

## HOW SHOULD I APPROACH STUDYING THE PROGRAMME?

My suggestion for you is this:

1. First read each module in the **textbook**, and answer the **working questions** that come up in the textbook as you go.
2. Then **watch the videos** connected with that chapter from the Sensational Eater online course.
3. Bring your findings and your problems to your **1:1 coaching sessions**. Instructions for how to book these are in the Welcome section of your online course.
4. You can also chat to Laura between sessions via our back-and-forth **remote message coaching service**, leaving her video, audio, or text messages. Some people, depending on their time zone, prefer to do their entire coaching journey this way.
5. When you have completed the module in the online platform, **listen to the core hypnosis recording** for that module.
6. **Relisten** to this core hypnosis recording at least 10 times before you move on to the next module.
7. **Book your 60min hypnosis session** for each module. The sessions to choose from are outlined in a 'hypnosis menu' in your online platform, at the end of each module. (It's also important you do the hypnosis prep and share it with Laura, because then we can make your hypnosis as relevant, personal and powerful as possible).
8. We'll **do your hypnosis session** live in one of your 1:1 sessions, so you'll need to be somewhere you won't be disturbed, with good internet access. Anywhere you can relax will do: some clients choose their car!
9. We'll record your hypnosis, so **relisten to the personal hypnosis recording** several times.
10. **Complete your module quiz** in your course platform. Quizzes are Open Book (meaning you can look back through the material for the answers). Get 90% to move on.
11. **Leave a message** in your private message exchange, or in the community area - up to you - summing up what your biggest breakthroughs.

