

Awakenings

Coaching Relationship

Welcome to the awe and wonder of your Awakening

Awakenings Coaching Intention

Welcome to the empowerment of a coaching relationship. My intention is to support you to uncover the beautiful light essence that already exists in each and every one of us. As we work together, you will learn how to become aware of your fear/ego thought processes that are limiting and attracting your reality. Once aware, you can shift those thoughts to a loving/spirit consciousness and attract like frequencies of prosperity, abundance, laughter, joy and peace. We will work together to uncover the power of who you already are.

Your Responsibility

Our work together will be based on the Intentions that you create and achieve for yourself. Pushing through limited thought patterns and old belief systems can be challenging. It will take a total commitment from you to have integrity in the process by keeping your word and following through on what you promised yourself. You are the only person who can be responsible for your growth and change. Only you know what is in your highest and greatest good. That commitment and stand for yourself is the source of your empowerment.

My Responsibility

My responsibility is to listen, reflect, ask questions, intuit, provide alternate perspectives and suggest additional possibilities to coach you to align your frequency with what you desire in life. I will hold you accountable to your word; continually believe in the beautiful soul that you already are, and be a constant source of acknowledgement in your achievements. You can count on me as a trusted friend, confidant, resource and support system. In between sessions, if something comes up, I am available through email, at no charge. Feel free to contact me in that way to keep the flow of your work moving.

Requests

Often, I will suggest that you commit to doing projects, tasks or actions in between sessions to help you create the alignment that you are wanting. You get to choose whether or not you will commit to them. Remember, these are to support you. If you say yes with the intention to commit to them fully, they will empower you. If you say yes and mean no, they will disempower you. What you give to them is what you get back. Whatever you choose, do it fully, because that intention will echo back in all areas of your life.

Session Focus Questions

This is a list of questions designed to help you focus on what has happened between sessions. It helps you see blocks, resistance, desires and accomplishments. It is highly important for you to share your feelings, actions, desires, intentions and needs. That open communication will allow you to flow forward with greater energy, speed, and frequency.

Sessions

Sessions are one hour long and can be arranged weekly or bimonthly. If we are meeting face to face, we will arrange a place and time. I ask that you arrive a few minutes early. You will be responsible for calling me at the designated time for phone coaching sessions. Fees are payable on the first of the month. If it is a single session, fee is due at the time of the session.

Schedule Changes

Remember, the integrity you bring to your coaching sessions will be reflected everywhere in your life. Honor your agreement. If you must reschedule, 24-hour notice is required for sessions to be rescheduled. Otherwise, you will forfeit your prepayment.

Success

Remember... Communication is a major key to your success. How you think, what you say and the actions you put in place will determine the integrity of your achievements throughout this process and in life. Another major key is ...having Fun! You are already a beautiful light source. There is nothing to "fix". Life simply caused you to carry around some extra "baggage". You just have to uncover it to let it go. Living is a continual process of ebbs and tides. Lift your feet, lie back and flow with it. Third major key... Laugh! Laughter aligns us with love. Love aligns us with source, abundance, prosperity, and vibrant health. Love=Light=Holy Spiritual Being=The God Within!

****Thank you for the Honor and Joy to be part of your Awakening****

Karen Cressman

Awakenings

Spiritual Life Coach

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