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15 Week Wellbeing Transformation Program Overview

Introduction

This 15-week Energy-Flow Coaching programme is designed to work on the underlying causes of anxiety, depression, fatigue and pain symptoms and conditions.

Below is a full outline of the programme broken down into its constituent parts. Each of the segments dovetails the next, and as we move through the programme you will see the depth of the interconnectivity and how they relate to health, wellbeing and a richer life experience.

Program Outline

Energy-Flow Coaching covers 3 core areas, our environment, our interaction with our environment, and our relationship with ourselves, this goes beyond our current notions of who and what we are. Even though we do seek to address the 5 pillars of health (emotion & mindset, sleep & recovery, nutrition, exercise & movement, and socio-environmental), our primary focus is on emotional stress as this is far and away the most significant and the most complicated to work with.

The success of the programme is largely attributable to 2 factors; first, we are defining stress and emotion from a mind-body-consciousness perspective rather than a cognitive perspective. Second, we are shifting from an 'outside-in' model of reality, where we see life as happening to us, to an 'inside-out' model where we transition through the stages of seeing life as happening to us, through to life is happening for us, through us, then finally we begin to understand that we are life experiencing itself, and we are playing a role in co-creating our experience of reality in the moment.

Programme Deliverables

- Weekly coaching calls (15-20 calls depending on need)
- Unlimited email support
- Exercises, worksheets, strategies and plans to implement as we move through each segment
- On-going support offered via text or messenger
- Access to the members area which includes videos, audios and supplementary programs

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The 15 weeks of the program are broken down into 15 segments, these segments may vary depending on the focus and goals of participant.

Segment 1: Symptoms are Solutions.

To begin the program, we will go through medical and life history, gain a full understanding of exactly where you are and where you want to be. We will cover what treatments and approaches you have tried and why they might not have worked. We will outline the difference between the 'revolving door' of understanding what's going on in the body and moving forward with taking decisive action.

Our first exercises involve observing changing symptoms from the perspective that within the symptoms lies a solution. We want to start out by challenging existing ideas about the cause of symptoms. Our initial exercises will begin to reveal some of the deeper patterns underlying symptoms that we cover later in the program.

The final aspect of segment 1 is beginning to map out our strategy for success. This program is about going beyond surviving and reducing symptoms, to unleashing latent potentials.

Segment 2: Going Deep into the Cause of Physical & Psychological Symptoms

In segment 2, we review the progress covered and the feedback from the initial exercises. At this stage we are mainly focused on the environment and our interaction with the environment.

We begin to explore Grounded Centred Presence and the practice of Open Awareness.

As we go deeper into the stress-emotion-symptom model we will explore Emotional System Reset and how to activate it and speed up the healing process.

Segment 3: Who Am I Really?

We go deep quite quickly as symptom patterns begin to emerge. This segment is where we explore more the psycho-spiritual aspects of the work, how they overlap with recent scientific understandings, and their relevance to wellbeing and life experience.

We introduce the notions of a Limited Self and an Expanded Self and how these play out on our Spectrum of Consciousness. In simple terms, the spectrum of consciousness offers a metaphorical explanation for our day to day experience. There is a natural ebb and flow, expansion and contraction, to life. As humans, we like to think we are separate to the flow of life, able to control and manipulate life and our experience.

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However, we are very much part of flow of life, and the resistance that comes with attempting to control our experience results in the suffering we too frequently experience.

Life is not happening to us, we are life. As we experience fluctuations in this ebb and flow, our perceptions and feeling states modulate and change. As they change, we move up and down the consciousness spectrum. When we move towards the limited-self space, we feel fearful, constricted, our mind is cluttered, and our perceptions tend to be more negative and hostile. Life feels like an uphill struggle and we tend to experience greater suffering. When we gravitate to the expanded-self end of the spectrum, the mind clears, perceptions shift, and we flow with greater ease.

Neuroscience tells us that our experience of life emerges from the inside-out, rather than from the outside-in. We play a role in the creation of our experience of reality. This dovetails naturally with our consciousness spectrum as we begin to see ourselves in a new light and understand where our experience of life comes from

We will begin to reveal the role identity plays in health, relationships and success in life.

Segment 3: Living from The Inside-Out

Following on from segment 2, we expand our understanding of ourselves and begin to shift from an external reference to an internal reference – this means that we learn how our experience and feelings states emerge from within us rather than being directly caused by outside circumstances.

We learn to attune to the rhythm of the body and intuition. We address those perennial issues of self-confidence and self-esteem from this new perspective. The impact on relationships at this stage is potentially massive – dissolving the tendency to blame or be a victim, as a new sense of empowerment and understanding emerge.

Segment 4: Escaping the Mental Matrix

Despite being a program that seeks to move beyond cognitive manipulation, we do need to understand the nature of the mind and thought. This segment has a focus on understanding how we can become caught in the mind-loops of the mental matrix and crucially how we extricate ourselves without getting bogged down in cognitive manipulation techniques.

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Getting caught in the mental matrix prevents us moving forward in life; it blocks our connection with our true-self and stops us taking action. It is the primary cause of why comfort zones get smaller and smaller. Understanding what keeps us locked in the mental matrix and how to break free are critical aspects of the program.

Segment 5: Understanding the Patterns that Drive Our Experience

All segments up to this point will be building and the exercises that we implement will be revealing patterns. At this stage we will have sufficient information to gain a deeper understanding about the core patterns that drive all your experience and the majority of symptom or mind-loop episodes.

This information will reveal the bigger patterns of life – your life lessons if you will. This will give us an entirely new perspective on your life, why you have faced the challenges that you have faced, and most importantly, what we can do about it.

Segment 6: The Science & Metaphysics of Motivation

Our aim is to move from force to flow, from resistance to allowing. We will identify where there are underlying motivations of compulsion, conflict, chaos and drama.

In this segment we will also explore general life patterns and identify rituals that are serving and ruts that are damaging.

Life lesson challenges and the mental matrix play a role here, as we further uncover your deeper drives and how to galvanise and harness them rather than having them work in a destructive manner blocking you from achieving fulfilment and success.

Segment 7: Sleep, Food & Fitness

The main focus will be sleep hygiene, however, depending on needs, this segment will look to discuss and investigate, appropriate brain focused nutrition and supplements, along with movement and exercise programs that will serve to support our program goals

Segment 8: Uncovering Our Deeper Needs

Following from our review of the other 3 elements of food, fitness and sleep, this segment covers our deeper human and spiritual needs. When our needs are not met,

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we can be in a state of imbalance, this can lead to increases in mind-loops and symptoms, and decreases in confidence and self-esteem.

Segment 9: Passions and Purposes

By this point in the program, we will have a good understanding of symptom patterns, how to access body wisdom and move body the tricks of the mind. What flows is a greater alignment with and identification with true (expanded) self and a desire to engage with life in a creative manner. Our aim is to shift from seeking external emotional fixes to flowing through our inner connection...this effectively means that rather than having to have something come into our lives in order to have a feeling experience, we recognise that our experience flows through us and as we align with true self, we are pulled along certain paths or trajectories.

Segment 10: The Causes of Suffering

Symptoms and suffering are different entities. Understanding how we are the creators of our suffering is part of the journey we are taking into full empowerment.

We'll also be covering how to move beyond the 'victim vortex' and access our inbuilt resilience. This is where we see move towards seeing life happening through us and for us rather than us being passive victims of circumstance.

Segment 11: Removing the Mask

It's become something of a platitude to be 'authentic'. However, deviation from 'home base' arises for a reason and it's not always such a straightforward process to 'be yourself'. In this segment we go into depth looking at how and why masks become so firmly fitted and how we go about taking steps to remove them and reveal a little more of who we could be.

We also cover how to make effective decisions quickly and effortlessly.

Segment 12: Life Design & Creation

This segment is all about identifying the role we play in the creation of our experience and the steps we can take to ride the wave rather than fighting against it. This is not about taking more responsibility and control, in fact quite the opposite. The more we

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identify with our expanded self, the more we are able to flow and relinquish the need to try and control.

Segment 13: Relationships and Relationshipshifts

Relationships of all kinds are the essence of life. We exist in relationship to each other and with ourselves. This segment will look to uncover the essence of relationships, their meaning for us and how they are impacted by our connection with our own deeper self.

Segment 14: Communication

Communicating effectively, constructively and with integrity is a skill that needs to be learned if we are to avoid arguments or unnecessary conflict. In this segment we go into the patterns that facilitate effective communication from a grounded conscious space.

Segment 15: Putting It All Together

Our final segment brings together all aspects and evaluate the journey we have taken. We will revisit any areas and plan for future success.

This is an intense program for those who are coachable and committed...this means ready to take the steps necessary and embrace the fear that arises as we move beyond a limited version of ourselves. The rewards are there in the form of optimum health and vitality, a greater sense of purpose and clarity of mind, more creativity and better relationships...be warned, it will transform you.