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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.  |  | WorksheetMeditation  |  |  |  |  |  |  |  |
| 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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