



# WAKENING

— PERSONAL DEVELOPMENT & LEADERSHIP COACHING —

## Personal & Group Coaching Course – My Awakened Life

Duration: 6 Months (1 ½ Hours x 13 Sessions)

*This 6 month, 13 session coaching course will take you from where you are to where you want to be. Take a deeper look within yourself and for the first time begin to explore who you really are and what you are capable of. You will start to feel the spark of inspiration from the first session and feel the satisfaction you have been longing for as soon as you take this first step towards success. This course is not about just filling your head with information that you may later file away. Life coaching focuses on the transformation of character, by learning simple and effective success principles and implementing them, you will move one step at a time towards a better life, performing daily action steps, filling each moment with inspiration and purpose. Most importantly you will realise that you are a powerful creator of your own world, a being that was meant for greatness.*

### **What you have to look forward to...**

#### Session 1: Goals – What You Want and Where You Want To Be?

By using a 'Life Wheel' you will realise where you are right now, as opposed to where you would ultimately like to be. Your Life Coach will teach you how to effectively brainstorm your goals and set your particular action steps in place to reach these goals. You will also learn how to create 'SMERTIE' goals, which is a highly effective form of goal setting.

#### Session 2: Resources and Milestones – Essential Stepping Stones to Your Goals

By using the 'Model of Change', your Life Coach will guide you through your process of transformation. You will create specific milestones for yourself and realise what you require in order to achieve your goals.

#### Session 3: Motivation – How Your Beliefs Move You Closer to Success

In this session you will learn how your beliefs align to your goals, and the affect that they have on your life. Your Life Coach will also teach you how to write power action steps.

#### Session 4: Beliefs – Breaking Down Negative Beliefs and Re-Building the Positive

You will find out how to create new beliefs, as well as what effect negative beliefs have on you.

#### Session 5: Values – The Values that Take Us to the Next Level

You will learn about the relationship between your values and your goals, and come to understand what is holding you back. Both of these play an integral role in shaping our perspective of reality.

#### Session 6: Rules - Uncover Your Hidden Rules and Always Feel Good

In this session you will come to understand the rules which you have subconsciously created for yourself in your life, that define and control your emotional state. Understand and reset these rules and immediately begin to experience the new you.

#### Session 7: Six Human Needs – Which Ones Do You Need Met?

'What are your specific needs and which of these are most important to you?' The answer to these questions will become apparent as you become aware of the relationship between your needs and goals, and begin to fulfil your needs effectively.

#### Session 8: Projection - All Communication is Projection

Your Life Coach will explain the 'Model of Change' to you and recap on what steps you have taken so far. You will also learn how communication is projected.

#### Session 9: Responsibility – The Foundation for Freedom

The power of responsibility will be emphasized during this session, and you will soon come to realise that blaming and justifying gets you nowhere. When you take responsibility, new faculties within you open up and a change in perspective automatically arises.

#### Session 10: Questions – The Answer to Everything

You will begin to take a deeper look into your life, and decide what is truly important. You will learn how to genuinely value each and every moment.

#### Session 11: Long Term Goals – What Would You Really Love To Do?

Your Life Coach will do a 'Milestones Check In'. You will then begin to think bigger than you were previously thinking, by setting your own long term goals. More often than not we under-estimate what we can achieve over the long term and end up setting our sights too low. Learn how to dream bigger and achieve greater.

#### Session 12: Purpose – True Meaning in Life

In this session you will find the deeper meaning to your life, by realising your life's purpose. Your Life Coach will guide you through writing your own 'purpose statement' – a life changing session.

#### Session 13: Celebration Time!

During your final session you will focus on how your life has changed throughout the Life Coaching experience. You will also finalise your action plan, which will be implemented from that point on.