

A 50-60 Minute Introduction to: The Circle of Life Process™ – Health & Wellness Coaching

<p>Prepare & have available</p>	<p>General:</p> <ul style="list-style-type: none">• Light snacks & water (tea & coffee optional)• Have Circle of Life poster/s set up• Pens, crayons & colored index cards (The index cards are for the participants to write down a self care action step for the next week.)• Flip chart• Music (without lyrics):<ul style="list-style-type: none">○ Upbeat, music to move to as people enter beginning and exit at end (pick your favorites ;)○ Relaxing music for visualization, background, etc during intro (such as Russel Walder: “Pure Joy”; Health Journeys: Imagery Music 1: Meditation (call 800-800-8661); or go to CoL tools website for other song and music recommendations. <p>Handouts for Participants:</p> <ul style="list-style-type: none">• Circle of Life Assessment• Create a Handout from Circle Self Care Practices in the Participant’s Guidebook Part 3. Examples:<ul style="list-style-type: none">○ The Ear & Hand charts are always fun.○ The Daily Check In is a great way to briefly review simple ways to do mind/body self care throughout the day.○ Choose from any of the practices that you like.• Flyers about upcoming retreats or groups/or one- to- one coaching• Your business card <p>Powerpoint (optional):</p> <ul style="list-style-type: none">• Use either one you have created or the ones available from CoL (we have one for purchase and a downloadable 5-slide ppt on the coach tools page)• If using powerpoints add 3-5 minutes to your presentation (where ever you want it: beginning, middle or end of your presentation) depending on which powerpoint you wish to use.
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<p>3-6 minutes Introduce Yourself & the CoL process Refer to the CoL Process Poster Coach Approach</p>	<p>Include your personal enthusiasm and your personal experience of the benefits of the Circle of Life Process™. Tell why you chose to be a Circle of Life Coach.</p> <p>Starting from the center of the circle, on the CoL poster:</p> <ul style="list-style-type: none"> • Self Care is the core essence of the Circle of Life • It is a holistic process that addresses 12 areas of our lives • Optional: Describe the 6 PHASES and/or the 15 Powers <ul style="list-style-type: none"> ○ The whole process is done in 6 Phases (refer to the poster or the same graphic downloadable from the coach tools page) ○ Supported by 15 Powers <p>If you choose to discuss the 15 Powers, say a line or two about a couple of the Powers – choose any you wish (listed below are ones we often use):</p> <ul style="list-style-type: none"> • Intention • Fail/safe system • Accessing inner wisdom • The power of the group • Or any power that best applies to your audience. <p>Group support using the “coach approach”</p> <ul style="list-style-type: none"> • Means no advice-giving, opinions, judgments • Participants offer ideas, experiences and resources
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<p>2 minutes Relay</p>	<p>Every aspect of our lives can either support the other aspects of our life or can have a negative impact or drain other parts of our life.</p> <ul style="list-style-type: none"> • So if we are strong in one area, for example Exercise, we can see that it could easily support us in the areas of Stress Mastery, Self Esteem or Healthcare. • If we are being drained in an area of our life, it will also affect the whole. For example if you are deficient in the area of Finances, this can affect the other areas of your life such as Stress Mastery, Relationships and so on. • So no matter what aspect of your life you decide to change it will support other aspects of your life (refer to the 12 areas on the CoL Process poster).
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<p>5-8 minutes</p> <p>Lifeboat Analogy</p>	<p>Lifeboat Analogy</p> <ul style="list-style-type: none"> • Lead in visualization (approx 3 minutes) • Ask participants for a couple of volunteers to share their experience. • This exercise helps us to become aware of your subconscious messages and internal belief systems. • The Circle of Life Process will help you improve how directed, well-equipped and supported you are on your journey to your next chosen destination.
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<p>1-2 minute</p> <p>Optional Examples</p>	<p>Optional: Present an example of someone who has benefited from the CoL process; use an example that would pertain to the group you are presenting to.</p> <ul style="list-style-type: none"> • From Part 1, pgs 3-4, is a good example of Self Care • Or Part 2, the 12 examples in the 12 sections • Or testimonials on the CoL website • Or your own examples
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<p>3 minutes</p> <p>Relay Focus on Self Care Practices</p> <p>3 minutes</p> <p>Lead Mind/Body Practices</p>	<p>An incredible benefit for your health & wellbeing included in this program, is the learning of easy to use 1-5 minute Mind/Body Self Care Practices.</p> <p>Applying these simple, yet powerful self care practices throughout the day can greatly diminish the effects of stress, heal our bodies, steady our emotions, focus our minds and recharge our batteries to be able to create the health and lives we want. (see Guidebook, Part 1, pg 37 & 38)</p> <p>Lead any of the Mind/Body practices. You can draw from:</p> <ul style="list-style-type: none"> • The 10-minute body tune-up (Guidebook, Part 3) • One you learned at the CoL training / or one you already use • Dr. Roger Jahnke's book, <i>The Healer Within</i> • Or put music on and move to it improv-style.
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<p>5-8 minutes</p> <p>CoL Circle Assessment</p>	<p>Have participants take the CoL Assessment.</p> <ul style="list-style-type: none"> • Measuring their satisfaction on a scale of 1 to 10 (show them the example on the CoL Poster or pass out Jean's example (Guidebook, pg 11). • Put on relaxing music and let them color it in. • Have them write down the area that received the highest score.
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<p>4 minutes Partnering 1-2min each</p>	<p>Have participants partner up and discuss what makes that aspect a high score/strength for them. For example they might:</p> <ul style="list-style-type: none"> • Spend time on it • Value it • Prioritize it
<p>Ask</p>	<p>How does that area of strength support other areas of their lives in the circle?</p>
<p>1 minute Discuss</p>	<p>Regroup and discuss briefly the benefit of starting with focusing on your strengths instead of focusing on your problem/s.</p>
	<ul style="list-style-type: none"> • What happens to your energy or how do feel when you acknowledge your strengths? • What happens to you and your energy when you talk about your problem? <p>One of the 15 powers of the Circle of Life process is to focus on your strengths. Whatever you focus on gets bigger - therefore focusing on your strengths & victories will give you more confidence & power to create the changes you want in any area of your life.</p>

<p>3 minutes Write down On Index card Action Step (part 1)</p>	<p>Have participants write on their index card one realistic self care action they will commit to take next week. Give suggestions such as:</p> <ul style="list-style-type: none"> • Taking a 20-minute walk • Taking 1-3 minute breaks to apply the mind/body self care practices • Taking an 1hr of self-care • Having a play day
<p>Schedule (part 2) Challenge (part 3)</p>	<p>Next, have them write on their index card: When (day & time) they will commit to take the action step.</p> <p>Also have participants write on their index card: One possible challenge they might run into as they take their self care action.</p>

<p>4-6 minutes Partner/ Time this carefully: Each person gets 2-3 minutes</p>	<p>Have participants divide into partners. Have them share with each other:</p> <ul style="list-style-type: none"> • What their action step is • When they will take it • The possible challenge they think they might encounter • How they might work with that challenge • Or if they would like to hear how their partner/s have worked with a similar challenge
<p>Relay Statistics</p>	<p>Coach relays statistics. Harvard research studies showed:</p> <ul style="list-style-type: none"> • If you write it down you are 65% more likely to take the action step. • If you create accountability (i.e., telling someone else what your action step is) you are 85% more likely to take the action.

3 minutes Closing	Mind/Body Practice of your choice. OR The 3-minute relaxing, safe-place and empowering visualization (downloadable from coach tools page).
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4 minutes Ending	(Optional) End with volunteers sharing: <ul style="list-style-type: none"> • What they liked or enjoyed. • How they see themselves potentially benefitting from this process. • Any comments?
Your offer	State what service/s you offer or provide, for example: <ul style="list-style-type: none"> • A retreat (any variety of ½ day to 3 days) • A CoL group coaching support (range 4-12 weeks) • Individual coaching sessions • Phone or in person sessions (group or individual)
Sign-up sheet & flyer	Have a sign-up list for interested people <ul style="list-style-type: none"> • Email • And/or phone • Any other contact info you wish to collect • A space where they can check off if they are interested in upcoming dates or for future sessions. Make sure to have: <ul style="list-style-type: none"> • Your cards • A list of your services • A brochure or flyer for your next scheduled offering/s.

Sample Blurb	Feel free to edit this in a way that works for your particular needs: <p>This retreat/support group/seminar/workshop (whatever you want to call it) will be presented in a safe, confidential environment, where we take the time to bring the focus to you. We help you achieve what you want and need by accessing your own inner wisdom, and with the support of the group, without advice or opinions. You will be supported in a fail-safe, highly effective, step-by-step process to fulfill your intentions, passions, dreams or goals in any of the 12 areas in your unique Circle of Life.</p>
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