

Signature Program Creation



Welcome!

Dear Creator,

Warm Welcome to the 7-weeks coaching program:

SIGNATURE PROGRAM CREATION

As a Coach / Therapist you know your business is so much more than what you do for yourself. It is the vision you hold for yourself and your family, the positive change that you want to create for the next generation, and the support that you give your clients.

When you start your own business you are challenged on the 3 realms: Mind Body and Spirit, and if one of them is not in the right place, sooner or later you will feel emotional, physical or mental turmoil.

This program is aimed to help you balance and align the 3 realms through Coaching, Counselling and Reiki and become the Creator of an Irresistible Signature Program that will propel you as an expert in your field.

There are 3 Phases of Creation:

PHASE 1 - THE BASICS

MODULE 1 - A STRONG FOUNDATION

MODULE 2 - WEALTHY MINDSET

MODULE 3 - ALIGNED IDEAL CLIENT

PHASE 2 - BUILDING COMMUNITY AND AUTHORITY

MODULE 4 - SOULFUL COMMUNITY ATTRACTION

MODULE 5 - COMMUNICATE AND CREATE BELIEF

PHASE 3 - PRODUCT CREATION AND EXPERTISE

MODULE 6 - PACKAGE YOUR GENIUS

MODULE 7 - DIVINELY PLANNED LAUNCH

The program is designed to enable you to:

- Get clear on"
 - Who you are,
 - Who you want to serve
 - How you are going to serve
- Create an irresistible signature program that will propel you as an expert in your field and enable you to create a business you love
- Dive deep into your subconscious and unconscious mind to tackle any limiting beliefs you may still hold about yourself and your business.
- Clear any energetic blockages that are sabotaging the success that you desire and deserve.

What's included?

- 7 x 1:1 personalized sessions with Adina – WEEKLY (followed by powerful audio blueprints)
- 1 x group masterclass – WEEKLY
- Private FB group access where you meet other ambitious coaches and therapists
- 7 x Course Modules which will equip you with practical tools to create and launch your own irresistible signature program and attract your ideal client with ease and confidence.
- Chakra Clearing x 15min - WEEKLY

What will you learn?

- How to create a strong foundation (Root Chakra)
- How to flourish a wealthy mindset (Sacral Chakra)
- How to define your Aligned Ideal Client (Solar Plexus Chakra)
- How to expand a Soulful Community through social media so that they become raving fans (Heart Chakra)
- How to clearly Communicate your message and Create Belief in your expertise (Throat Chakra)
- How to Package your Genius into a structured signature program (Third Eye Chakra)
- How to Divinely Launch your signature program (Crown Chakra)

NON-NEGOTIABLES

1. MISSION AND VISION

(For inspiration, please watch Video 2 to find out what my Vision and Mission Statement is)

Inspired Questions:

- What service(s) do you perform? What products do you sell?
- For whom? (What types of clients? If you have specific clients in mind, list them.)
- Where is your business located? Do you work at home or in an office? Describe everything.
- You've just met yourself. What do you do in the business? What is your life like? What about your life makes you happy?
- How much do you and the business earn? (The amounts won't be the same.) What does this business do better than any other? What are you known for? What makes you unique or different from your competitors? What is your unique selling proposition?
- How do you feel about this business? What inspires you about this business?
- What are the four or five keywords you use when describing your business to others? What are the words your clients use when describing what you do for them or others?

Now, pull out the strongest words in your descriptions. Look for those words that trigger emotions for you. What jumps out for you? What words generate anticipation and passion when you read them on the paper?

These words inspire you, and they belong in your vision statement.

Your words should reference the type of client you serve, the service you provide, and the geographic coverage of your service.

2. PHILOSOPHY

AS THRIVING, VIBRANT, JOYFUL FEMALE ENTREPRENEURS, WE...

- MAKE CHOICES NOT EXCUSES
- CELEBRATE EACH OTHER, WITH NO SPACE FOR JEALOUSY OR GOSSIP
- HAVE NO ROOM FOR NEGATIVITY AND COMPLAINING
- KEEP IT SOLUTION-FOCUSED AND HIGH VIBE
- DO THE WORK ON OURSELVES FIRST, USING OUR INNER GUIDANCE, AND THEN WE ASK FOR SUPPORT WHEN DESIRED
- MANAGE OUR TIME EFFECTIVELY
- SUBMIT WEEKLY ACCOUNTABILITY WORK ON TIME
- CREATE AND KEEP TO OUR RITUALS (MORNING AND EVENING)
- STRENGTHEN OUR MINDSET DAILY
- CELEBRATE OUR OWN AND OTHER'S WINS
- SHOW UP FOR OURSELVES
- TAKE RESPONSIBILITY FOR GETTING THE MAXIMUM OUT OF THIS PROGRAM
- ARE PRESENT AND MINDFUL
- ADOPT A GROWTH MINDSET AND FOCUS ON THE JOURNEY
- FOLLOW AND IMPLEMENT THE TRAINING RECEIVED THROUGH THE PROGRAM, ADINA AND HER TEAM
- STAY ON TRACK AND AWAY FROM OVERWHELM
- REMAIN HIGHLY ENGAGED AND VISIBLE THROUGHOUT OUR TIME HERE
- REFRAIN FROM OFFERING UNSOLICITED ADVICE
- HELP WHEN WE CAN
- LOOK FOR THE BEST IN OTHERS
- SHOW UP AS OUR BEST SELVES
- ARE COMMITTED TO CREATING GREATNESS WITHIN OURSELVES AND OTHERS
- HAVE FUN!

3. RESPONSIBILITIES

MY RESPONSIBILITIES:

- SHOW UP AS MY BEST SELF FOR EVERY SESSION AND MASTERCLASS
- SHOW EMPATHY AND UNDERSTANDING
- KEEP MY WORD
- BE ON TIME

My Principles:

1. **Beneficence:** I accept responsibility for promoting what is good for the client with the expectation that the client will benefit from the sessions.
2. **Non-maleficence:** “doing no harm”. I avoid at all times, (even inadvertently) any activities or situations with the client that could cause a conflict of interest.
3. **Autonomy:** I have an ethical responsibility to encourage client independent thinking and decision-making, and to deter all forms of client dependency.
4. **Justice:** I have a commitment to provide an equal and fair service to all clients regardless of age, gender, race, ethnicity, culture, disability and socio-economic status.
5. **Fidelity:** I am being honest with clients and faithfully honouring the commitment I gave to the client’s progress.

YOUR RESPONSIBILITIES:

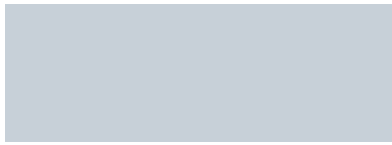
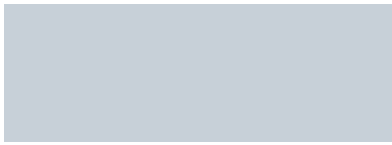
- You will be on time for our sessions.
- You will be present with the coach and free from distraction for our sessions.
- You will be prepared for each coaching session with an agenda of what you want coaching on
- You will make sure your coach knows everything he/she needs to know so he/she can coach you.
- You will maintain high expectations for both yourself and your coach.
- You give your coach permission to be direct and bold with you.
- You will take your own notes and be responsible for your own learning and take-aways.
- You will provide your coach with feedback on what's working and what's not.
- You will inform your coach of scheduling conflicts more than 48 hours in advance of the session.

4. VALUES AND BELIEFS

What are your Values?

Make a list of values then choose 3 and stand by them for the rest of the year!

In December reflect on how your life changed and improved due to these 3 values and your commitment to them!



Acceptance	Community	Empathy	Growth	Loyalty	Responsibility	Support
Accomplishment	Compassion	Empower	Happiness	Mastery	Restraint	Surprise
Accountability	Competence	Endurance	Hard work	Maturity	Results-oriented	Sustainability
Accuracy	Concentration	Energy	Harmony	Meaning	Reverence	Talent
Achievement	Confidence	Enjoyment	Health	Moderation	Rigor	Teamwork
Adaptability	Connection	Enthusiasm	Honesty	Motivation	Risk	Temperance
Alertness	Consciousness	Equality	Honor	Openness	Satisfaction	Thankful
Altruism	Consistency	Ethical	Hope	Optimism	Security	Thorough
Ambition	Contentment	Excellence	Humility	Order	Self-reliance	Thoughtful
Amusement	Contribution	Experience	Imagination	Organization	Selfless	Timeliness
Assertiveness	Control	Exploration	Improvement	Originality	Sensitivity	Tolerance
Attentive	Conviction	Expressive	Independence	Passion	Serenity	Toughness
Awareness	Cooperation	Fairness	Individuality	Patience	Service	Traditional
Balance	Courage	Family	Innovation	Peace	Sharing	Tranquility
Beauty	Courtesy	Famous	Inquisitive	Performance	Significance	Transparency
Boldness	Creation	Fearless	Insightful	Persistence	Silence	Trust
Bravery	Creativity	Feelings	Inspiring	Playfulness	Simplicity	Trustworthy
Brilliance	Credibility	Ferocious	Integrity	Poise	Sincerity	Truth
Calm	Curiosity	Fidelity	Intelligence	Potential	Skill	Understanding
Candor	Decisive	Focus	Intensity	Power	Skillfulness	Uniqueness
Capable	Decisiveness	Foresight	Intuitive	Present	Smart	Unity
Careful	Dedication	Fortitude	Irreverent	Productivity	Solitude	Valor
Certainty	Dependability	Freedom	Joy	Professionalism	Spirit	Victory
Challenge	Determination	Friendship	Justice	Prosperity	Spirituality	Vigor
Charity	Development	Fun	Kindness	Purpose	Spontaneous	Vision
Cleanliness	Devotion	Generosity	Knowledge	Quality	Stability	Vitality
Clear	Dignity	Genius	Lawful	Realistic	Status	Wealth
Clever	Discipline	Giving	Leadership	Reason	Stewardship	Welcoming
Comfort	Discovery	Goodness	Learning	Recognition	Strength	Winning
Commitment	Drive	Grace	Liberty	Recreation	Structure	Wisdom
Common sense	Effectiveness	Gratitude	Logic	Reflective	Success	Wonder
Communication	Efficiency	Greatness	Love	Respect		

5. RITUALS

I personally have 2 rituals during the day: Morning ritual & Evening ritual (& Weekly Money Date)

The Morning ritual (in total 30-45min) consists of me:

1. Writing a Gratitude list in which I list:
 - 3 things I am grateful for that I already experience in my reality
 - 3 things I am grateful for which are my intention for the day
 - Writing down my inspiring thoughts in my journal
2. Listening to my favourite music around money mindset and relationships
3. Listening to my personal success code blueprint

The Evening ritual consists of me:

1. Writing a Gratitude list in which I list:
 - 3 things I am grateful for which are in my reality
 - 3 things I am grateful for that happened during the day
 - 3 things I am grateful for in my business
2. Listening to my money guided meditation and personal success code blueprint
3. Prayer

Do you have Rituals?

How committed are you to them?

If not, what is stopping you from creating some?

Thank you for giving me permission to be part of your life experience on this extraordinary journey that you have embarked to Create and Launch your own profitable Signature Program!

To your exponential Success,

Adina Oltean