c4w Life Coaching

About your coach
- Interior Designer - Corporate space planning
- Psychotherapist - professional association, post-grad University training
- Private practice - counseling, coaching, meditation workshops, reiki & energy healing

Working Structure
- 4wk -
  - minimum program commitment
  - where are you?
  - issue/ content & outcome focus
  - identify & clarify values
  - start working with goals
- 8wk -
  - 4wk program greater detail
  - more holistic approach
  - introduction of process tools
  - where did you start from, have you got to and where are you going?
- 12wk+ -
  - recommended time frame
  - Master life planning
  - working with patterns
  - relationship dynamics
  - wellness program

Fees/working policy
- Standard - $50 per session
- Concession - $40 per session
- payable in blocks of 4,8,or 12 sessions.
- refundable in blocks of 4.
- 45minute sessions (either wkly or fortnightly) in person or by phone
- initial consult 1hr $70 or program commitment within 7 days.
- payment method - cash, credit card, eftpos or cheque
- 24hr session cancellation

Values/ Love list
- what things are important in your life?
- What do you imagine your life to be? Live the life you imagine!
- Linking your values to your higher purpose...

Working with purpose
- what is your life about?
- where are you right now?
- Where do you want to be?
- Goaling & working to your goals

Wellness ideology
- Well Functioning nervous system - chiropractic
- Physically Energized - Balanced diet & regular exercise
- Mentally Focused - What are your highest priorities?
- Emotionally Connected - Mind body balance
- Spiritually Aligned - Soulful purpose/ daimon
- Present time consciousness - working with what's most important

Process Tools
- Mind Mapping - Master Planning
- Taking the angst out of thinking - awareness lists
- Journaling - written word creates clarity
- Meditation -various techniques & practice
- Ritualize your life - Daily, Weekly etc...
- Content awareness (Mazlow) - uncon...incompetent, con...incompetent, con...competent, uncon... competent.
- Staying Accountable - keep it realistic !

chiropractic4wellness

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