

Session #2 Outline

Use this template and the attached client handout to help your client DOUBLE HIS/HER ENERGY. Sweet!

6-Part Session Structure/Overview:

1. What's Going Well
2. Challenges and Coaching Around Obstacles
3. New Information: High Energy Foods
4. Experiential Exercise Related To Content: Chewing
5. Action Steps
6. Aha's, Appreciations, and Insights

1. What is going well?

Continue the ritual of beginning your sessions by focusing on what's going well and celebrating that no matter how small or insignificant they might think it is! Micro-triumphs motivate them to continue following through.

2. Challenges/coaching around obstacles

This is the time when you're checking in on action steps from the previous session.

If they DID follow through with their action steps:

- Congratulate them and ask, "How is this different from what you have done in the past?"

If they DIDN'T follow through with their action steps:

- Find out what stopped them
- Be compassionate and curious! Sometimes learning new habits means letting something go that has been a comfort or coping mechanism.
- Coach on challenges if necessary.

Optional Coaching Question Sequence:

1. Gently say, "Okay, so the action steps didn't happen this week. I'm so glad you told me because it gives us a chance to course correct. Do you mind if we explore for a few minutes what needs to happen differently?"
2. "Great. Thank you. In our last session, you mentioned that making changes was important to you because (insert Big MOFA)."
3. "I know we talked about it last week, but can you remind me, what is most important about that?"
4. "Is there anything that we missed or that you would like to add to the big MOFA that feels important, or that might increase your motivation to follow through?"

5. So my job is to assist you to make choices that are in alignment with what's most important to you for the next 90 days and hopefully beyond. Sometimes we want big results fast and we imagine that means pushing ourselves as far and fast as we can go. But we often set ourselves up for failure that way. It turns out the opposite is often more effective. Slow and steady, consistent follow through is what gets results. So what is the minimum follow-through that you can pleurably commit to this week that would have you feel really, really good?"
6. "What, if anything, might stop you or prevent you from following through this next week?"
7. "What, if anything, needs to be in place this week to set you up for inevitable success?"
8. "Great. Are you ready for a challenge? I want you to practice bumping yourself to the top of the priority list for the next 7 days. What that means is that follow through is like a sacred appointment that you can't cancel. You are likely going to be tested by this with rationally important deadlines or someone needing you. As we're building healthy habits, I'm going to be asking you to do things differently than you have done in the past. We'll learn from that. If you don't like it or it's not working we'll change it. So this week YOU are at the top of the priority list. Are you willing to commit to that?"
9. Given that, what if anything might you have to let go of this week in order to manifest this result?"

3. New Information: How To Identify High Energy Foods For Your Body

Coaching Question Sequence:

COACH: "Okay, ready for something new? Today we're going to talk about high-energy foods, foods that give you energy rather than take away. Why are these important? Well, the more energy you have, the better you will feel, the more motivated you'll be to take care of yourself.

When we feel tired or lack energy, we start making poor choices. On the other hand when you feel uplifted and positive, you will be able to make more conscious choices for yourself in every area of life. And what we want to get to is a place where you're making supportive choices for yourself rather than destructive. Where that becomes what you do. Where that's not even a question. You simply choose foods that nourish you, that are the highest vibe, highest frequency, give you the most energy and you don't even think about the ones that don't.

If I were to ask, 'which foods rob you of energy, or which foods that you may enjoy eating, but make you feel sluggish, what do you think those would be?'"

CLIENT: (Client answers)

COACH: “Which of these foods do you tend to default to or eat regularly for a quick pick-me-up or quick satisfaction?”

CLIENT: (Client answers)

COACH: “And how do you feel when you eat (sugar, bran muffin, whole wheat bagel or whatever they eat)? What’s the emotion associated with that food?”

CLIENT: (Client answers)

COACH: “So when you eat _____ you feel _____. Is there a time of day where you tend to go towards those foods?”

CLIENT: (Client answers)

COACH: “And I’m curious, on a scale of 1-10, what’s your stress level throughout the day? 10 being really, really high.”

CLIENT: (Client answers)

COACH: “When we’re really stressed out food can serve as a comfort. It actually raises the serotonin levels in the brain, which are those feel good chemicals that contentedness, it allows us to relax. So in some ways eating low energy, comfort foods can be a solution to calm your nervous system.

Now for some people these kinds of foods make them feel temporarily better while they are eating it, but then they crash. What’s it like for you? Do these foods provide the kind of relief or energy boost you want to have or make you feel worse?”

CLIENT: (Client answers)

COACH: “Okay, let’s switch gears. Which foods give you energy?”

CLIENT: (Client answers)

COACH: “And how do you feel when you eat [insert client answer] consistently?”

CLIENT: (Client answers)

COACH: “So you actually know yourself quite well. You have some idea which foods drain your energy and which foods give you energy, yes?”

CLIENT: (Client answers)

COACH: “So I wonder, in your relationship with food, where do you get confused, when is it that you default to the low energy foods?”

CLIENT: (Client answers)

COACH: “We are going somewhere with all this. Most diet programs focus on what NOT to eat. This can feel like deprivation, and while that may work for a short period of time, eventually we give in because there’s no pleasure in deprivation. It doesn’t feel fun, right?”

So the strategy we using here is instead of focusing on what you don’t get to eat, we focus on what you DO get to eat. ‘I get to eat high- energy foods that make me feel__.’

How awesome is that! I love feeling that way!

This is how we start nurturing a healthy relationship to body and food. We train ourselves to feel pulled naturally towards supportive habits versus self-destructive ones. Do this consistently and you’ll be vibrating at a higher frequency.

I don’t mean to get all woo-woo on you, but I like to think about it in terms of smog. Have you ever noticed that a lot of people are walking around in a complacent smog fog?

They are going through the everyday motions of life, but they have almost forgotten how to tap into personal power.

When you are in touch with personal power you feel unstoppable, you make crystal clear decisions, you feel focused, creative, patient, loving and in tune with your own body. One of the things that I would love for you to get from our work together is tuning in to your own intuition.

This the place where you feel aligned in every aspect of your life, where you feed yourself high-energy foods because to do anything else wouldn’t make sense. This is really an opportunity to live into the highest experience of life, of aliveness that you can have!

Now, this will take practice, so today we are starting with a new paradigm: **focusing on what you get to eat versus what you don’t**. That you get to feed yourself healthy, nourishing high-vibe foods.

Healthy eating has become so sophisticated. We’re not talking about eating tree bark or bland or boring foods. We’re talking about healthy food that tastes great and gives you an abundance of energy. There are so many choices for making healthy food flavorful. How lucky is that!

So let’s go back to talking about foods that drain your energy and foods that give you energy so that this next week you can develop a keen awareness around this.” (Give client 1 new food and possibly 3-5 new recipes to try with that food.)

4. Experiential Exercise Related To Content: Chewing (Optional)

Talk about how chewing impacts digestion, then ask the client...

COACH: “Guess how many times the average person chews a bite of food?”

CLIENT: (Client answers – will likely say “I don’t know... 5?”)

COACH: “It’s actually more like 3. 3 chews then the swallow which means your body has to work really hard to break down food, we might as well have a door at the stomach that says insert food here.

Saliva has important enzymes that help break down food, making it easier to digest and assimilate which means more of it gets used by the body versus being stored as fat.”

Exercise:

You can do this in person or over the phone. If you’re in person, you might bring rice or greens or something for the client to practice chewing.

If you’re on the phone then ask them the day before to have something to nibble on during the session.

Have a Chewing Contest with the client! Each of you counts the number of chews. This is a ton of fun and usually ends in giggles.

5. Action Steps

COACH: “Let’s talk about action steps. This week I want you to notice which foods give you energy and which foods take away. Here’s the key – do this WITHOUT JUDGMENT! Only curiosity.

Notice that there is no judgment in curiosity. If you eat something that you know is an energy draining food, make a conscious choice to eat it, not scarf it down so you could fool yourself into thinking you didn’t actually do that.

Just notice... “Hmmm... isn’t it interesting that I am choosing to eat _____. What is the experience that I’m going for in making this choice?”

Action Steps Summarized

- Notice which foods give energy and which foods take away
- Experiment with new food and the recipes you gave them
- (optional) Instigate a chewing contest with their spouse/friend.

Other materials that might be helpful for your client for this session from the Master Client Handout Checklist are:

- The 4-Day Energy Experiment
- What To Eat: High-Quality Foods Cheat Sheet
- “How To” Chewing Guide
- Magic Snacks Cheat Sheet

You’re welcome to choose any other handouts that might be appropriate; just use caution and remember that your client does NOT need MORE information, she needs CURATED information.

6. Aha's, Appreciations, Insights About This Session

Then remind them that session #3 is next week.