



The Holistic Life Coach Guided Programs

With coach guided programs you work with added support from your holistic coach. The sessions are longer and deeper more specifically guided and reviewed. You can get a full understanding of what embodied coach guided coaching is here.

General Coaching of Holistic Embodied Programs

Introduction: Initial Phase

- We Use *TID Coaching Intake Form*
- You'll work with your Certified Holistic Life Coach empowerment tools in a safe and non-judgmental space for you to openly explore your thoughts, feelings and goals.
- The embodied coaching program allows for scheduled weekly, 45 minute sessions for an average of 4 to 6 weeks, depending on your specific circumstances and situation.
- The embodied coaching process offers confidentiality and freedom of expression.
- 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, (*Spiritual Assessment, Whole Body Assessment, and Mental Wellness Health Assessment*)
- 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*
- 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 encourage to prioritize self-care, including activities that nourish their mind, body, spirit and environment.
- 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