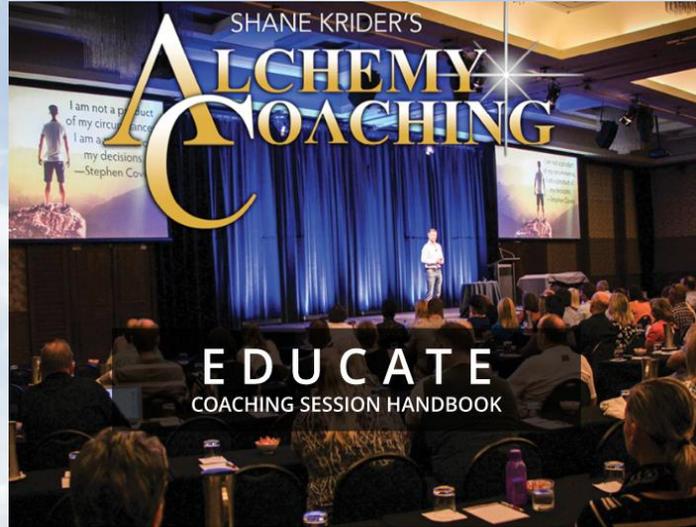




Coaching Skills.

The Coaching Process.

So many people start with a DREAM to have a more fulfilling life, to have more success, and yet fail to get going.

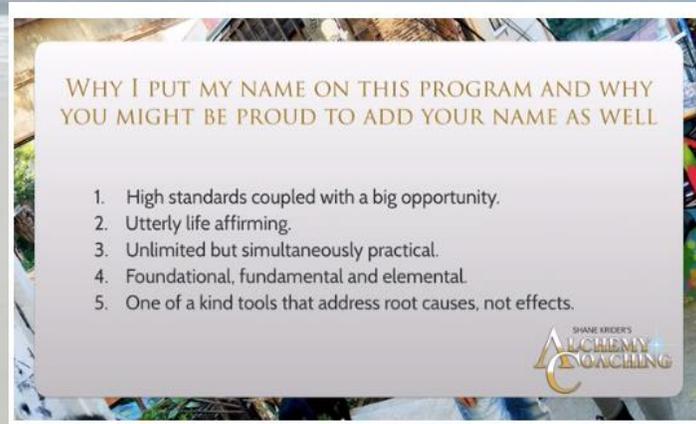


I have spent 20 years of my life working in the space where circumstance was dictating how people were living to that effect.

This information is at the next level of understanding that circumstance is not the dictator of your result.

There is a formula and a process for creating a different outcome.

How to keep your Attention on your Intention.



The Coaching Process.



ALCHEMY

To be a great coach you need to be the Zero Point. The source point. And so does the person you are coaching.



ALCHEMY

Be the Zero Point. Be the source for what you truly desire. Live into your greatest possibilities. Embrace your power to manifest a brand new reality.

The Coaching Process.

BE THE CURATOR OF YOUR SELF/WORLD IMAGE  

- Understanding the Fractal Nature of Consciousness.
- You are not broken.
- You don't need to fix yourself.
- Take actions internally and externally to curate these images.



Discipline 1

OPTIMAL SOLUTION OR OPTIMAL CHALLENGE?  



- What really makes us feel alive, raises our self esteem and our emotional state?

Discipline 3

CONFRONTING POTENTIAL  



- Looking forward is looking at raw potential.
- Diverse pattern recognition is required to see opportunities.
- Seeing new patterns is a muscle that needs to be developed.

Discipline 2

WHAT DO YOU WANT?  

- For yourself?
- For your family?
- For your community?
- For the world?
- For the future world?



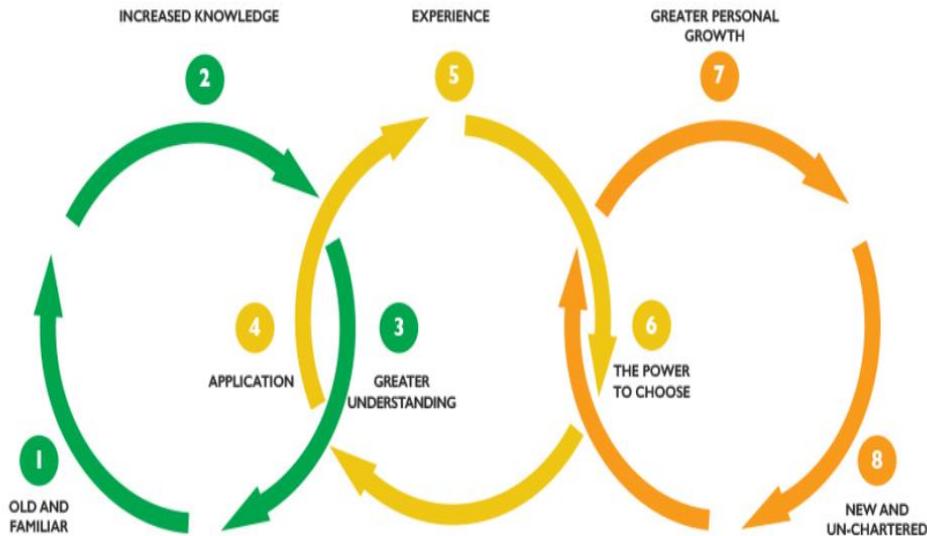
Discipline 4

We will explore what these mean in terms of changing and nurturing your progress.

The Coaching Process.

CHANGE IS A PROCESS NOT AN EVENT

KNOWLEDGE + APPLICATION = PERSONAL POWER



What we will present to you is designed to help you understand why you are where you are, and create the foundation to a different and accountable way of thinking.

To know for yourself.

Know for yourself where you are now. No judgement

Exercise.

Just record the significant milestones, good and bad. Time line of your life thus far...financial, relationships, feelings and your aspirations. Break into three sections:

Childhood/work life(ups and downs..

Work life/ now.....result do you have?

Now till deathwhat's the plan (your intention)

Just observe the time line....

From my perspective, you are looking for a solution to something.

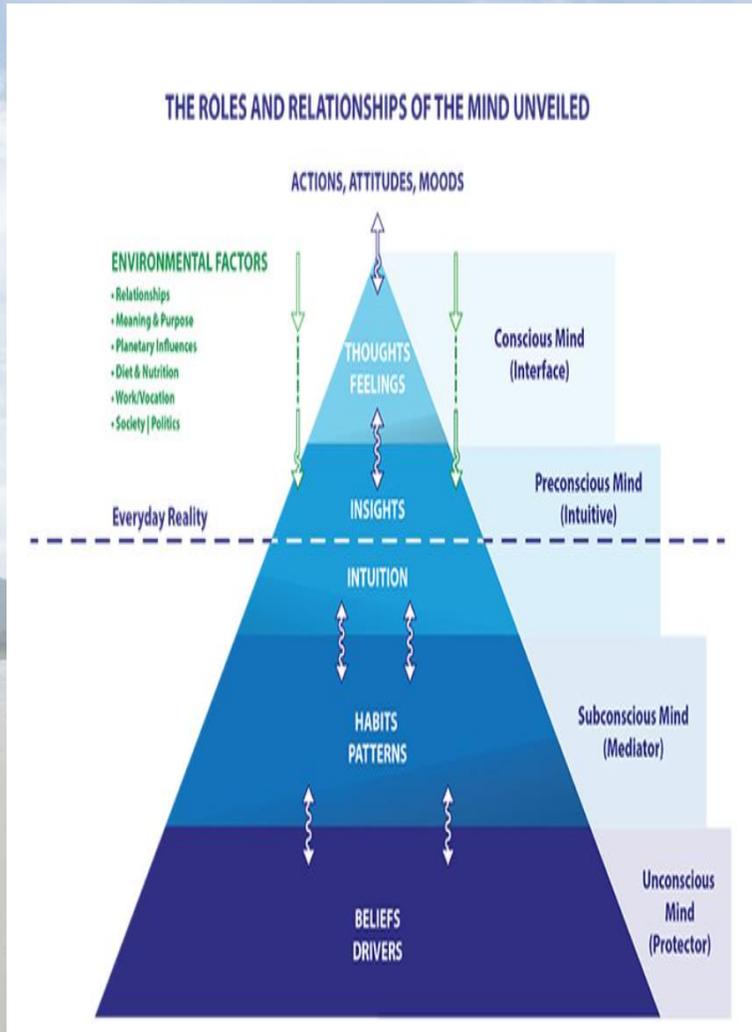
If your life is not what you want then change has to take place.? do you accept that?

The first steps of any process starts with Taking Action.

The questions:

- What do you want to achieve?
- So you know what you want to become?
- Where are you NOW? Physically, emotionally and financially.
- Where do you want to BE? What's your La Dolce Vita look like?
- What is your ideal day/week/partner/etc?
- What's your biggest Challenge so far?
- What is your ideal solution???
- What would you like to be known for?
- Revenue 12 months/ 2years.
- How important is this for you?
- What does it look like for you, if I can answer all your questions and concerns today.





How we learn:

Internal world is created by your five senses. Sight smell touch hear taste. And importantly we learn “rules” and “rewards and punishment.”

These you interpret initially due to your environment, and later as you interpret what you experience based upon those five senses.

How you interpret those leads to your

BEHAVIOUR WORLD.

This world comes to you from your feelings (based on your interpretation of reality created by you with your five senses. Feelings >Actions>Habits>create your life. (your behaviours or Paradigm)

Exercise 2.

Examine your real world as it is right now, and see if you can examine choices you have made in the past that have led to results that you are experiencing right now.

Use your time line and the wheel of life as tools to assist. Don't judge, just observe everything about your past life.

HOW WE LEARN:

Conscious mind:

Higher faculties of the mind: reason, perception, intuition will memory and imagination;
Live consciously?

Unconscious Mind:

This is built over time by your senses and becomes habits. The default system. There is hidden triggers installed in this default system, by the feelings that were attached to how you viewed them at the time.



How to Create Change:

The reality is that this can be challenging, because you now have to live consciously.(why you need a coach).

How do you deal with Change? Comfortable?/uneasy e.g. new school? New workplace? New people.

How do you deal with the required mindset.

How do you deal with the emotion.

With the fear? (real and unreal?)

How do you deal With expectations?

How do you deal With your beliefs? (important)

Beliefs are the drivers of human behaviour.

Have you ever had a good intention but were unable to stay focused on that intention (diets, exercise etc)

The need for a coach:

To put it bluntly, what gets measured gets results.

Where are you?

Will your Vehicle (business/service) provide the Results you are looking for?

Why most still Fail??

Most of us think from the past(memory) and its difficult to think from the future.

Immerse yourself in new learnings....and activities.

Where do you place your energy...here and now, or in the past memories.

In the here and now ..you can think about your thinking.

Believe in possibilities, means you believe in yourself. What you seek is seeking you. The principle of correspondence.

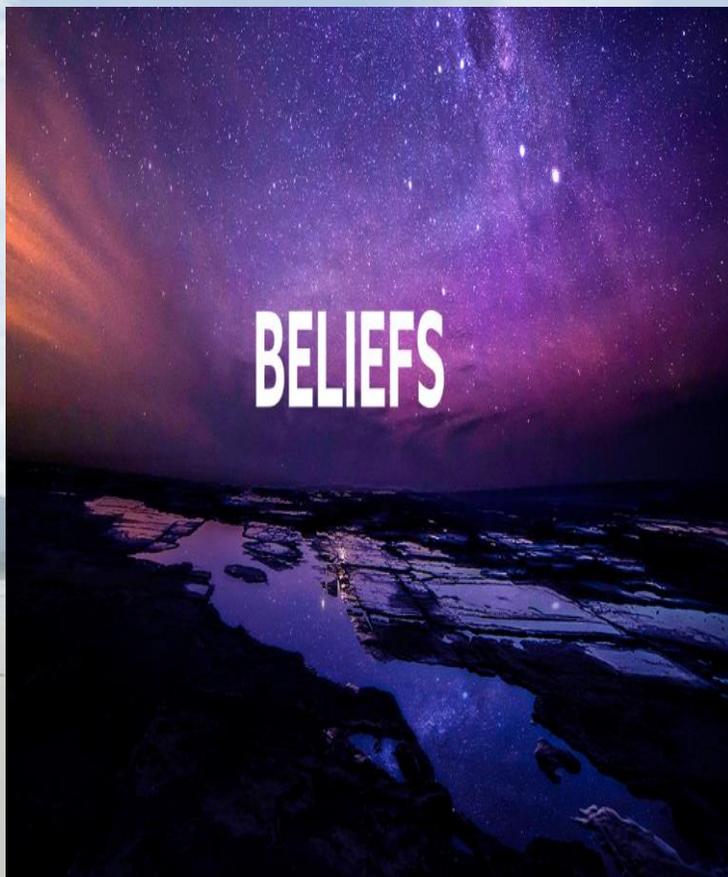
Brain and heart coherence. That's your La Dolce Vita.



**The Transformation has taken place.
What does that mean?**

- 1) Have the results.
- 2) Have the ability to Enjoy
- 3) Have the ability to live your La Dolce Vita
- 4) Have the ability to do more.
- 5) Have the ability to Pay it Forward.
- 6) Have the ability to Choose.
- 7) Have FREEDOM, the ability to do what you want, when you want, with whoever you want, for as long as you want.





What are your beliefs?

Religion, education, multicultural, indigenous Australians, riots, politics, success, money...something comes to mind with each belief. Examine it and see if its valid today. Examine your Beliefs. What beliefs hold you back?

Principle of correspondence, polarity and causation, role play and mentalism are all relevant here. Let me explain.

Question? Do you believe the sun will rise tomorrow? Are you Sure? Absolutely certain?

Now consider something you're not sure about?

Your next stage of Life?

Do you have any doubts about your success?

If you do, then the subconscious mind delivers to you automatically more thoughts along those lines, just as it delivered more thoughts about how the sun will rise in the morning.

Creating a stronger belief system is the base of all change. (role of the coach)

Imagine what can be possible for you in your life if you can create a belief that drives you?(e.g. Columbus, Steve Jobs, Elon Musk, Bob Proctor, etc)

Summary Process.

The natural success mindset has been installed since birth. You just need to find it again.

Your five senses may have hidden it, (thoughts feelings habits action=behaviour)

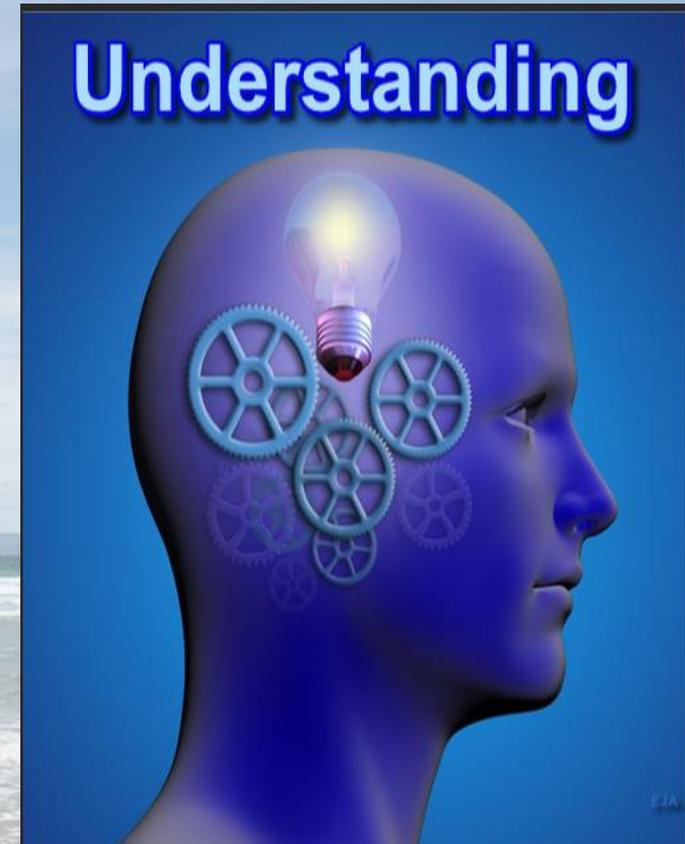
Confidence. You had it once. It just needs to be found again. Its like a passport, you either have it or you don't. Lost your passport...get a new one...re-install a different operating system and be consciously choosing your thoughts. (product range 17 days and beyond freedom).

Evaluate the doubts that pop up and question them. They are just lessons to correct the thoughts. Make the decision to be confident.

Persistence. You always have had this. Think about a skill you learnt (driving, work related, game etc) where you persisted until you learnt it. You had the persistence because you knew where you were going.

Do the actions: stack the deck in your favour with as much activity as you can.

Have the Result: Create and live your designed life, your La Dolce Vita.





You have a reason to be here. Lets chat.

Financial peace of mind is the outcome. Are you prepared to LEARN that you will need new information and action.

You would not be here if everything was well in your life.

The outcome is the end result of you following the process.

Are you willing?

[lets have an exploratory session to see if this is for you.](#)

Or you can email me direct:
Brucerossonline@gmail.com