



COACH'S CORNER

The Power of AUTHENTICITY

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

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of AUTHENTICITY Insights and Tools to your client. Share what you know about the Power of AUTHENTICITY.
2. Share your own stories about the good results you’ve experienced by relaxing into who you truly are, operating from a place of clarity, focus & excellence, and listening more and more to your inner guidance.
3. Have your client recall her/his stories about The Power of AUTHENTICITY in action.
4. Present the tools for the Power of AUTHENTICITY:

Tool#1: THE 7-YEAR-OLD EXERCISE

→Do this during your session or encourage your client to do this at home ASAP

→Once your client does one round, if s/he chooses this as the tool of choice, have her/him continue with this process for the next 7days (or do this at least 7 times between this and the next session).

Tool#2: CREATE YOUR JOY LIST

→Do (or at least start this) during your session or encourage your client to do this at home

Tool#3: DO WHAT YOU LOVE OR FIND THE LOVE IN IT

→Let love lead: Encourage your client to listen to her/his inner compass first and foremost & follow the flow of high energy

→Have your client practice the idea of “Find the Love In It” during your session if s/he

knows this tool could be helpful and do this EVERY time s/he is preparing to do what feels like a “required” action

5. Have your client choose the AUTHENTICITY 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, as this will continue to be the focus of your weekly meetings.
7. Give your client the choice of adding this tool to the other tools s/he’s been using or to swap out an AUTHENTICITY tool for something else if that feels more manageable/doable.
8. Set the date of your next monthly (and/or weekly) session.
9. Have your client create an intention for the next 30 days.
10. Close your session with your affirmation of awesomeness!