

Coaching Evolved

Pre-Session Ritual

INTENTION OF THIS RITUAL:

Clear your channel, open your intuition, and bring you into deep presence so you can be of highest service as a coach.

Step One:

Stand up, close your eyes, and take five clearing breaths

Step Two:

Shake your body and name anything you would like to release

Step Three:

Fold forward to touch your feet, and slowly lift up and bring your arms over head as you visualize creating a bubble of light around you.

Step Four:

Set an intention, or say an opening invocation

OPENING INVOCATION:

I am so grateful to be doing this work.

I suspend all judgment.

May I be a clear, open vessel for this session.

Intuition, activate within me, and guide me to the perfect questions and reflections that will support my client today.

I am here to be of highest service.
And so it is.