



Welcome to The Creatively Fit Coaching Training. I am honored and excited to gather together to CREATE more of what we WANT and share our abundance with others!

YOU are here to help change the world...if that does not feel totally comfortable to you, it will in a couple of months!

You are here because you are passionate about our individual + collective creative potential. You are here because you want to create or expand your business coaching + teaching OR you are here because you want your own creative immersion + personal transformation.



In this document is the outline of the training, the dates and times of our Group Calls and all important links and numbers.

SAVE THIS FOR REFERENCE THROUGHOUT THE TRAINING.

****There are options to UP LEVEL your training with personalized support. Check the Welcome Section in the course curriculum.****



Training Schedule for Vision Quest & Super Soul Flow

This part of the training will be led by your team of CCFC Guides. They have successfully completed the CCFC Training and have a full spectrum of experience with this content, both personally and professionally. They will be available to you via your private FB group & Group Calls. Angela Murray is my CCFC Master Coach who will oversee this part of your training.

You will love them all!

May 1st to June 18th Vision Quest . 4 Elemental Modules

- May 1st AIR Module (two weeks)
- May 15th FIRE Module (one week)
- May 22nd WATER Module (two weeks)
- June 5th eARTh Module(two weeks)

****TWO WEEK INTEGRATION TIME.****

July 3rd - August 13th Super Soul Flow . 8 Modules

- July 3rd Lessons 1 + 2
- July 10th Lesson 3
- July 17th Lesson 4
- July 24th Lesson 5
- July 31st Lesson 6
- August 7th Lesson 7 + 8



Join me for PAINTING

meditation!

All **Group Calls** Meet on Zoom & are recorded.
Click this link to join us live for ALL calls (no password required):
<https://us06web.zoom.us/j/83709981768>

Dates of Group Calls for VQ & SSF:

Kick Off Call: Tuesday, May 3rd . 2p PDT . 5p EDT . 10p London

Vision Quest I Call: Wednesday, May 18th . 2p PDT . 5p EDT...

Vision Quest II Call: Thursday, June 2nd . 2p PDT . 5p EDT...

Vision Quest III Call: Tuesday, June 14th . 2p PDT . 5p EDT...

Super Soul Flow I Call Thursday, July 7th . 2p PDT . 5p EDT . 10p London

Super Soul Flow II Call Wednesday, July 27th . 2p PDT . 5p EDT...

Super Soul Flow III Call Monday, August 8th . 2p PDT . 5p EDT



OPEN STUDIO ZOOM SESSIONS HELD WEEKLY. DATES TBD.

Part of the magic of this training is that it is laser-focused on you sharing your heARTs as much as possible and as quickly as possible because the world needs it right now! Starting in Month #4, I (Whitney Freya) join your training to inspire you to put yourself out there & grow your following, your income and your joy! *You will have plenty of time during this four month training to complete Super Soul Flow... I will be sharing how to use the SSF process in this Creative Biz container!* Each workshop will be a 3 hour, working workshop with action taken each month that is in alignment with your intention for this training. We will also have a 2nd, one hour, workshop towards the late-middle of each month for ongoing support.

Workshop I - AUGUST: Monday the 1st. 1:00 to 4:00p PST

- You start sharing from your heART & use SSF in the process.
- 1-15 Creatives Making Money (CMM) lessons

Workshop II - SEPTEMBER: Wednesday, **AUGUST** 31st . 1:00p to 4:00p PST

- Receive the 3-part video series you want to create and share. Outline series.
- 15-30 CMM

Workshop III - OCTOBER: Tuesday the 4th. 1:00p to 4:00p PST

- Create the 3-part video series
- Coaching + the CF Model

Workshop IV - NOVEMBER: Tuesday the 1st . 1:00p to 4:00p PST

- Launch video series.
- Teaching workshops in-person or virtual

Additional Training Requirements

1. Create your own zoom.us account: This is free. You want to have this available for innumerable sharing opportunities!
2. If you do not have one already, you will create a separate FB page for YOU as a Life Artist, an artist, Creatively Fit Coach, etc. This is in the “We Start Sharing...” section of our training at WhitneyFreyaStudio.com.
3. You will create a FB Group, if you do not already have one, where you can share your creative journey. The Group and Page are also addressed in the Share + Ripple section of the training.
4. You will complete the assignments during the 4 Months of Training with Whitney Freya, most importantly the 3-part video workshop.
5. If you want an official Certificate of Completion for the training, you will submit to WhitneyFreya@gmail.com the completed CCFC Guide & Log, located in the training.

Each of these requirements are to empower you, to give you confidence, experience, and learning opportunities. You will EXPERIENCE being a Creatively Fit Coach before the training is over! AND Whitney is always ready to tailor your requirements to best fit your needs.

Welcome to an incredible journey. We are all so excited you are

here!



Go [HERE](#) to read about options to up level your training with 1-on-1 coaching with me and / or technical and accountability coaching with our Guides.