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## **COACH'S CORNER**

### **The Power of NATURE**

#### **Here are some ideas for this session and working with the Power of NATURE**

1. Keep a copy handy for yourself and print/send a copy of the “bulleted points” for The Power of NATURE Insights and Tools to your client. Share what you know about the Power of NATURE.
2. Share your own stories about how honoring your body, spending time outdoors, and allowing interactions/experiences with animals/birds etc. has increased YOUR well-being and provided guidance and confirmation for you.
3. Have your client share her/his stories about The Power of NATURE in action.
4. Present the tools for the Power of NATURE:

**Tool#1: GET OUT AND DRINK HEAVILY**

→Simplicity can be powerful!

**Tool#2: GET A DAILY DOSE OF ANIMAL WISDOM**

If your client chooses to focus on the animals that are showing up:

→DO encourage her/him to focus on the sightings that feel GOOD and FUN to her/him, and the POSITIVE aspects or messages of creatures that present themselves.

**Tool#3: BRING NATURE IN**

→Bringing in green can feed serenity and connection to life

→Caring for something that is alive can also do wonders for bringing your client into the present moment and can help her/him focus gently in more constructive, productive ways.

5. Have your client choose the NATURE 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 a NATURE 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!