



## The Certified Holistic Life Laser Coaching Process for Client (Semi Self-Directed) Programs

### Laser Coaching of Holistic Programs

#### (Semi-Self-Directed Programs)

With Laser Coaching you run your own program and assess your coach via laser coaching. This differs from coach guided in that you direct more the program activities with shorter, succinct precise, cost-conscious sessions. Both forms fully empower you, it is simply a matter of preference for the laser coaching you may wish to choose, due to time, constraints, preferences or pricing issues.

The program elements are essentially the same and at the end of this form but made into an abbreviated laser format is described immediately below.

#### Laser Coaching

The term "laser" refers to the precision and effectiveness of this coaching method. It is called "laser" because it aims to target specific issues or goals with intensity and clarity, similar to a laser beam focusing on a specific point. The coach and client work together to identify the core issue or goal and then apply various techniques to address it.

#### Laser Coaching is for clients:

Who need shorter sessions and sessions are time sensitive (can range from 15-25 minutes)

- Who are time constrained
- Who are in a very busy stage in their lives
- Who are full-time parents
- Who need more flexibility
- Who need clarity quickly
- Who have specific concerns
- Who need accessible pricing
- Who need to the point sessions
- Who need powerful results and bite-size wins
- Who wish to ignite their motivation
- Who need a simplified process and accessibility
- Who require to get right to the root of the situation
- Who need to addressing obstacles, barriers or a need to address quickly



### Why You Need Mind-Body Laser Coaching:

- You are suffering in some way and have had enough of it
- You cannot find answers in traditional places and feel you have nowhere else to go
- You are seeking a new awareness
- You need to address your disconnected body
- Going around medical 'experts' with no improvement
- You want to really "feel" your bodies
- You need healthier functioning, optimized mind and body and spirit too
- You need greater flexibility, curiosity, interest in bodyways (bodywork) or mind/body fitness
- You've made the decision to work on your body
- You know there is a new world that awaits your on this path
- You are ready to gain knowledge and power
- You have the basic drive toward wholeness
- You seek sensitivity, greater communication paired with greater flexibility
- You *are willing ready and able* to receive the messages from their body
- You will not disregard your need for balance and you know that now

Evaluation and Transition as stated above

The laser coaching elements are essentially the same but adjusted for time and client independence.

### Introduction

- Use *TID Coaching Intake Form*
- Created by Certified Holistic Life Coach with empathy and empowerment tools
- The programs are a safe and non-judgmental space for you to openly explore your thoughts and feelings.
- Though laser semi self-directed the program allows for sessions to check in whenever you need it.
- The laser semi self-directed process offers confidentiality
- Coaching format can be in person, over the phone, via email/IM or Video call
- You will have an Agreement and Medical and Physical Releases to review and sign

### Assessment, Visioning/Dimensionalize Your Purpose and Goals

- You take a thorough assessment of your current life situation, including their physical, mental, emotional, and spiritual well-being.



- Use powerful questions to help you gain clarity on your goals, desires, and values.
- You can identify specific areas of your life you want to focus on and improve.
- You set meaningful and achievable goals that align with your values and aspirations.
- You create awareness and identifying obstacles.
- You know your own *readiness for change* and *energy level* for transformation with designed action steps and strategies
- You develop self-awareness by exploring your beliefs, thought patterns, and behaviors.
- You are encouraged to use self-reflection on any limiting beliefs, self-sabotage, or negative self-talk that may be holding you back. Define if *Positive Emotional Attractors* or *Negative Emotional Attractors* which will be explained.
- Identify any external factors or environmental influences that may be affecting your well-being.
- You are guided in recognizing the impact of your choices and actions on your holistic well-being.
- You develop a holistic action plan that supports your goals.
- You break down the goals into smaller, actionable steps that can be taken in a reasonable timeframe.
- Incorporate a range of holistic strategies, such as nutrition, exercise, mindfulness, self-care practices, and personal development techniques.
- You explore potential challenges and develop strategies to overcome them.

### Ongoing Program Goals:

#### Progress Review and Reflection

- Regular review the progress being made.
- You are encouraged to share their achievements, setbacks, and lessons learned.
- Reflect on your experiences and explore any shifts in your mindset or behavior.
- Celebrate successes and acknowledge the client's efforts and commitment.

#### Holistic Coaching Techniques and Tools

- With Laser Coaching and with Embodied coaching you can utilize various coaching techniques and tools tailored to your needs and preferences. The Laser Coaching or the Embodied with a full spectrum coaching
- Both entail active listening, powerful questioning, visualization exercises, and guided meditations to deepen self-awareness.
- You are assisted in reframing limiting beliefs, challenging negative thought patterns, and promoting self-compassion.



- Introduce journaling, affirmations, gratitude practices, and other self-reflection tools to enhance personal growth.

### **Accountability and Support**

- You can consult with your coach via laser coaching to assess accountability for your commitments and actions.
- You get ongoing support, encouragement, and motivation as needed.
- You get feedback and guidance to help you stay focused and motivated.
- You are encouraged to reach out for support outside of sessions, such as joining support groups or seeking additional resources.

### **Holistic Well-being and Integration**

- You'll explore strategies to integrate positive changes into your daily life.
- You are encouraged to prioritize self-care, including activities that nourish their mind, body, and spirit.
- Explore relationships, social connections, and community involvement to promote holistic well-being.
- You are assisted in finding a balance between work, personal life, and their overall well-being.

### **Evaluation and Transition**

- Your progress is regularly assessed and evaluate the effectiveness of the coaching process.
- Your coaching plan adjusted as necessary to meet your evolving needs and goals.
- Your coach guides you to a smooth transition by reviewing your achievements, discussing your continued growth strategies, and providing resources for ongoing self-coaching.
- When you are ready, you are offered a final session to celebrate your journey and explore future possibilities.

*Fully Self-Directed Programs are found in the [This is Diana Program](#) page*

*Coach directed and Laser Coaching can be found in the [This is Diana Booking](#) page*