

Sensation-Based Mindset Coach Training Program: 2019-20 Syllabus

Lesson 1- Program Orientation

Lesson 2- Find Your Soul's Agenda: The SBMC proprietary process to help your clients identify both their purpose and most persistent subconscious resistance strategies.

- Find your client's purpose statement in clearly defined language
- Identify your client's most prominent unconscious pattern
- Develop a decision making compass for life
- Identify the biggest emotional attachments that derail your clients success and life satisfaction

Lesson 3- Identifying Subconscious Flags: Identifying signs of subconscious content expressed through the body, which clients are unaware they are presenting and how to begin leveraging them for transformation.

- Breathing
- Verbal
- Posture
- Movement

Lesson 4- Natural Laws Introduction: The 9 natural (universal) laws and how to use them to have greater emotional resilience and purposeful co-creation in our lives.

- Law of Energy
- Law of Polarity
- Law of Perpetual Transmutation of Energy
- Law of Vibration
- Law of Rhythm
- Law of Gender
- Law of Relativity
- Law of Non-Resistance
- Law of Cause and Effect

Lesson 5- Core Values Assessment/Vision Casting: Helping clients clearly identify and express their goals and aspirations in alignment with where they inherently place their resources (time/energy/money).

- Identify your client's true desires and biggest dreams
- Learn how to do a Core Values Assessment
- Learn how to do a Vision Casting exercise
- Learn how to create SMART goals with your clients

Lesson 6- Peer Sessions: Visioning Casting / Core Values Assessment

Lesson 7- Bioenergetics Foundations: Learn how our physiology is structured and reinforced by our belief systems.

- Connective Tissue Systems
- Trauma Reflexes
- Structural Pattern Formation
- Thalamic Brain Waves
- Theory of Emotional Construction

Lesson 8- Open-hearted influential conversations

- The psychology of asking for a sale
- How to genuinely tap into others true desires
- How to help someone see you are the answer to his or her problem (and how to tell when you are not!)
- Beginning to see a potential client's subconscious patterns
- Gracefully releasing clients that are not ideal

Lesson 9- Peer Sessions: Influential Conversations

Lesson 10- Working with Life Force Energy: Learn how to "drive" your own energy system.

- Bio-Energy Science
- Free the Channels
- Open the Channels
- Flush the Channels
- Direct the Energy

Lesson 11- Alignment Principles: The Sensory Magnification Process

- Learn the magnification technique that helps a client move beyond fears and tap into deep healing through conscious sensory and motor embodiment

Lesson 12 - Alignment Principles: The Cross Mapping Method

- Learn how to modify and reframe your client's physical and emotional sensory experience, fears, and frustrations with the signature Cross Mapping method that taps into the raw data of the nervous system to short circuit the mind's habitual patterns of sensing environmental "threats"

Lesson 13 - Role Model Coaching

- Experience, observe, identify, and discuss SBMC methodologies used in real time sessions.

Lesson 14- Peer Sessions: Sensory Magnification/Cross Mapping Methods

HOLIDAY BREAK WEEK

Lesson 15- Cross Mapping: Advanced Techniques

- Reframing: Rewiring Nervous System Patterns
- Building new nervous system pathways using the body/sensations
- Building new pathways using the intellect/ inquiry
- Learn how to help your clients identify what pattern they would like to replace existing patterns with, using Cross Mapping with their Soul's Agenda, Overflow, and White Light

Lesson 16- Visual Led Release

- Review the concepts of trauma physiology
- Learn the three levels of safety and polyvagal theory
- Understand the physiologic process and qualities of traumatic memory
- Learn the Visual Led Release process

Lesson 17- Peer Sessions: Advanced Cross Mapping/ Visual Led Release

Lesson 18- Shadow Mirroring: Learn the Science of emotional repression, double binding messages, and projection.

- How the shadow aspect is created
- SBMC mirror process
- Embracing your shadow
- Embracing your light

Lesson 19- 3.5 Day In Person Retreat: Experience a deep dive into the SBMC processes in a safe, healing setting with exceptional support and amazing food.

- Review, practice, and integrate the “Drive Your Own Energy System” practice
 - Qigong for Active Myofascial Release
 - Tai Chi for Core & Spine Stability
 - Directing the Qi

- Review, practice, and integrate the first two steps of the SBMC process in peer sessions and instructor led experiences (Become Aware / Decode)
 - Sensory Magnification
 - Visual Led Release

- Review, practice, and integrate the second two steps of the SBMC process in peer sessions and instructor led experiences (Modify / Reframe)
 - Cross Mapping
 - Sensation
 - Souls Agenda
 - White Light
 - Natural Law Inquiry

- Core Wound Discovery Process: Help your clients reveal the root cause of their most persistent subconscious block so they no longer feel the need to become emotionally defensive.
 - Learn the circle of core wound defenses
 - Understand why a clients main resistances persistently show up
 - Learn what “negative” emotions are protecting
 - Develop deep compassion for your clients so that you can navigate coaching them in the presence of difficult emotional reactions without getting sucked in or triggered
 - Debunk the idea of emotional triggers and integrate the new science of emotional construction
 - Key de-coding questions to reveal core wound origins
 - Personally experience the Core Wound Discovery Process

- Alignment Principles: Core Resonance Remodeling/Transference
 - Learn and practice the Core Resonance Remodeling program that will change your client’s vibrational frequency, allowing them to become naturally clear, confident, open-minded, grounded and tapped in to the natural wellspring of their authentic success
 - Learn how ancestral patterning is passed down through energetic imprinting and remove those imprints from your energy field

- Somatic Bodymind Assessments Introduction: Learn how posture, symptoms, and ailments reveal the underlying emotional causation of physical symptomatology.
 - What does posture say about a person’s underlying emotional state

- How does muscle armoring reveal your clients subconscious patterns
- What do symptoms and body ailments tell you about your client's deeper resistance to success, self worth, and love
- 3 Sentence Story Process
 - Learn to develop a brief and powerful experiential narrative that can be used in networking introductions, talks, and influential sales conversations. This is the best way to help people understand "what you do" and how you can help them, without ever having to sell.

Lesson 20- Session / Program Framework: How to use the REAL method as a framework for client sessions, programs, and VIP days.

Lesson 21- Using Natural Laws for SMART Goal Setting

Lesson 22- Vagus Nerve Toning

- Vagus Nerve physiology
- 3 level of safety
- Toning Techniques
- Breath Practices

Lesson 23- Organizing SBMC Workshops: How to organize and run SBMC talks and workshops

Lesson 24- Natural Law Applications / Integration

- Worksheet review and case scenarios

Lesson 25- Core Wound Discovery Self-Process: How to guide yourself independently through the core wound discovery process in order to develop emotional mastery and navigate the client journey.

Lesson 26- Peer Session: SBMC mastery

Lesson 27- Handling Difficult Client Situations: Inevitably you will have difficult clients and your background in SBMC allows you to go much deeper and create more profound shifts for these people than most other professionals.

- Learn how to hold a container for transformation without emotional attachment while remaining compassionate
- Learn how to turn difficult situations into breakthroughs and turning points.
- Explore how to continue to do your own personal work in the midst of client interactions

Lesson 28 - Role Model Coaching

- Experience, observe, identify, and discuss SBMC methodologies used in real time sessions.

Lesson 29- Peer Session: Laser Coaching

Lesson 30- Creating Rapid Release VIP Day

- Learn how to create a 3-hour intensive for a private client
- Receive session outline and follow up procedure
- Review Vision Casting and Values Assessment

Lesson 31 - Peer Session: SBMC mastery

Lesson 32- Case Study Presentations

- Present current client programs for educational sharing and group feedback.

Lesson 33 - Building Bridges: Using the REAL method to succeed with a highly impactful SBMC life and business

Lesson 34 - Graduation!