L O V E T H Y S O U L

Life Coaching Training

Release · Heal · Transform

10-WEEK CERTIFICATION PROGRAM

ABOUT THIS PROGRAM

Over 10 weeks you will rebuild your nervous system, rewire thought patterns, clarify your values, and learn to run your business from a place of energetic intelligence rather than fear. Each week builds on the last and the shifts are permanent.

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OVERVIEW SESSION	WEEKS	TRANSFORMATION

PROGRAM CURRICULUM

WEEK

OVERVIEW · **Before We Begin**

- **Orientation to understand the full program ahead**
- **Create clear goals to work toward**
- **ALOA (Advanced Law of Attraction) schedule**
- **Intention setting · DTB (deliberate thought building)· Understand Family Money Thermostat**

01 Conscious Identity & Selling

We are selling something every day in personal and professional life - our thoughts, ideas, opinions, products, services, etc

- What kind of seller are you - types of sellers
- What traumas shaped you into this kind of seller
- The 4 sales responses and why selling is part of coaching
- Create a loving seller through Conscious Identity Creation (CIC) - a 45-day neuropath shift

02 Values

- What are base values and why they matter
- Core values and the source of our base values - Values guide every behaviour, decision and action
- How to identify your core values and live in alignment
- Elimination process - 5 core values each across career, friends & family, love, personal growth, fun & leisure, home environment money and health

03 Deliberate Thought Building

- Build specific thoughts to create desired results
- Understand how unintentional thoughts produce undesired results
- The CTFAR Model for DTB: Circumstances · Thoughts · Feelings · Actions · Results
- Intentional thought building process
- Live DTBP assignment - takes 45 days to fully rewire the nervous system
- Importance of E & D codes. Learn how codes define our life and consciously let go of negative coding in the subconscious mind

04 Nervous System Safety - Part 1

- Creating safety in the body - how lack of safety blocks success
- Outcome of Nervous System Safety post 10-week journey

* Live assignments on creating safety through somatic work
* DTBP applied to individual pain areas

05 Nervous System Safety - Part 2

* Identify emotions and thoughts that hamper safety
* Trace each thought back to its past experience
* Understand the feeling behind every emotion - Live Assignment
* Awareness: most thoughts and feelings don't belong to us - knowing this creates a profound shift

06 Perfectionism & Guilt

* What perfectionism is and how it is a form of procrastination
* Identify the real source: past experiences, failures, impostor syndrome
* Release perfectionism through energy healing work
* Structural letting-go activities using DTB and CTFAR

07 Challenges & Power Steps

* Understand desires and positive/negative belief systems
* Create a foolproof 1-year action plan
* Assess practical roadblocks and overcoming with DTB
* Nervous system regulation on each challenge
* Create personal power steps to achieve your goals

08 Business Metaphysics - Part 1

* Create a Business LBE - Living Breathing Entity with its own soul and will
* Rely on the energetic intelligence of your business. Make your business a collaborator that can speak to you

* What your business entity should NOT be: not a self-worth marker, not something to control
* Live Assignment

09 Business Metaphysics - Part 2

* Communicate with your Business LBE
* Be in alignment with the voice of your business
* Understand when LBE stops communicating: eg. stress, 'have to' energy,
* Live Assignment

10 Decision Making

* Understand how you make decisions and the mistakes you make
* Move from random to conscious decision making
* Template for decision making
* Detoxify your relationships - Live exercise
* Identify your spark team, energy zappers and spark moments

WHAT'S INCLUDED

Everything you need to continue growing long after the program ends.

* Customised personal healing for self and clients
* Abundance Affirmation Morning Routine
* Monetisation process - Clarity call and social media awareness creation scripts
* Meditation scripts
* Lifetime recordings of all 10 week sessions

Begin your journey

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