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| **1.** |  | **THE KEY COACHING JOURNEY** | | | | |  |  |  |  |  |  |
| **Module** | **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.** |
| 04. | 2. Part 2 | I AM A KEY [MC NO1] | The answer to what do you do? | Marketing | Y |  |  | **Y** |  |  |  |  |
| 04. | 2. Part 2 | MAGICAL CONVERSATION NO 2 | The answer to ‘What is The Key’? | Marketing | Y |  |  | **Y** |  |  |  |  |
| 04. | 2. Part 1 | PREPARING THE WAY  [5 MINUTE VERSION] | Getting you in the right state of being for coaching | Prep /Co reative | N |  |  |  |  |  |  |  |
| 03. | 1. | MAGICAL CONVERSATION NO 3. | Used to open-up a clients first session. | Client Session 1 | Y |  |  | **Y** |  |  |  |  |
| 03. | 1. | THE DISCOVERY PROCESS | Find out about your client / set goals and intentions / | Client Session 1 | Y |  |  | **Y** |  |  |  |  |
| 05. | 3. | AWARENESS | Sharing The 4 Levels of Awareness | Client Session 2 | Drawing & Meditation |  |  |  |  |  |  |  |
| 05. | 3. | ABOVE AND BELOW THE LINE | Explains the client journey / seeds more sessions. | Client Session 2 / Sales | Drawing |  |  |  |  |  |  |  |
| 05. | 3. | KEY TV | Introduces Science, energy and frequency and vibes. | General Session | Drawing |  |  |  |  |  |  |  |
| **06.** | 4. PART 1 | THE KEY PHILOSOPHY | Clarity on what The Key is and it’s connection to energy, moods & feelings..- I Create my life affirmation. | Client Session 3 | Slides  Affirmation |  |  |  |  |  |  |  |
| **06.** | 4. PART 1 | IT’S ALL ABOUT VIBES | Client realisation of their moods and feelings and relation to what they are creating. | Client Session 3 | Worksheet / Exercise |  |  |  |  |  |  |  |
| **06.** | 4. PART 1 | COMFORT ZONE | Get the client to step out / gain confidence / take creative risks. | General Session | N |  |  |  |  |  |  |  |
| **06.** | 4. PART 2 | THE CREATION PROCESS | Share the how to behind creation – the three step process. | Client Session 4 | Slides  2 x worksheet |  |  |  |  |  |  |  |
| **06.** | 4. PART 2 | JUST IMAGINE …. | Introduces imagination. Starts the client’s creation process. Seeds more sessions. | Client Session 4 | Worksheet  Meditation |  |  |  |  |  |  |  |
| **07.** | 5. PART 1 | CLIENT SESSION START | How to open a session following on from a previous session | General | N |  |  |  |  |  |  |  |
| **07.** | 5. PART 1 | CHECKING & MATCHIING | Summary of what has been done so far | Session 5 | Filling In The Gaps |  |  |  |  |  |  |  |
| **07.** | 5. PART 2 | SIGNIFICANCE OF WORDS & RESET | Setting Up For Clarity Through Contrast – Vision Wheel | Session 5 | RESET |  |  |  |  |  |  |  |
| **08.** | 7. PART 1 | THE CREATION PROCESS | The Genius 3 Step Process | Client Session 6 | CP worry  CP |  |  |  |  |  |  |  |
| **08.** | 7. PART 2 | CLARITY THROUGH CONTRAST (LIFE) | Exercise to establish what clients don’t and do want 1. DESIRES | Client Session 6 | Workbook Extract |  |  |  |  |  |  |  |

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| **2.** |  | **THE KEY COACHING JOURNEY** | | | | |  |  |  |  |  |  |
| **Module** | **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.** |
| **09.** | 8. PART 1 | CLARITY THROUGH CONTRAST (EMOTIONS) | Exercise to establish what clients don’t and do want 1. DESIRES | Client Session 7 | Workbook Extract |  |  |  |  |  |  |  |
| **09.** | 8. PART 2 | THE CREATION PROCESS - STEP 2 | Creating Desire Statements and Affirmations | Client Session 7 | Workbook Extract |  |  |  |  |  |  |  |
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