

SOUL  
AWAKENING  
ACADEMY



# WORKBOOK

FOR SPIRITUAL COACHES



*with Anne-Marie*

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# WELCOME TO THE START OF YOUR NEW CAREER

This is the first step to a truly wonderful transformation. Within these pages, along with our videos, I'm going to share my secret to creating a successful Spiritual Coaching business using my tried and tested coaching framework.



LET'S BEGIN...



## C H A P T E R

# 01

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## GOAL SETTING

To enable both your client and yourself to work together effectively, you first need to ensure they are ready to make the transformation they are seeking.

Your client could well come to the first session knowing exactly what it is that they wish to work on, such as career, relationship as well as seeking spiritual guidance to help them. .

On the other hand, they could equally arrive without a firm idea of what they wish to seek guidance on. In this case, you will need to use your listening and empathy skills to help both the client and yourself identify the issues they wish to explore.

It is your responsibility as a Coach to reach an understanding of the issues your client wishes to explore during the session. Once the client has agreed the issue with you, you can then help the client get clear on what it is they wish to achieve, we call this desired goals. Understanding the Problem and the Desired Goal is the first and most important step.

On the following page, you will find pre-built questions with which to prompt your client.

# COACHING QUESTIONS

WHY ARE YOU HERE?

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WHAT HAS PROMPTED YOU TO SEEK OUT A COACH?

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WHY NOW?

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GIVE ME THREE REASONS WHY YOU HAVE CHOSEN TO SEEK OUT A COACH NOW.

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IF YOU KNEW FOR CERTAIN THAT YOU WOULDN'T FAIL, WHAT WOULD YOU REALLY WANT FOR YOUR LIFE NOW AND IN THE FUTURE?

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WHAT WOULD THIS MEAN TO YOU?

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WHEN YOU ACHIEVE THIS, HOW WILL YOU THINK THIS WILL POSITIVELY IMPACT YOUR LIFE

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CAN YOU GIVE ME THREE TRANSFORMATIONS THIS WILL HAVE IN YOUR LIFE, RELATIONSHIPS OR WORK?

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IF YOU WERE UNABLE TO ACHIEVE THIS GOAL, HOW WOULD THIS NEGATIVELY IMPACT ON UOUR LIFE, RELATIONSHIPS AND WORK?

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SPIRITUAL LIFE COACHING CAN BE A POWERFUL AND TRANSFORMATIVE PROCESS. WITH THIS IN MIND, WHAT WOULD BE THE MOST IMPACTFUL TRANSFORMATION YOU WOULD LIKE TO ACHIEVE?

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ANY FORM OF TRANSFORMATION CAN SOMETIMES BE A DIFFICULT AND UNCOMFORTABLE PROCESS, BUT IN ORDER TO MAKE PROGRESS IT WILL BE ABSOLUTELY VITAL THAT YOU LEARN TO BREAK OUT OF YOUR CURRENT COMFORT ZONE. IT'S FOR THIS REASON THAT YOU HAVE TO BE ABSOLUTELY CERTAIN OF YOUR LEVEL OF COMMITMENT TO WORKING ON YOUR TRANSFORMATION IN ORDER TO REACH YOUR GOAL. ON A SCALE OF 1 TO 10, WHERE 1 IS NOT AT ALL MOTIVATED AND 10 IS SUPER MOTIVATED, WHERE WOULD YOU PLACE YOURSELF ON THIS SCALE TODAY?

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IN ORDER FOR ME TO COACH YOU, THERE MAY BE TIMES WHEN WE HAVE TO REVIEW, WORK ON AND RECONFIGURE YOUR MINDSET AND BELIEF SYSTEM AND I NEED YOUR PERMISSION TO DO THIS IN ORDER TO HELP YOU REACH YOUR GOAL. HOW DOES THAT FEEL TO YOU?

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# SOLUTION FOCUSED

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Using a solution-focused approach in coaching allows you to ascertain the steps needed to reach their desired goal, measure the progress and recognise when the goal has been achieved.

The S.E.T.T Method first invites the client to visualise their current problem/issue or challenge and then to visualise the desired outcome they wish to achieve.



**The use of questions to pinpoint the client's desired goals will help you to guide your Client through the session and ensure that the session meets the wants and needs of the Client at that time.**

Solution focused questions will enable you to effectively guide your client through the session and ensure that it has a positive outcome for them.

The following sections will provide you will solution focused and big picture questions to help you and client get crystal clear on the transformation they are wanting and their motivation.

C H A P T E R

# 03

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## CREATING YOUR DESIRED GOALS

From here on, we want to focus on eliciting the truth of your client's reality. Eliciting, as it is called, is all about getting to your client's secret hopes, dreams, goals and aspirations. It is about uncovering their deepest fears and desires, and it begins by asking great questions.

Eliciting can happen only when you ask deep, probing questions and combine that with Intuitive Listening when your clients share their answers.

# QUESTIONS YOU COULD ASK:

If you were to fully live your best ideal life, what changes you would start to make?

What areas of your life could be improved or changed?

What could we work on now that would make the biggest difference to your life?

What are you tolerating/putting up with?

How would you feel if you knew you couldn't fail?



## Identify the Problem

What is the problem and how is it showing up in your life?

How is this problem making you feel about yourself?

What areas of your life is it affecting?

Is this a pattern or theme in your life?

Have you noticed this before?



## Perception

When this is happening what do you believe about yourself?

What do you tell yourself?

What is the most painful emotion or negative self-talk you have around this?

What's your biggest fear?

Tell me about the most powerful part of this fear?

What happens to you?



## Belief

What do you believe about yourself when you are feeling this way?

What do you believe about others when you are feeling this way?

How old is this feeling?

How long have been carrying this around for?

If this feeling of X had a voice what would it have to say?

Where has this emotion/feeling/belief been living in your body?



## Transformation

What would be the best possible outcome?

What is it you REALLY want for your life?

Why do you want this?

When you think about that what do you see? Feel? Hear? Smell and taste? What else and what else?

How much does this really mean to you?

When the changes have been what will be different?



## C H A P T E R

# 04

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## S.E.T.T.® STORY

Becoming a Soul Awakening Coach is about understanding and practicing the art of intuitive coaching and energy healing.

The first stage of the process, Story, focuses on Intuitive Listening. Listening to the client's situation and story.

Connecting with your client and trusting your intuition requires a coach's skill of deep listening and presence whilst you listen to the story of their life unfold which brings about Intuitive Listening. It's about being in the moment with your client and being at one with your intuition and higher self. And it's about bringing yourself into a conversation that fully immerses you into hearing the unmet needs,

**Intuition is about becoming aware of your soul or higher self. Listening to the signals of your gut or sixth sense as your intuition tells you something of great importance for your client.**

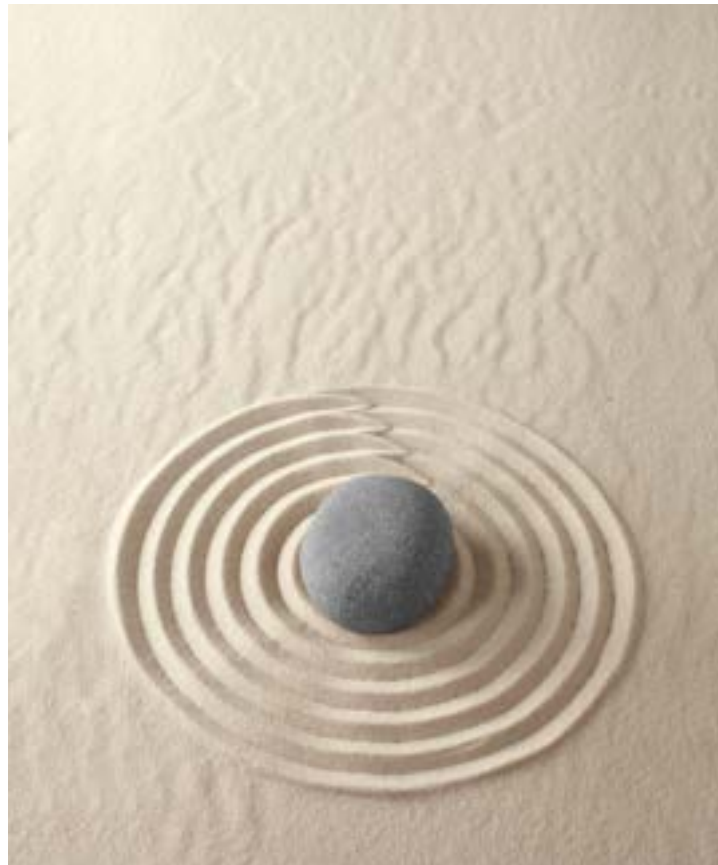
Within the Story, the client has an inner dialogue that they are telling themselves about their current situation. This usually accompanies mental images, characters and archetypes along with feelings, beliefs and emotions, all of which have a positive or negative effect on the client's well-being.



As you listen to this narrative, you must be open and supportive and refrain from any personal judgment as you hear their story unfold. With your guidance, you can help your client see the story they are telling themselves is having a negative effect on their 4 Pillars of well-being, their physical, mental, emotional and spiritual wellbeing and keeping them stuck and unable to move forward and achieve their highest potential.

By helping them change this negative inner dialogue to a more positive theme will be the key that unlocks their transformation. Approach your client with curiosity and openness and keep an open mind and heart as they entrust you with their life story. When you practice intuitive listening, you create a sacred space between you and your client, you bring full focus to every moment of your conversation. If done properly, you should be able to see and sense subtle shifts in your client's physical, mental, emotional and spiritual energy as they access their own healing.

YOU'LL READ SMALL  
CHANGES AND  
READ FACIAL  
EXPRESSIONS. AND  
YOU'LL USE ALL THIS  
INFORMATION TO  
GAIN INSIGHT INTO  
THEIR THOUGHTS,  
FEELINGS AND  
BELIEFS.



Of course, there will be times where the client may not speak at all. During these times, it is important to remember that intuitive listening is also about being comfortable with silence. Allow space and time for the words to sink in and create a supportive environment for the truth behind those words to rise.

When you do this, you'll be able to identify anything that may be left unsaid – the questions, the fears and doubts your client holds. With Intuitive Listening, you'll uncover the depths of these hidden truths, and as an intuitive coach, you can help your client bring them to the light as you work together to find the source of the problem and a clear path towards fast and effective transformation.

Intuitive Listening also allows you to ask questions that will rapidly lead your client to game-changing insights.

# YOU KNOW YOU'VE MASTERED THE ART OF INTUITIVE LISTENING & INTUITIVE GUIDANCE WHEN:

You can hear more than just words.

You can trust your own inner wisdom.

You begin to experience your client's words within your being.

You experience your client's emotions and can identify their thoughts, feelings and hidden doubts and fears, even if they don't share them with you.



# TAKE ACTION

During your next session with a client or when working on yourself, make a conscious effort to exercise Intuitive Listening and bring your focus, attention, awareness and full presence into the conversation. Ask yourself, 'have I created a scared space for my client?'

Don't simply listen with your ears. Make an effort to feel what they're saying and ask yourself 'what are they really feeling?' Listen for insights, not just information and most of all listen to your intuition.



**Try these with your client or on yourself, answer the following questions:**

What is alive and active in my client right now?

What are they telling themselves about this situation?

What were they feeling at the time this took place?

What did they say they want or need and what do they really need?

How would they like this part of their life to be different, better?

Which archetype are they projecting?

## **NOTES:**

Write Your Answer Here

## C H A P T E R

# 05

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## ARCHETYPES

Another way to help you and your client facilitate a transformation, is by asking them to become a spectator of their own story. Ask them to go back in time by imagine they are in their current problem/issue or challenge and the emotional intensity is at its peak, so it feels like it is happening now. Then ask them to imagine this scene being projected out onto a big movie screen and they are a spectator watching this scene play out as they would if they were watching a movie.



## LISTENING TO THEIR ARCHETYPES

As they observe themselves in this movie scene playing out this problem ask them what they notice about the character they are playing. This character has an energy, it has beliefs, thoughts, feelings and emotions. This character is an archetype and has a role to play, it has its own wants, needs and wishes. Maybe it wants to be loved, saved or to take control of the situation. Either way it is an archetypal character that comes alive when this problem is at its peak.



So let's discover more about this archetype/character.

How do they behave when this story plays out and they become this energy or archetype? Listen deeply and their responses will give you an incredible insight into how they think.

It may bring unconscious pain, limiting beliefs and secret doubts to their conscious minds. This can create massive progress not only for the client, but for you as a coach and a person as well.

However, making this progress is not without consequence. Asking powerful and even provocative questions can stir up some strong emotions within your client.

Find out where they are coming from and work together to get to the root of their motivations. Are they fuelled by desire? Perhaps even fear? Or, maybe a belief system that guides their behaviour?

# QUESTIONS YOU COULD ASK:

Who do you become when this problem is at its peak?

If this were a movie, what would the title be?

What name would your character have?

What do you notice as the spectator in their own lives?

## CHAPTER

# 06

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## ENERGY

After we have helped the client identify their goals and listened to their conflicting story, we look towards how well your client manages their energy. Here we look for the Four Pillars of Well-Being to help the client look at their overall energy and how it has been affected by the 'character of their story.'

# THE FOUR PILLARS

Neglecting your physical, mental, emotional and spiritual health can make you less resilient to the challenges life throws at you. Problems can be so deep-rooted that it takes a lot of inner strength to bring them to the fore. Exploring the four pillars of well-being can help to bring problems into the light, so that you are best placed to work through them and follow a clear pathway to effective transformation.

Sometimes we can feel overburdened, not by the actual problem itself, but the thought of trying to resolve it. Maybe it's a fear of not succeeding in the resolution attempt, or it could simply be a case we just don't know what to do and the problem feels like a mountain that's just too big to climb.

However, whilst everyone faces different challenges throughout their lives, the solutions to resolving these problems or challenges often share many similar characteristics. For example, taking the time to really ponder over the problem, identifying the root cause of the issues at play, avoiding the tendency to panic, trying not to jump to conclusions or make assumptions, seeking an alternative perspective, and thinking about the problem in pictures rather than words.



## PILLAR 1

### **PHYSICAL**

The first pillar is physical. We help our clients better manage this pillar by supporting them in ways that help them identify the physiological behaviours and negative vibrations that keep them stuck. As a Spiritual Coach, you will be able to inspire them to take new actions that will ultimately enable them to reach their next level of personal success.

## PILLAR 2

### **EMOTIONAL**

The second pillar of well-being relates to our emotions and our ability to recognise them through self-awareness and self-regulation. It involves our social skills and empathy towards others. When you are fully aware of yourself, you can assess your behaviours and how these affect communications with others.

## PILLAR 3

### **MENTAL**

Learning to work on our thoughts can help to cultivate inner strength and resilience. With these skills, you can restructure the stories you've been telling yourself, and rewire your thinking for positive change. By practising the art of positive mental reinforcement, we can rewrite these stories to not only make ourselves feel better but be better for the rest of our lives.

## PILLAR 4

### **SPIRITUAL**

The aim of working on this area is to help shift into a spiritual space where you can find inner strength and peace. These aspects will allow you to navigate difficult times in order to create the very miracles of your life! It is important to note that this level does not refer to anything religious. Faith can take many different forms, for example; it may be faith in nature or the universe.

# AWARENESS

Using what you've learned thus far , practice bringing awareness into your life and later into your client's life during your next session. Remember, you cannot effectively do this with a client without fully understanding the experience first-hand. Practice with yourself, master it, and move on to teaching others.



Once you are ready to use the experience you've gained in this chapter to guide others, you will be ready to engage them on a deeper level. Probe for things that can elicit deep, authentic responses from your client and listen carefully to the responses they share with you.

Allow yourself, as the coach, to ask real 'transformational' questions if you feel it can better your client. If you feel that your client isn't aware of a hidden fear or limiting doubt, or even a secret dream or desire that could change their results, use the information you've learned in this chapter to help them bring those feelings to light.

Remember: awareness is about shifting their perspective, not giving instruction.

Answer the following questions:

What did your client's story cause them to believe about themselves?

What were their thoughts? Where do you think those thoughts came from?

Does your client have supportive inner dialogue or limiting inner dialogue?

Is your client aware of how this dialogue affects their 4 Pillars of Wellbeing?

What is the highest version of themselves that they want to step into?

What is their inner personal commitment to themselves and how motivated are they to achieve this?

Write Your Answer Here

C H A P T E R

# 07

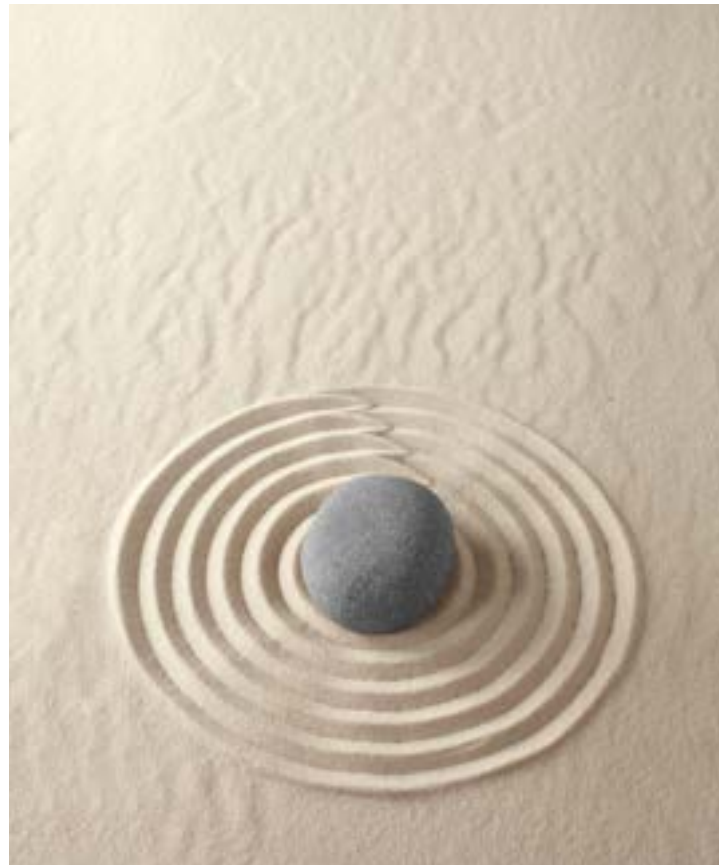
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## TRANSFORMATION & TURNAROUND

This final part of the process is about helping the client to shift their belief and mindset and solidifying all the previous steps. The client creates a powerful inner commitment to becoming this and changing his/her reality by shifting their thoughts, feelings and behaviour to become fully aligned to the commitment they have made to themselves.

## CHANGING THE NARRATIVE

By working with the client's current reality or story, we are helping them develop better energy management. We do this by using the Four Pillars. Ultimately, our goal is to help the client create a new and empowering narrative that will support them and propel them forward in their life's journey.



There are many tools you can use to empower your client within the Soul Awakening Method Toolkit. Use any combination of them to help your client know themselves on a level so deep that they truly believe they can reach for the stars.

The phrase 'I believe in you' is a powerful statement that needs to be at the forefront of your mind as a Coach. You need to empower them during the session so that they feel this empowerment and channel it into 100% commitment.

Your goal is to inspire your client to make the changes required to better their lives.

You cannot make the changes for them. However, you can help your clients to cultivate the commitment and belief within themselves so that in the face of any new challenge, they walk in with the confidence of your support.



## C H A P T E R

# 08

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## BECOMING A COACH

Becoming a Soul Awakening Coaching is NOT about giving instruction. It is not about ordering your client to do what you want them to do. At no juncture of the journey is the coaching ever about you, as the coach. In fact, it's the exact opposite. This is about helping your client become the very best version of themselves so they can live life freely, without reserve. It's about empowering someone in your coaching care to find the strength in themselves and use it to better their world.

# TRANSFORMATIONAL CHANGE

As a Soul Awakening Coach, you should aim to help your client aim for their ideal life, not just an average one. This means to achieve the best results, sometimes you'll lead and sometimes you'll follow, all in an effort to reach the higher goal. You will use the power of the client's archetypes to help them create better strategies for energy management and personal transformation.

Aiming for low-level goals means you'll get low-level results. When the goal is too easy, everything stays the same. Making a quantum change means tapping into the field of endless possibilities. Why aim small when you can aim big? If you don't push yourself, if you never dare to dance outside of your comfort zone and you don't find the courage, strength or motivation to go beyond what you currently think are your limits, what outcome do you think you will get?

You don't expand. And so, nothing actually changes. We live in a field of endless possibilities and potential. It is up to you how you use it.

Moving forward towards the ideal life creates a whole different dimension. And by doing so, you can encourage your clients to make bigger changes for bigger (and better) positive results.



# MOVING FORWARD

Before you can take your clients into the final transformational stage, you need to practice it in your own life first. How can you align to your highest values and leverage your strengths?

Remember, this is your time to work freely. Consider the changes you'd like to see in your life. Consider the changes you'd like to make as a coach.



If, while planning your goals you've encountered any conflict, think about them and why you felt you couldn't achieve them.

Then, from there, move from thinking into doing and don't hold back. 'Moving forward thinking' needs courage, boldness and a BIG quantum leap into the field of endless possibilities! 'Transformational thinking' is about taking a metaphorical quantum leap...it's about seeing all possibilities.

Answer all the following questions in terms of your ideal life goals:

What is a goal you've had that so far that you've been too afraid to attempt?

What is something you believe is impossible or "outside your reach"? Why? What can you do to increase your positive results, experiences and even your adventures? How can you do that?

Write Your Answer Here

*LIFE*

# GOALS

ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.  
PLAN YOUR GOALS USING THE TABLE BELOW.

GOAL:

GOAL:

GOAL:

GOAL:

GOAL:

# THE SECRET TO BECOMING A GREAT SPIRITUAL LIFE COACH

You've learned the concepts, and even learned some techniques, all of which can help you become an excellent Soul Awakening coach with practice.

But a good coach isn't just concepts, skill or technique.

A good coach is so much more than that. And it starts with attitude. Soul Awakening Coaches are intuitive and open-hearted and are tuned in to everything they do. They approach coaching with the idea of helping their client to become the best they can be.

Soul Awakening Coaches are ecstatic to receive ideas, insights and thought-provoking 'aha!' moments from their children, partners and team members.

They are willing to accept new insight from their peers, colleagues and even their competitors, so that they can use these insights to bring about change for their clients.

The coaching element in Soul Awakening Coaching is about being open, vulnerable and sharing insights or their parts of their own transformation.

It's also about being authentic and honest without regard for how good they look in front of clients.



# PRACTISE

Over the course of the next few days, do your best to discover opportunities that will help you learn and move towards your ideal self, relationship, business or life. Be open and try to look for ways in which you can do this with genuine humility.

For the next few days, find ways to practice your intuition. Be as open and truly authentic as you possibly can. Practice this curiosity, with as many people as you can. You may choose to do this through any medium of your choice via friends, clients, family or colleagues.

Dig deep and find vulnerable pieces of yourself that you haven't yet shared. If you find yourself being open about stories you've never told a soul before, you'll know you're on the right track.

Our goal during the next few days is to wander into the realm of the vulnerable. Where are you comfortable? What's beyond that?

Ultimately, this exercise will help you see what it's like to be vulnerable, and hopefully help you do the same for your clients. Understand that Soul Awakening Coaching is about being fully present as a coach. If you can do it for yourself, you can hold your client to the same level of accountability.

Use the space overleaf to list three stories or your own personal pain points you'd be willing to share with future clients. Remember: be open, be honest, and share how this has helped you reach your goals:



### ***Story 01***

*Write here...*

### ***Story 02***

*Write here...*

### ***Story 03***

*Write here...*



Y O U R

# INVITATION

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## FIND OUT MORE

We hope you have enjoyed this brief introduction to the Becoming a Spiritual Life Coach.

The full version of the Soul Awakening Method is included as part of the course materials in our Spiritual Life Coach Master Diploma Course.

This course is fully Accredited by the International Authority for Professional Coaching & Mentoring (IAPC&M): the only accreditation body approved and trusted by the British industry Ombudsman (IRCM) which means it delivers the highest levels of professional standards in the industry.

The course has recently been Awarded a Level 7 grading, which makes it the equivalent of a Masters Degree.

You can find further details about the course using the link below.

Why not book a Virtual Coffee with me, Anne-Marie, the founder and owner of the Soul Awakening Academy®.

i look forward to welcoming you into a new beginning.

[FIND OUT MORE](#)