

Energy-Based Coaching: What You Need to Know

My, how things can change when we move past our resistance to specific words from our external situations and we do our own internal work!

The world needs coaches more than ever. Let's get clear on what the word coaching means first. I have no more resistance to this word now that I've done my internal work!

"The origin of the word "Coach" can be traced back to the 1550's from the Middle French coche, the German kutsche, and the Hungarian kocsi (which literally translates "carriage of Kocs", from the name of the village where carriages were made).

The meaning of coach as an instructor or trainer first came about in approximately 1850; it was used as slang at Oxford University for a tutor who "carries" a student through an exam.

Coaching is a specific type of conversation between the coach and the team, employee or client being coached. Instead of directing or advising, the coach asks powerful questions that help reframe their challenge and identify new behaviors and actions that will help them better achieve desired outcomes."-Terrie Lupberger, Senior Trainer, Master Certified Coach at The Coach Partnership.



“No one wants coaching. What we all want is someone to help us get from where we are to where we want to be. This is how an effective coach “carries” their client to the desired outcome.”-Andrew Lawless, Certified High Performance Coach

And now, here's where it gets really exciting! Here's my definition of what you are about to learn. Lean in close for this. No one is doing this level of coaching or this style of coaching ANYWHERE.

“Energy-based coaching goes beyond asking questions and assisting clients with goals and desired outcomes. What we offer is a holographic, comprehensive look at who you are as energy, who you came here to be. We delve deep to connect you to your soul and help you remember your true purpose. In energy-based coaching sessions, sometimes we discuss chakra issues and astrological factors, most of the time we do energy work together in the session, other times we connect with your healing team and guides for answers. The sessions are always different but the goal is the same: layer by layer, center by center, you learn self-awareness and empowerment through your own energetic blueprint so you can make the most of your life. Your internal assets: the gates, channels and circuitry of your chakras and energy field are the keys to high performance and success in every area of your life. Each intuitive session is part “how-to”/action based and part nurturing/receiving. Every coaching session is a healing journey that takes you further home TO YOU, assisting you in the exploration of your own energy body. The coach is the tour guide assisting you in your own empowered self-healing process. The end result of the work is that you become your own healer and you use your coach as a supportive guide and mentor.”-Evangeline Hemrick

Techniques used in Energy-Based Healing Sessions are sourced from healing modalities around the world including ancient shamanic & indigenous wisdom from many lineages and traditions along with Reiki, Huna, Raymon Grace's dowsing system, Louise Hay's coaching program, EFT tapping, Awakening Your Light Body training, DNA activation along with high performance coaching training and corporate wellness & leadership programs.

Why do people need Energy-Based Coaching?

People need a coach to help them achieve balance in a busy world. Most people are working through a pain point, struggling to balance the areas of their life with something they desire and they just don't know how to get there by themselves.

This is where a competent coach comes in. Whether it's a fitness coach, nutrition and wellness coach, financial coach, sex and relationship coach or life coach, clients find the person who can carry them to where they want to go.

The reason successful top performers in every career typically pay for coaching is because high performers realize they need to be accountable and be pushed to meet their goals. What I noticed when it comes to some of the top paid coaches is that the people paying their premium rates were all wildly successful already. I started putting the pieces together that the higher someone's level in their field of excellence, the more help they invested in! This is an abundance mindset ripple effect and I want you to pay close attention to the quality of life of high performance coaching clients.

Energy-based coaching is like high performance coaching on steroids because you are teaching these highly functioning people how to understand their own energy and BE their own healers! The world needs more of that! Even in corporate settings, individuals want to hone their intuitive abilities and everyone wants relationships that work.

In essence, when you help someone to work with their own energy, you ARE a relationship coach, a sex coach, nutrition coach, fitness coach, financial coach, and life coach!. The client learns how to work with their ENERGY, which affects every part of their life! Areas of your life that can be improved through coaching with energy awareness:

Relationships, physical health, financial health, business success, emotional well-being, spiritual growth and development of skills and tools to make life better.

How does psychotherapy differ from coaching?

“Although psychotherapists certainly do some coaching as part of their work, psychotherapy is a professional relationship that is focused on the past and helping the person deal with challenging emotional or behavioral problems like childhood abuse or addictions. Psychotherapists in the US have extensive training in testing for, diagnosing, and treating mental disorders that are causing a significant disruption in the person’s life. When you first discuss personal coaching with a potential client, ASK if they are in therapy now or ever have been. If the answer is yes, ask for some background on the issue.”-Patricia J Crane, Ph. D

When do I refer someone to a therapist?

Anytime someone is working to release blockages from past events, therapy is recommended and goes hand in hand with coaching, I compare the strong professional relationship between an excellent coach and a psychotherapist to the combination of a solid physical therapist and bodyworker/massage therapist. In perfect combination, their skills are married to give you the best outcome and you need both for success. In the excerpt from my book where I teach you how to assemble your dream team of practitioners, you will see how far a solid team of referrals can take your healing/coaching practice. Who doesn’t need therapy? Well, in my opinion, anyone who has never experienced any kind of trauma or loss, any difficult experience in life that needs healing. That’s the majority of humans on planet earth, if you ask me! EVERYONE can benefit from therapy and coaching! We will talk more about assembling your dream team later on.

What happens in traditional coaching sessions vs Energy-Based Coaching sessions?

Traditional Coaching: In the first few sessions, you help the client clarify and set their goals. You would begin teaching the fundamentals of personal change: loving yourself, transforming negative thoughts, uncovering programming and conditioning, using affirmations and creative visualization. As the sessions continue, you reinforce these tools. As you reinforce the BIG goal(s), each week you review how the client has done in the previous week with behavior changes, meeting smaller goals, and/or identifying challenges that are creating blocks. Many coaches meet weekly over the phone or on Skype or Zoom.

Energy-Based Coaching: The first session is usually an assessment of the client's chart using the Human Design system to determine areas of concern with chakras, regions of the body to be addressed, etc. There is typically an initial video meeting after assessing the intake form. The coach and client will then proceed with energy healing and intuitive development practices which will result in homework for the client. Energy healing sessions continue to have an effect for 10 to 14 days. Every two weeks is recommended for energy work and time for the client to do their own work and really show up for themselves. A small over the phone check-in is recommended on the off weeks between energy work sessions and this is when more consulting "head knowledge" information can be shared about the client's chart, etc.

What are the typical fees for coaching?

In the US, beginning coaches charge around \$400 per month for a half-hour phone consultation weekly, reviewing any assessments the client has filled out. Energy-based coaching is more time consuming and sessions take longer. If the client is going to sign on with you on a monthly basis contract, I would suggest no less than \$600 per month for bi-weekly sessions and weekly check-in calls.

If you are already offering energy healing services, you can include coaching into your energy healing practice and charge accordingly. I have been to coaches who are \$300 per session, \$1500 per session. You have to be in alignment with your rate and we will work on this together.

How long do I coach someone?

The minimum recommended for coaching is two months, but most personal coaching relationships last longer than that, up to one year and even more. This is because significant changes take time to assess and implement. People are often making many changes along the way to reach their goals they have set. We all need ongoing support, clarification and someone who can see our blind spots along the way. Take time every two to three months to assess progress and create new goals and visions.

Personal Coaching Skills

- 1. Listening-** True listening is an art. A coach listens carefully and deeply in order to hear the client's issues beyond what the "problem" is. One of a coach's primary goals is to listen to the unloving statements people make about themselves and help them recognize where they can love themselves more fully,
- 2. Ask the right questions-**As a coach, you want to identify any conflicting feelings the client might have about reaching their goal.
- 3. Support, Nonjudgement, Inspiration and Trust**
- 4. Offering Creative Solutions**
- 5. Suggesting Resources**
- 6. Assigning Growth Work (not homework)**