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| **1.** |  | **THE KEY COACH TRAINING** | | | | | |  | |  | |  | |  | |  |  |
| Course Module | **Client Session** | **WHAT?** | **WHY? Purpose / Description** | **TYPE** |  | **Attended**  **Session**  **Y/N** | | **Case Study video1**  **Y/N** | | **Case Study video2**  **Y/N** | | **Case Study video3**  **Y/N** | | **Case**  **Study video 4**  **Y/N** | | **Case Study video 5**  **Y/N** | **Case**  **Study**  **video 5**  **Y/N** |
| 03. | NA | PREPARING THE WAY  [5 MINUTE VERSION] | Getting you in the right state of being for coaching | Preperation /Co-creative 3. |  |  | |  | |  | |  | |  | |  |  |
| 03. | NA | I AM A KEY [MC NO1] | The answer to what do you do? | Marketing |  |  | |  | |  | |  | |  | |  |  |
| 03. | NA | WHAT IS THE KEY - MAGICAL CONVERSATION NO 2 | The answer to ‘What is The Key’? | Marketing |  |  | |  | |  | |  | |  | |  |  |
| 04. | CLIENT INTRO | MAGICAL CONVERSATION NO 3. | Used to as welcome and to open-up a client’s introductory session. |  |  |  | |  | |  | |  | |  | |  |  |
| 04. | CLIENT INTRO | THE DISCOVERY PROCESS | Format for 1st session - to find out about your client / set goals and intentions / |  |  |  | |  | |  | |  | |  | |  |  |
| 05. | CLIENT SESSION 1 | AWARENESS | Sharing The 4 Levels of Awareness |  | Drawing & Meditation |  | |  | |  | |  | |  | |  |  |
| 05. | NA | ABOVE AND BELOW THE LINE | Explains the client journey / seeds more sessions. | Marketing / Sales | Drawing |  | |  | |  | |  | |  | |  |  |
| 05. | GENERAL SESSION | KEY TV | Introduces Science, energy and frequency and vibes. | General Session | Drawing |  | |  | |  | |  | |  | |  |  |
| 06. | CLIENT SESSION 1 | THE KEY PHILOSOPHY | What The Key is and it’s connection to energy, moods & feelings.- I Create my life affirmation. |  | Slides  Affirmation |  | |  | |  | |  | |  | |  |  |
| 06. | CLIENT SESSION 2 | IT’S ALL ABOUT VIBES | Client realisation of their moods and feelings and relation to what they are creating. |  | Worksheet / Exercise |  | |  | |  | |  | |  | |  |  |
| 06. | GENERAL SESSION | COMFORT ZONE | Get the client to step out / gain confidence / take creative risks. |  | N |  | |  | |  | |  | |  | |  |  |
| 06. | CLIENT SESSION 3 | THE CREATION PROCESS | Share the how to behind creation – the three step process. |  | Slides  2 x worksheet |  | |  | |  | |  | |  | |  |  |
| 06. | CLIENT SESSION 3 | JUST IMAGINE …. | Introduces imagination. Starts the client’s creation process. Seeds more sessions. |  | Worksheet  Meditation |  | |  | |  | |  | |  | |  |  |
| 07. | GENERAL | CLIENT SESSION START | How to open a session following on from a previous session |  | N |  | |  | |  | |  | |  | |  |  |
| 07. | SESSION 4 | CHECKING & MATCHIING | Summary of what has been done so far |  | Filling In The Gaps |  | |  | |  | |  | |  | |  |  |
| 08. | SESSION 5 | SIGNIFICANCE OF WORDS & RESET | RESET - Setting Up For Clarity Through Contrast – What do I want? |  | RESET |  | |  | |  | |  | |  | |  |  |
| 09. | SESSION 6A | THE CREATION PROCESS STEP 1 | CLARITY THROUGH CONTRAST (LIFE) |  | CP worry  CP |  | |  | |  | |  | |  | |  |  |
| 2. | **TRAINING** | **THE KEY COACHING JOURNEY** | | | | |  | |  | |  | |  | |  | |  |
| Course Module | **CLIENT SESSION** | **Step** | **Purpose / Description** | **Topic** | **Worksheet /**  **Conversation** | **Attended**  **Session Y/N** | **Watched Replay** | | **Completed Lessons** | | **COACH VIDEO** | | **Coach**  **Practice 2** | | **Case Study**  **Practice 1.** | | **Case Study**  **Practice 2.** |
| 10 | SESSION 6B | THE CREATION PROCESS STEP 1 | CLARITY THROUGH CONTRAST (EMOTIONS) |  |  |  |  | |  | |  | |  | |  | |  |
| 10 | SESSION 7 | THE CREATION PROCESS STEP 2 | DESIRE STATEMENTS |  |  |  |  | |  | |  | |  | |  | |  |
| 11 | SESSION 8 | THE CREATION PROCESS STEP 3 | BELIEF  The content behind Beliefs – how they are created – The difference between LIMITED and unlimited beliefs |  |  |  |  | |  | |  | |  | |  | |  |
| 11 | SESSION 8 | THE UNLOCK PROCESSES | A powerful exercise to UNLOCK limiting beliefs to leave your client free to create. |  |  |  |  | |  | |  | |  | |  | |  |
| 12 | SESSION 9 | Magical Life Adventure Story | Client takes all of their new awareness, thinking, affirmations and creates a NEW chapter of their life book. |  |  |  |  | |  | |  | |  | |  | |  |
| 13 | SESSION 10 | GRATITUDE / Grace | Introducing creation via gratitude. Gratitude Journaling |  |  |  |  | |  | |  | |  | |  | |  |
| 14 | 11 | VISION / VISION BOARD | Practical vision workshop with your client where they create an actual VB |  | VISION BOARD |  |  | |  | |  | |  | |  | |  |
|  | 12 | Extra session for carry over | 6B or REVISIT INITIAL DISCOVERY PROCESSS |  |  |  |  | |  | |  | |  | |  | |  |
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