



SESSION MAP

5 MINUTES

- Invite the client to make a micro commitment for the week
- Discuss any homework that may feel relevant
- Thank your client for choosing to receive support and share that it's an honor to serve them



5 MINUTES

- Gently & slowly guide your client back to the space they are in
- Have your client share what they learned/experienced while they were "in the pocket"
- Ask if they feel closer to, farther away from, or about the same distance from their True Intention (Step 4 of True Intention Framework)



35 MINUTES

- Have your intuition on board and get creative
- Ask open-ended, curious questions about activated parts and invite your client to listen for answers from their body
- Guide somatic work/energetic work
- Use Pause Coaching Tools & Skills
- Invite the client's intuition to come through
- Inform the client if the call is going on a tangent (Step 3 of True Intention Framework)



HI!

WELCOME

5 MINUTES

- Small Talk about the week
- Allow for any venting or emotional expression, with a healthy time boundary
- Acknowledge and validate the experience of your client, sharing observations of parts that may be active



5 MINUTES

- Lead a small & simple grounding exercise
- Ask the client for their intention for today
- Clarify, together, what the True Intention is (Step 1 of True Intention Framework)



5 MINUTES

- Ask the client where they believe they need to begin in order to get closer to their True Intention for today (Step 2 of True Intention Framework)
- If a tool feels relevant to your client's answer, educate them on the tool, and offer this as a potential path for the session. Try to offer multiple options and allow your client to choose.