



YOUR FIRST AND RECURRING SESSIONS

Welcome to your first session with your awesome new client!! With the interview behind you, a signed agreement and terms fully understood, fee paid in advance and dates booked, you are already off to an amazing start and are *already* helping your client allow success by leading by example!

48 hours before your monthly session(s):

1. Confirm that date, time and location and/or who will be calling/contacting whom)

2. Send an editable copy of the “Coaching Session Focus Sheet” to your client and instruct her/him to fill out the “Top ten success stories” and “Questions for my coach” on the first page and ask her/him to bring this with her/him (or share if conducting your session remotely)

→ Let your client know that you will repeat this process before every session

→ You will only need to send the sheet prior to your first monthly session

3. Print or send an editable copy of the “Allowing Weekly Success Sheet” to your client

→ You will only need to do this for your first session monthly session

The day of your session and before arriving:

1. Set an intention BEFORE you arrive for a productive and fabulous time – for example:

“I share the ideal words, insights, stories and tools that feed my client’s experience of joy & success!”

2. Take a few moments to focus on your client’s positive aspects or even make a list of these things that you can reference before every session

3. Print or have an editable version of the coaching session focus sheet ready for YOU to take notes during your session

4. Show up rested, fed, hydrated, clear-minded and ready to rock & roll!

During your first session & recurring monthly sessions:

1. Start your session with encouraging your client to read and really FEEL her/opening intention (printed on the sheet) or have your client to do this just prior to your session if s/he feels more comfortable doing so.

→You can also opt to share/speak YOUR intention at this time as well (as it's another great opportunity to lead by example!)

2. Revel in her/his successes & ask her/him to tell you more!

3. For your first session, address any questions about the “Allowing Daily Success” process and/or ask about her/his experience with that process so far.

→Encourage your client to continue the “Allowing Daily Success” process throughout your time together, as this will keep the good vibes rollin’ and help pave the way for your weekly sessions (more about that in a moment)

→In recurring monthly sessions, you’ll simply ask about her/his experience with the tool s/he chose last month

4. Once all questions are addressed, share the insights, stories and ideas about Law of Attraction, Allowing and the Power of Focus that would most speak to your client

→In recurring sessions, choose the power topic & tools each month that are the best fit for your client each month*

**If, however, you feel your client would benefit more from a deeper exploration of last month’s topic and choosing another tool on that subject before moving on, by all means, roll with that!*

**I also highly recommend going to “The Power of Presence” after covering “The Power of Focus” because those two areas are key ingredients for getting the most out of the rest of the tools.*

More about this in “About Coach’s Corner” in the “Power Tools for LOA and Allowing Success” Section

5. Share 2-4 tools that you feel are the best options for helping your client cultivate “The Power of Focus”

→In recurring sessions, share the tools associated with your topic that month

While lots of options are great, I’ve found that giving your client more than 4 options to choose from can be a little overwhelming, so it’s best to keep things concise and simple.

6. Have your client exercise the “Magic on One” by choosing the one tool that feels most doable and good to her/him & ask if s/he has any further questions about how to use this tool

→Each month, feel your client out to see if it is best to encourage her/him to continue working with the tool from the previous month's session and to ADD on OR to switch to the tool of the moment for the coming month.

7. Set your date for your next monthly session

8. Have your client set an intention that you will both focus upon during the next 30 days

→Keep or get a copy of this intention (that you either wrote down in your notes, or you have your client send you a copy of this) that you can read/focus on with love & passion daily for your client.

BTW...

As simple as this may seem, this small gesture could mean the world to your client AND focusing on the success of others can really add to YOUR good Mojo and feed a positive POA (Point of Attraction)

→If you choose to do so, share ideas throughout the month (via e-mail/text/messenger/etc.) with your client about bringing her/his intention into being or send encouraging/inspiring words/texts/images/songs/etc. that feel aligned with your client's intention

9. Introduce the "Allowing Weekly Success Sheet" and present/send her/him an editable copy

→Reiterate the purpose and focus of your weekly sessions:

Start with powerful intention to set a precedent for clarity, focus and excellence, so that your time is extremely productive and effective

You'll acknowledge & celebrate her/his "Magnificent Seven," her/his top 7 success stories that week which will be a selection of her/his favorites from your client's "Allowing Daily Success" sheets.

S/he'll get to practice having positive, solution-focused conversation to feed a habit of success orientation and allow MORE awesome manifestations

You'll close with a powerful intention to keep the wheels of success in motion!

→Once you've covered this in your first session, you will not need to address this again

→This is also a great opportunity to bring up the subject of "constructive interruptions":

10. Set (or confirm) the date of your (next) weekly session

11. Close today's session with your powerful intention (on the sheet) & high-five your client for taking yet another step in her/his journey of allowing success!!

During your recurring weekly sessions:

48 hours before:

Confirm the date & time and who will be calling/contacting whom via what medium (phone/skype/etc.) & that you can't wait to hear her/his "Magnificent Seven" success stories!

The day of your session and before connecting:

1. Set an intention BEFORE you connect for a productive and fabulous flow – for example:

"I share the ideal words and conversation that best feeds my client's experience of joy & success!"

2. Take a few moments to focus on your client's positive aspects or even make a list of these things that you can reference before every session

3. Have something available to be able to take notes during your conversation

4. Show up rested, fed, hydrated, clear-minded and ready to rock & roll!

During your first & recurring weekly sessions:

1. Start your session with encouraging your client to read and really FEEL her/his opening intention (printed on the sheet) or encourage your client to do this just prior to your session if s/he feels more comfortable doing so.

→You can also opt to share/speak YOUR intention at this time as well (as it's another great opportunity to lead by example!)

2. Revel in her/his successes & ask her/him to tell you more!

3. Address any questions s/he may have about this process or her/his chosen tool of the month (if needed)

4. If needed, gently encourage your client to stay focused on the positive aspects of her/his life and on what IS working & remind her/him that positive, solution-focused conversations feed a habit of success orientation and allow MORE awesome manifestations!

→Share ideas and insights (if appropriate and time is available) about how your client's "Magnificent Seven" items relate to realizing her/his monthly intention/big picture

5. Reiterate her/his list & congratulate her/him on all the good work!

6. Close with a powerful intention & "mentally high five" your client for the success s/he is having NOW and the MORE success s/he is allowing!!!