

## **Checklist for a Successful Intuitive Coaching Session**

- 1. Ask your client what their goals & issues are currently, specific intentions for the session. You can let them know you take them into your prayer and meditation time before the session. In my experience, the work begins before you actually get on the phone or on Zoom with the client. The work has started when your souls decide to work together and it continually unfolds. Meditate before your session and hold the client in your awareness. See what comes up for the session when you clear and empty your mind of all expectations. Simply hold the client in your awareness, visualizing them in optimal health and radiance, happy and thriving. You can dowse beforehand, too.**
- 2. Connect your energy field to your client and call in the highest versions of your souls to be with you for the session. This is powerful to invoke. You can also call in their spirit guides, healing team, angels and yours specifically or by simply asking for all those who love both of you to be with you for the work you will do.**
- 3. Check in with them and ask them how their body feels, what's on their mind and how they are doing emotionally this day.**
- 4. Have a plan to work on something specific they have mentioned they want to focus on and at the same time, make room for the holy and allow the plan for the session to be derailed if their soul has other plans. By making a solid game plan for the session and being organized by looking over their human design, you will always have helpful info to share to fill the space. But by leaving room for the invisible world to help, you will never have to worry about the outcome of the session because you are not in control, their soul and your soul are making a healing triangle with God/Source/Creator and you are co-creating the healing work.**

5. If you are ever at a loss for what to cover in a session, there is a wealth of information in researching someone's incarnation cross, channels and gates in human design and profile.
6. Leave room for energy work. This is unstructured and intuitive supportive work and enhancement on the quantum level. You can narrate the energy work you are doing or be quiet and just have the client breathe while you work with the subtle layers of the energy field. The more you practice opening to connecting with clients this way, the better you will get.

There are many reference guides and resources for checking these human design attributes, once you have generated the client's free chart.

Take a quick look at the client's incarnation cross and help them understand their life purpose:

<https://ahumandesign.com/incarnation-cross/>

Identify their unique channels (which are chakra connections) that show you their greatest strengths and gifts. Give them the homework to research these channels because this is FREE for them to study.

[https://www.justfollowjoy.com/blog/human-design-101-the-gates-and-channels#:~:text=Your%20gates%20can%20be%20found,both\)%20between%20two%20activated%20gates.](https://www.justfollowjoy.com/blog/human-design-101-the-gates-and-channels#:~:text=Your%20gates%20can%20be%20found,both)%20between%20two%20activated%20gates.)

<https://www.daylunallife.com/all-podcasts/how-to-read-your-chart>

Take a quick look at their profile to see how they operate best. This is all very practical, valuable info that is not mystical or hard to comprehend. You can help them come home to understand themselves fully as you assist them in getting clear on what they want.

[http://www.jovianarchive.com/Media\\_Library/Audios/8/The\\_Profile\\_Series](http://www.jovianarchive.com/Media_Library/Audios/8/The_Profile_Series)