

---

## 2018 HOLISTIC COACHING/HEALING PROGRAM HOMEWORK ASSIGNMENTS

---

### Course #2: Manifesting Your Dreams and Purpose

#### **“Hard Copy” Study Materials:**

- *Holistic Coaching and Healing Training Manual* (referred to as “Manual” below), Overview, Part 2 and Appendices A-H
- *Manifesting Your Dreams with EFT, SK, and More* (referred to as “Manifesting Book” below)

#### **Online Study Materials:**

- *The Science of Getting Rich*, classic book by Wallace Wattles (on your Manifestation Course Resource Page)
- *The Science of Being Great*, classic book by Wallace Wattles (on your Manifestation Course Resource Page)
- *How to Build Your Holistic/Spiritual Practice* audio program, available on the website for all certification candidates.

**If you are new to the program, please read the following manual sections that provide overviews of information covered in this course as soon as possible.**

- Manual “Overview of the Program” (at front of Manual)
- Manual Appendix A, “Getting the Most from the Program”
- Manual Appendix B, “Holistic Hypnotherapy Overview”
- Manual Appendix C, “Holistic Coaching Overview”
- Manual Appendix D, “On Being Therapeutic”
- Manual Appendix E, “Symbolic Imagery”

### **THE STUDY PROCESS**

This program turns the standard model of attending a class and following up with homework around by empowering you to take the lead. You will be asked to complete your studies of the materials that relate to each teleclass in advance of the class. This approach provides the following benefits:

- You can reflect on the information and submit questions you have about it for discussion during the teleclass.

- Rather than simply repeat information in your study materials, your instructors can use your valuable time together to further the material with personal insights, help you to understand how you can use this material personally and professionally, and demonstrate its use.
- You will have another opportunity to explore each topic in the optional Thursday tele-lab class, where your lab instructor will add further insights, do more demonstrations, and facilitate practice sessions between volunteers. Questions that were not addressed at the Tuesday teleclass may also be answered at the Thursday lab.

You should have received the hard copy study materials itemized above in the mail after you signed up for this program. When you start your homework, you will notice that some of the assignments on the following pages skip around in the study material. Taking the material out of order will not interfere with your understanding. But if you have time, feel free to start at the beginning of the manual and read through the assignment. If you read ahead, please review the material just before each class, so it is fresh in your mind when you attend the teleclass.

## **METHODS COVERED**

In your studies for this course, you will notice that some of the methods presented in the study materials are not specifically covered in the video conferences. This is not because they lack value. Rather, it is because there is not enough time in the video conferences for all of them. We highly recommend experimenting with all of them, as time allows. Ultimately, you will find your own approach to the challenges your clients face and use some of the methods more frequently.

## **THE HOMEWORK ASSIGNMENTS**

Plan to spend about an hour a week on the following study assignments. As a note, if you don't have time to complete a weekly assignment, you can still attend the Tuesday teleclass, but you will get much more out of the classes if you set aside time for your studies and practice.

As mentioned above, your instructors will use the teleclass time to further your studies of the material, address questions, provide personal insights, and do demonstrations of related processes you can use as a Holistic Coach/Healer. In some cases, questions may be forwarded to the Thursday lab class.

## **1. Preparation for Feb. 13 Class**

### **Discussion Topics:**

Coaching Matrix/Key Steps for Manifestation  
Vibrations for Manifestation  
Self-Empowerment  
Commitment Checklist  
Reframing and Anchoring, R&A

### **Homework to complete before class:**

Manifesting Book, "Overview" chapter at the front of the book  
Manifesting Book, Ch. 1, "Setting Your Course," first half,  
pages 17-25  
Manual Section VII, pages 13-14, "Manifestation Coaching  
Matrix"  
Manifesting Book, Appendix C, "SK Reframing and Anchoring"  
Be sure to have read Manual "Overview of the Program" \*

\* For those who have studied the program overview and appendices in previous courses, we suggest devoting some time to exploring the audios and handouts in the Holistic Coaching Roadmap on the website. You can listen to these audios on your computer or download them to a listening device or CDs.

To get the most out of this course and for your personal transformation, we also recommend reading one (very short) chapter from *The Science of Getting Rich* or *The Science of Being Great* every morning until they are completely engrained in your way of being. The chapters are short and this will change your perspective on yourself and your possibilities.

## **2. Preparation for Feb. 20 Class**

### **Discussion Topics:**

Soul Centering  
Twelve Principles of Manifestation  
Manifestation Checklist with R&A  
Hypnotic Suggestions/Affirmations

### **Homework to complete before class:**

Manifesting Book, Ch. 1, "Setting Your Course," second half,  
pages 26-31  
Manifesting Book, Ch. 2, "Uncovering Your Heartfelt Joy"  
Be sure to have read Manual Appendix B, "Holistic  
Hypnotherapy Overview"

## **3. Preparation for Feb. 27 Class**

### **Discussion Topics:**

Goal Setting  
Ground Rules  
Essential Whys  
Wheel of Life & Email Questionnaire  
Creating a Focus List

### **Homework to complete before class:**

Manual Section VII, "Manifestation"  
Manifesting Book, Chapter 3, "Connecting with Your Heartfelt  
Dreams"  
Be sure to have read Manual Appendix A, "Getting the Most  
From the Program"

## **MARCH BREAK**

Week of Mar 6 off for study and reflection.

Please continue with your daily reading.

## **Bonus Recording 1**

### **Discussion Topics:**

The Science of Getting Rich for the 21st Century Course (3 audios and handouts)

## **4. Preparation for March 13 class**

### **Discussion Topics:**

Pacing and Leading  
Listening and Asking Powerful Questions  
Body Alignment Process  
Money

### **Homework to complete before class:**

Manual Section VIII, "Effective Communication," p. 1-5, thru Subsection E, "Asking Powerful Questions"  
Review Manifesting Book Ch. 1, pages 26-27, "Body Alignment Process"  
Be sure to have read Manual Appendix C, "Holistic Coaching Overview"

## **5. Preparation for March 20 class**

### **Discussion Topics:**

Initial Contact  
Interviewing Skills, Coaching Sequence  
Setting Goals and Outcomes, Goal Clarity  
The 6 Challenges

### **Homework to complete before class:**

Manual Section VIII, "Effective Communication," pages 5-9, Subsection F, "Interviewing Skills"  
Manual Section IX, "Hypnosis and the Unconscious Mind"

## **6. Preparation for March 27 class**

### **Discussion Topics:**

Overview of Hypnosis  
4 R's (for coming out of trance)  
Hypnotic Voice  
Progressive Relaxation  
Representation Systems

### **Homework to complete before class:**

Manual Section VIII, "Effective Communication," pages 9-13, Subsections G-L, on Representation Systems  
Manifesting Book, Chapter 4, "Clearing Resistance," first half pages 69-77  
Progressive Relaxation Process in Manual Chapter x

## **SPRING BREAK**

**Week of April 3 off for study and reflection**

Please maintain your daily practices.

## **Bonus Recording 2**

### **Discussion Topics:**

Continue with or review The Science of Getting Rich for the 21st Century Course (3 audios and handouts)

## **7. Preparation for April 10 class**

### **Discussion Topics:**

Guided Tree Visualization  
Language of an Induction  
Using Symbolic Imagery  
Reference Car Metaphor  
Visualization Process (going to perfect place of ...)

### **Homework to complete before class:**

Manual Section X, "Induction Techniques"  
Manual Section XI, "Tools of Holistic Hypnotherapy," pages 3-4, Subsection C, "Going to the Perfect Place for ..."  
Review Manifesting Book, pages 14-16, "A Journey Through Your Life with the Car Metaphor"  
Be sure to have read Appendix E, "Symbolic Imagery"

## **8. Preparation for April 17 class**

### **Discussion Topics:**

Therapeutic Approach 1  
Reframing with Soul's Energy  
Future Pacing, Acting "As-if"  
Unconscious Mind  
Money

### **Homework to complete before class:**

Remainder of Manual Section XI, "Tools of Holistic Hypnotherapy"  
Manifesting Book, Chapter 4, "Clearing Resistance," second half, pages 77-84  
Be sure to have read Appendix D, "On Being Therapeutic"

## **9. Preparation for April 24 class**

### **Discussion Topics:**

Leaving the Past Behind  
Dissociation  
Age Regression  
Past Life Regression  
Past as a Resource

### **Homework to complete before class:**

Manifesting Book, Chapter 5, "Eliminating the Hold of the Past"  
Section XII, "Therapeutic Techniques," p. 1-12, through Subsection J, on Subpersonalities

## **"MAY DAY" BREAK**

**Week of May 1 off for study and reflection**

Please maintain your daily practices.

### **Bonus Recording 3**

#### **Discussion Topics:**

Subpersonalities  
Being Therapeutic 2: Toxic Relating  
Integration Process  
Releasing Fears about Marketing Your Services

### **10. Preparation for May 8 class**

#### **Discussion Topics:**

Shifting into Manifestation Mode  
Inner Child Communication

#### **Homework to complete before class:**

Review Section XII, "Therapeutic Techniques," pages 8-9,  
Subsection F, "The Inner Child"  
Manifesting Book, Ch. 6, "Shifting into Manifestation Mode"  
Be sure to have read Manual Appendix F, "Building a Holistic  
Practice"

### **11. Preparation for May 15 class**

#### **Discussion Topics:**

Taking Action  
Maintaining Motivation to Follow Through  
Keeping Clients Motivated  
Assigning Fieldwork  
Three Ways of Being (from Eckart Tolle)

#### **Homework to complete before class:**

Manifestation Book, Ch. 7, "Taking Inspired Action"  
This may also be a good time to start exploring the Holistic  
Marketing audios on the website

### **12. Preparation for May 22 class**

#### **Discussion Topics:**

Putting it all together  
Manifestation Coaching Matrix  
Bright Future Process  
Completion Ceremony

#### **Homework to complete before class:**

Manual Section XII, "Therapeutic Techniques," pages 12-14,  
Subsection K on the Magical Child  
Section VII – Manifestation Coaching Matrix  
Manifestation Book – Review "Bright Future Process" in Ch. 7

This would also be a good time to complete the Open Book  
Exam, which will be available on the website well in  
advance of the completion of this course

**END OF FOURTH MONTH**

**Two week hiatus before next course, which begins on June 12**

## **Bonus Recording 4**

Discussion Topics:  
Intuitive Characteristics  
Developing Confidence  
Magical Child  
Structuring a Session

## **A NOTE ON THE OPEN BOOK EXAM**

It is our intention to provide an exam at the end of each course to focus on concepts covered in the course that we consider to be important. This exam provides an opportunity for you to integrate your learning experience and do a final review of the material.

## **COMPLETING THE COURSE**

Refer to the “Completing the Course” file on your Resource Page on the website for complete information on documented practice and other course completion requirements.