

My Coaching PROCESS

1

UNDERSTANDING THE PROCESS AND WHY

Sometimes this can take more than one session and that's perfectly alright! Explore your needs and desires with Coach Aang so we can set up a great plan to move you toward your goals.



How are my thoughts, beliefs, and actions impacting this situation and how can I actively shape my present reality?



I can create change in my life through mastering my presence, mind and emotions, behaviors, and community.

2

MASTERING YOUR PRESENCE

One of the most important things you'll need to understand as a part of our coaching sessions is your ability to build and strengthen your neural pathways for reframing your mindset and sustained behavior change which starts with your presence.



Am I present with my feelings and emotions and how can I be more intentional?



I can acknowledge what I am feeling and experiencing in the moment and intentionally choose how I respond.

3

MASTERING YOUR MIND AND EMOTIONS

This is no easy feat and will require an understanding of mindfulness, psychology, biology and the habitual practices to focus your thoughts, actively choose positive thoughts, and create and sustain your mindset.



How are my thoughts and emotions impacting this situation and how can I make them work for me?



I can choose to acknowledge these thoughts and emotions and actively reframe them from my wise mind.

4

MASTERING YOUR BEHAVIORS / HABITS

If you are successful in understanding and applying daily practices to find your own presence and clarity, then we will continue to build on the psychology and biology by adding in concepts of neurobiology and building new neural pathways for sustained change.



What is keeping me from creating intentional change in this area of my life and how can I shape change?



I can take small actions every day that change my neural networks to build stronger habits toward my larger goals.

5

MASTERING YOUR COMMUNITY

As mastering presence, finding clarity, and sustaining behavioral habit requires dedicated daily practice, these practices can easily disappear from our life if we do not have a positive and supportive environment to encourage continued growth.



Do I engage with powerful, encouraging, and influential allies that can help to inspire my desired changes?



I can connect with at least 3 allies a week to help support my actions for my desired transformations

