Allowing Daily Success Sheet” to keep track of anything and everything that is related to realizing her/his next great adventure and all the beautiful bonuses, awesome upgrades and sensational happy surprises that show up EVERY day!

5. Have your client choose the ADVENTURE tool that feels the best to her/him now that feels easy to do on a daily basis. Address any questions about her/his chosen tool to ensure s/he is 100% comfortable with what to do.
6. Encourage your client to continue to create her/his “Allowing Daily Success” & “Allowing Weekly Success” lists that you will use for the remainder of the current month, and to continue with this process even once your time together feels complete
7. Give your client the choice of adding this tool to the other tools s/he’s been using or to swap out an ADVENTURE tool for something else if that feels more manageable/doable.
8. Set a date for your next/final weekly session/s.
9. Set a date to discuss continuing with coaching (if you or your client feel this would be helpful) or have your client sign a new agreement if s/he knows for sure that s/he wants to continue with you today

If you feel it to be appropriate, during this time you can also:

 - Ask your client for a testimonial about the great things you’ve experienced together
 - Ask your client if it would be okay for a potential new client to reach out to her/him
 - Ask your client to refer new clients who would be a good fit for LOA/AYS Coaching
10. Have your client create an intention for the next 30 days.
11. Close your session with your affirmation of awesomeness!
12. Send your client some kind of thank you card, meaningful gift or certificate of completion to celebrate the amazing journey you’ve taken together!