# Get You! Free Yourself & Get Happy Transformational Coaching Programme

* What are your passions, priorities, joys? Who are you? How can you be the best you can be?
* This is not self-improvement, it’s rediscovering yourself. Reawakening your spirit – why not start here to find out!!

**NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DATE** **STARTED**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

| **Session** | **Session Tools/Aim** | **Homeworks/Options** | **Key Points/Messages** | |
| --- | --- | --- | --- | --- |
| 0 | * INTRO Session. * Get inspired to start work! | * Life Map * Client Pondering Sheet * Initial Goals Sheet | 1. Build the dream/describe ideal life/situation 2. What is Coaching? 3. Prepare for Coaching & get started! | |
| **1 - GET SET FOR SUCCESS** *– Take stock. Begin work towards the you you want to be* | | | |
| 1 | * Review Life-Map | * Wacky/Wild list * Values Stage 1, 2, 3 * Client-Set * Rocking Chair Review * Get Perspective Exercise * Begin journaling (recommend) | 1. Take stock, begin to think what you want from life and who you want to be. 2. Reflecting on people who shape and inspire you AND begin to develop qualities to take you to the next level. 3. Being honest about your current reality – prepare for the next phase – GOAL setting. 4. The beginning of learning to trust & accept yourself. Begin to act more deliberately instead of reacting. Be YOU. 5. Journalling - What makes you happy, confident, excited? What do you appreciate, are proud of? What is not quite right and you would like to change? Who or what truly makes a difference in your life? Top 3 highlights of day? Get to know yourself! Write! | |
| 2 | * Wheel of Life |
| 3 | * Role Model Exercise * NLP Visualisation |
| **2 - CREATE YOUR VISION** *- Acknowledge the past and present to help you shape your future. Picture what you want, explore possibilities then get SPECIFIC* | | | |
| 4 | * Reflect on Achievements & Learnings Exercise | * Finish Values * 3 Month Vision * Take Stock and Take Action Exercise * What are your Priorities? Exercise * Create Life Vision/Board/Map focused on major themes. | 1. Connect with your learnings, achievements, disappointments and mistakes. 2. Envision what you want for your future and connect with your dreams 3. PULL not push/strive! When you have a vision, the day to day pressures and setbacks impact you less. The more vibrant the vision, the easier it is to make real! 4. Life moves in cycles. Ups and downs. What is the theme for your current cycle? 5. Set some goals. Break them down and get moving (action plan)! 6. Clarify your outcomes (know WHY you want it, the benefits & what happens if you don’t!) | |
| 5 | * Vision Walk OR Creative Visualisation (Life Purpose) |
| 6 | * Goal-Setting |
| **3 - ESTABLISH YOUR POWERBASE** *- BOOST your energy, learn how to take care of yourself and surround yourself with the right people* | | | |
| 7 | * Review Values * Action Planning towards Goals | * Review Values as tool for self-awareness, meaningful goals & boosting energy * ACTIONS towards goals * Self-Care Questionnaire\* * Begin journalling (if not already). If not, try Gratitude Journalling Tool * What makes my Heart Sing? Exercise * Supportive Daily Habits Exercise * Detox Your Relationships Exercise & Mentors... | 1. May be tempted to run off ahead with your goals & plans. But when you spend time building your powerbase (internal & external) it’s an investment that just keeps on paying off. 2. Begin awareness of how sabotage self through lack of self-care. Get proactive. To transform your life, you need to start with yourself first. Surprisingly few of us truly look after ourselves (late nights, ‘bad’ eating, smoking or other habits). 3. Self-care is different to selfish. When you neglect yourself you’re running on empty tanks which drains energy from others rather than supporting them. NB. Question on pondering sheet 4. Begin to create positive self-care habits. Choose habits that eliminate choice – minimize stress and decision-making (eg. goto the gym 6 days a week instead of 3!) 5. Identify the systems and resources you need to move forwards 6. Identify your dream team - people who inspire and support you. Find mentors. 7. Let Joy be your Compass – boost your energy by doing MORE of what you truly enjoy. | |
| 8 | * Review Self-Care Questionnaire * Discuss Habits. |
| 9 | * Discuss “What Makes My Heart Sing?” * Discuss Relationships. Create Dream-Team/Resources\* |