

# *The* **Rebel**



# Within

Beating  
Self-Sabotage  
and *Reaching Your  
Potential*

One-on-One  
Coaching Program  
Preview



# The Rebel Within

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Beating Self-Sabotage and Reaching Your Potential

**One-on-One Coaching Program Preview**

**Congratulations** on purchasing your very own Ready2Go One-On-One Coaching Program!

You now have at your disposal another product in the extensive suite of completely developed Ready2Go products that you brand as your own and easily implement to grow your business. While we certainly hope that you use this product in conjunction with the full suite of information products and training courses, this product alone is a great tool for creating a very profitable, and extremely rewarding coaching business.

The full suite of Ready2Go products includes **professionally written, scripted and designed**:

- One-on-one coaching programs
- Pre-written tweets
- Special reports
- Audio training programs
- Success tips
- Speeches
- Teleseminars and webinars
- Workshops
- Self-study online courses

When it comes to offering top quality coaching and training to your clients, the Ready2Go One-on-One Coaching Programs allow you to confidently guide and inspire your clients to achieve their desired results.

With your Ready2Go One-on-One Coaching Program, you get a professionally crafted product developed by certified professional coaches and training developers.

Each package comes with 4 experiential, engaging, transformational 45-60 minute sessions that are easily customizable, so you can design and deliver these coaching sessions with your own flavor and personality. Every package includes:

- Outline, agenda, script, activities and homework for 4 coaching sessions.
- Six promotional emails to invite your potential clients to sign up for complimentary session.
- How to Conduct a Client Getting Complimentary Session outline and script.
- Numerous other valuable coaching resources to ensure your success.

These completely developed, fully customizable coaching packages are ready to deliver. They are relevant to most target markets, saving you tons of time and effort. There are numerous Ready2Go topics and many more to come allowing you to offer them stand alone, or bundle multiple topics and create a 3, 6, 9 or 12 month coaching program.

If you are a new or veteran coach, then you have come to the right place, as it doesn't get much easier than with the Ready2Go One-on-One Coaching Programs as you can add them to your existing programs, customize them and make them your primary coaching program, or use them as supplemental products in your business.

These carefully thought out and lovingly created coaching programs will inspire, educate, motivate and transform your clients' lives, and will be a pleasure for you to deliver.

Enjoy!

A handwritten signature in black ink, appearing to read "Kim", with a stylized flourish at the end.

Kim Clausen, President  
Ready2Go Marketing Solutions, Inc.

## What You Get With Your Ready2Go One-On-One Coaching Program

With the **Ready2Go One-On-One Coaching Program**, you get:

Four experiential, engaging, transformational 45-60 minute coaching sessions that are easily customizable, so you can design and deliver these sessions with your own flavor and personality. Each session includes:

- Agenda, coaching program flow, all necessary content, instructions, and scripting
- Client exercises
- Activity sheets for the client
- Client pre-work, and
- Homework.

Marketing Guide with recommendations on how to enroll one-on-one clients with:

- Six complimentary consultation getting emails
- Guidelines for conducting a complimentary strategy session, and
- Tips for overcoming objections, and enrolling new clients.

Coaching Guide with instructions for guiding the client through a rewarding and transformational coaching experience which includes:

- Understanding Your One-on-One Coaching Program
- Best Practice for Effective Coaching
- The Coaching Process
- Coaching Program Framework
- Thoughts on Sessions 1 through 4
- Beyond Session 4, and
- Creating Umbrella Themes

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# About Ready2Go Marketing Solutions, Inc.®

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# About Ready2Go Marketing Solutions, Inc.®

## **Ready2Go Marketing Solutions, Inc. – Instant Information Products to Market Your Business**

Ready2Go Marketing Solutions, Inc. provides small business owners with turn-key marketing products, so that they can spend less time marketing and more time growing their business.

Ready2Go Marketing Solutions, Inc. offers a suite of plug-n-play marketing solutions such as fully-developed workshops, teleseminars, speeches, audio training programs, special reports and more. These tools are ready-made for coaches, consultants, trainers and speakers to customize and brand as their own, saving tons of time and effort.

By creating these completely developed products, we've eliminated the difficult and time-consuming task of content creation, so small businesses don't have to worry about marketing and selling. Instead, they can now put their marketing on auto-pilot and focus on doing the work they truly enjoy.

Our products include everything small businesses need to deliver value added products to their clients and prospects. It's marketing made easy!

### **We Have Common Bonds**

Like you, we are business owners and coaches who struggled with the lack of marketing materials to grow our own businesses. We were frustrated by the choices, the availability and the accessibility of quality marketing plans and materials that actually work.

So we did something about it. We went out and crafted marketing strategies that are highly effective, boldly innovative and dazzlingly creative.

We have professional marketers, training developers, copywriters, and speech writers who are poised to provide you with the highest quality products and services to grow your business with more than 50 years of training development, speaking and business development experience.

**Our products are professional grade, developed by experts in the industry** and are easy to follow and implement, GUARANTEED.

Plus, if you need that additional support to help you launch your Ready2Go marketing solution, we have trained coaches on staff to assist you.

For further assistance, contact us at [support@ready2gomarketingsolutions.com](mailto:support@ready2gomarketingsolutions.com) or give us a call anytime.

## Ready2Go Marketing Solutions' Product Offerings

Be sure to check out the full range of products available to you from Ready2Go Marketing Solutions, Inc. to help you to successfully grow your list, nurture relationships by providing great value, market your teleseminar and get new clients.

With these products you receive quality content created by professional copywriters, speech writers and training developers, plus all the instructions and tips that you need to be successful in your implementation. The Ready2Go products are created on topics that are highly relevant to most target markets, and have valuable content that your prospects will find very educational and informative. Plus they are easy to customize and brand as your own.

- The full suite of Ready2Go products to coordinate with your one-on-one coaching program includes: **Pre-written Tweets** to gain awareness and promote your special offers and events
- **Special Reports** to use to grow your list or send to your list as a gift
- **Professionally scripted Audio Training Programs** that you record in your own voice
- **Success Tips** which are 200-350 word "mini articles" to send to your list or use as blog posts
- **Professionally crafted Speeches** for your in-person presentations
- **Professionally designed Workshops** to reach more people, generate income and convert more clients
- **Teleseminars & Webinars** professionally created to be customized to your audience and delivered as individual training programs or bundled into multi week training programs.
- **Self-Study Online Courses using the same content as the teleseminar and** re-formatted to be delivered as a self-guided program.
- **One-on-One Coaching Programs** that are experiential, engaging, transformational 45-60 minute coaching sessions that are easily customizable, so you can design and deliver these sessions with your own flavor and personality.

To learn more about the Ready2Go products, go to [www.Ready2GoMarketingSolutions.com](http://www.Ready2GoMarketingSolutions.com).

# Understanding Your One-on-One Coaching Program

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# Understanding Your Ready2Go One-on-One Coaching Program

Today, coaching is needed more than ever and has become a critical tool for personal growth and change.

What follows in this document is a series of tools formatted into 4 professionally developed, highly-interactive and experiential coaching sessions for you to use as a single topic coaching segment, or to be bundled for a multi-part coaching program around a particular goal or theme.

Each coaching session comes complete with an array of questions, learnings, activities, and homework to be used to help clarify the client's vision, beliefs, values, and goals.

Since coaching sessions can take a client into uncharted territory for personal and professional development, this document provides a framework for that exploration. It is not meant to be a rigid script for the coach to follow, or an agenda that must be strictly adhered to. Instead, it is meant as a guide for the coach to use - a map, if you will - of this topic's vast terrain, allowing for flexibility at the coach's discretion.

Therefore, you will not need to memorize or know this guide word-for-word. Do, however, take the time and read through everything provided. Be familiar with the overall goal of the program, as well as the goals for each session. Review the content in advance so you can be comfortable guiding your client through each session. And remember, while the Ready2Go One-on-One Coaching Programs provide some structure and guidance, they also allow space and flexibility for the uniqueness that each client brings.

The experienced coach can integrate the tools in these coaching sessions with other tools, resources and activities that have worked for them in the past to extend their coach / client relationships. The new coach, on the other hand, can use these tools to create an effective process for coaching around this topic and for attracting new clients.

## The Coaching Process

There are many coaching models in use today with each approach using different tactics to produce results. The coaching model included in this document is purposefully simple so that it can be easily incorporated with other coaching philosophies and techniques if desired. It has been provided as a foundational structure that can be used in any coaching session no matter where the session goes.

In addition, the format allows for multiple topics to be bundled together to create a customized, transformational coaching experience for the client.

## **Coaching Sessions**

We have broken this topic down into four manageable sessions that can be explored one at a time delivering effective results, without the entire topic becoming too in-depth, time-consuming or unruly.

## **Coaching Questions**

Within each session, the coach will find numerous coaching questions geared towards further exploration of the topic.

## **Coaching Activities & Homework**

Ideas for topic-related exercises are abundant, but the most effective ones let your clients take a deeper look at what matters most to them around a particular topic. This document includes several activities and homework exercises that can be conducted during the coaching session or assigned as homework between calls.

## **Core Content**

Small moments of instruction, lasting no more than a few minutes, may be necessary in providing new information to the client around the session topic.

## **Additional Coaching Resources**

While thought-provoking questions and exercises are a great tool, sometimes the client can benefit from additional resources to expand their knowledge on the topic, and deepen their coaching experience.

## Four Session Format

Four sessions have been planned for each coaching topic. Coaching involves using an active goal setting process which involves 1) getting clear around a client's current situation, 2) identifying the path to move forward, 3) setting the right goals, and 4) assigning accountability around action steps to reach those goals. Without these key steps, most goals are never reached, and life changes are not realized.

These four sessions allow for a thorough exploration of the topic in order for the client to establish a way forward and ultimately meet with success. Here is a brief overview of the overarching theme associated with each session:



**Session 1 – Insights.** Determine the client's current perspectives and reality. Ultimately, nothing will happen until a client gains clarity around the topic and their current relation to it. From this uncovering, themes will emerge that can be used for a client to plan a way to move forward.

**Session 2 – Options.** Explore choices. Often clients don't see that they have choices; instead they feel like they don't have a choice. Choices define a person's life, and it's important for the client to break through their sense of stuckness or limiting beliefs to see the opportunities that are truly available.

**Session 3 – Vision.** The way we look at things makes a difference. In having the client create a vision and set goals, the coach is helping them to take a stand. This is who the client is when they are most alive, pursuing an end they are passionate about achieving. When a client keeps a goal to themselves, there's no accountability for action. But once they state their desires to others, there's a much greater chance of success.

**Session 4 – Action.** Establish a way forward for the client. Create a plan that can happen immediately. Too often we become satisfied with the "Aha!" in coaching, and ignore the "Aha! When?" Action creates momentum, and shows genuine commitment. It also allows for follow up. Action gets learning into a person's bones. It locks in new knowledge, making it more permanent. Without a commitment and follow-up, it's easy to feel good about the session and still have nothing happen. Have the client commit to an action that can happen right away.

# Each Session Contains: Session Overview

## Welcome & Check-in

Prepare the client to learn and grow. This segment arouses the client's interest in the topic, generates positive feelings about the learning to be experienced, and gets the client primed to engage in the coaching process.

With Sessions 2 through 4, check-in will look different than the first session.

Use this time to review, where applicable, homework, celebrate client progress, identify challenges the client is facing, and look at actions that have been accomplished or not accomplished between sessions. Use the spaces below to record the client's responses.

## Learning/Coaching Segment

### Powerful Questions

Powerful questions have clients reflect upon and possibly reconsider the way they define a problem or perceive an issue. They are meant to provoke the client into thinking and feeling in new or deeper ways about the topic at hand. Powerful questions are open-ended, and are not "why" questions, but rather "what" or "how" questions.

When asking powerful questions, don't rush them. Give the client time to ponder what you asked and to formulate a response, as often these questions require deeper reflection. Be okay with silence while waiting for a response.

### Activity with worksheets

Activities are tools. Depending upon how they are used, activities can punctuate or clarify information, reinforce a new skill, validate content, add a dose of fun to a concept being explored, or contribute a deeper understanding around a concept, which in turn promotes personal growth.

### Core Content

Small moments of instruction, lasting no more than a few minutes, may be necessary in providing new information to the client around the session topic.

## Additional Coaching Resources

While thought-provoking questions and exercises are a great tool, sometimes the client can benefit from additional resources to expand their knowledge on the topic, and deepen their coaching experience

**i (Optional) Additional Coaching Resources - "What I Value Most"**

There are three things I would like to see in my life. I would like to see... (This is a great exercise to do with clients. It is a great way to help them think about their values and what they want in their lives. It is a great way to help them think about their values and what they want in their lives. It is a great way to help them think about their values and what they want in their lives.)

**Applicable Questions:**

- How do you feel about the things you value most?
- How do you feel about the things you value most?
- How do you feel about the things you value most?

**Key Points to Make:**

- This is a great way to help them think about their values and what they want in their lives.
- This is a great way to help them think about their values and what they want in their lives.
- This is a great way to help them think about their values and what they want in their lives.

## Recap, Commitment, Homework & Close

Ease the client out of the session by summarizing the discoveries made, and confirming the client's commitment to take their new knowledge and put it into practice in their lives.

**SESSION 2 Recap - Commitment Homework - Close**

**Recap and Commitment - Time: 5 minutes**

How do you feel about the things you value most? (This is a great way to help them think about their values and what they want in their lives.)

**Recap:** This session has been a great one. We have talked about your values and what you want in your life. It is a great way to help them think about their values and what they want in their lives.

**Commitment:** How do you feel about the things you value most? (This is a great way to help them think about their values and what they want in their lives.)

**Close:** How do you feel about the things you value most? (This is a great way to help them think about their values and what they want in their lives.)

## Homework and Pre-work

At the end of the session assign homework, and pre-work for the next session. Take care of any logistics and bring the session to a close.

**Assign Homework and Next Session Pre-work - Time: 3 minutes**

How do you feel about the things you value most? (This is a great way to help them think about their values and what they want in their lives.)

**Homework Assignment:**

**"When I Was Happiest"** (Time: 10-15 minutes)

How do you feel about the things you value most? (This is a great way to help them think about their values and what they want in their lives.)

- How do you feel about the things you value most?
- How do you feel about the things you value most?
- How do you feel about the things you value most?

# The Rebel Within

## One-On-One Coaching

### Program Preview

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## The Rebel Within

Everyone has a Rebel Within. Some refer to it as a 'gremlin;' others call it a 'saboteur.' Some just think of it as that 'Rebel Within' always sitting on their shoulder, whispering thoughts of doubt and stirring up feelings of fear. But whatever name it goes by, its purpose is pretty much the same: to keep us from moving forward and getting what we want out of life. The biggest danger with the Rebel is that if we are unaware of its presence, we think these voices are our own. We believe its stories and don't challenge their truth.

Now this probably sounds quite negative – keeping us from becoming what we aspire to be – but that's not how the Rebel Within sees it. As a gatekeeper, the Rebel Within thinks of itself as a protector, and the person it is protecting is that unwitting fool (you) that just doesn't see the dangers lurking all around you. It's better to play it safe, the Rebel Within always believes. So it does what is necessary to shut down any notion a person may have around taking risks or making a change. "It's for your own good," the Rebel Within will say. "The change you seek is too risky, and you are clearly not ready or equipped to handle it."

Taking a step forward is what the Rebel Within finds dangerous. "It's far better to just keep things as they are," it will argue, even if your life is far from fulfilling. To the Rebel Within, something like personal growth just doesn't matter. Since the Rebel Within is cautious and fearful, it won't be swayed by reasonable arguments for taking risks and making life changes. Staying with what's familiar and comfortable is what matters most, even if that means being held back from realizing the life you desire.

The Rebel Within is smart, creative, and elusive. It wants what it wants, and will be persistent at getting its way. So if a person wants to make major changes in their life, they need to be prepared to deal with the Rebel's opposition. With the Rebel, it's not a matter of winning it over or defeating it, and then it will go away. The Rebel is your life-long companion. It doesn't go away, but it can be managed. A person can gain freedom from their Rebel Within by recognizing when it shows up and noticing its tactics. The best way to deal with your Rebel Within is to get to know it, and manage it, instead of trying to avoid or eliminate it.

In this series of four coaching sessions, your client will learn about this very real self-sabotaging behavior that stands in the way of their personal development and desired outcomes. They will get to know their Rebel Within intimately and recognize its personality, behavior and tactics. In exploring their Rebel in such a personal way, your client will learn how to manage its sabotaging voice, and take back their personal power so they can create the life they desire.

## The Rebel Within Coaching Schedule

The following is meant to be a guide and not necessarily a hard and fast schedule to keep.

Week   Session	Topic   Outline
<p><b>1</b></p>	<p><i>Insights: What is the Rebel Within?</i></p> <p><b>Welcome – Check-in - Overview</b></p> <ul style="list-style-type: none"> <li>▪ Establish connection and settle into the session</li> <li>▪ Conduct orientation</li> </ul> <p><b>Explore – Learn - Act</b></p> <ul style="list-style-type: none"> <li>▪ Activity: Client identifies the voice of their Rebel Within.</li> </ul> <p><b>Recap – Commitment – Homework - Close</b></p> <ul style="list-style-type: none"> <li>▪ Assign homework: “Identifying the Negative Thoughts I Have”</li> <li>▪ Assign next session’s pre-work: “Getting to Know My Rebel Within”</li> </ul>
<p><b>2</b></p>	<p><i>Vision: Getting to Know My Rebel Within</i></p> <p><b>Welcome – Check-in - Overview</b></p> <ul style="list-style-type: none"> <li>▪ Establish connection and settle into the session</li> <li>▪ Check-in on progress, challenges, and actions</li> </ul> <p><b>Explore – Learn - Act</b></p> <ul style="list-style-type: none"> <li>▪ Review pre-work: “Beginning to Flesh Out Your Rebel Within”</li> <li>▪ Activity: Client identifies the most prevalent negative messages of their Rebel Within.</li> </ul> <p><b>Recap – Commitment – Homework - Close</b></p> <ul style="list-style-type: none"> <li>▪ Assign homework: “Self-Praise”</li> <li>▪ Assign next session’s Pre-Work: “Cause of Fear”</li> </ul>
<p><b>3</b></p>	<p><i>Options: Combating My Rebel Within’s Tactics</i></p> <p><b>Welcome – Check-in - Overview</b></p> <ul style="list-style-type: none"> <li>▪ Establish connection and settle into the session</li> <li>▪ Check-in on progress, challenges, and actions</li> </ul> <p><b>Explore – Learn - Act</b></p> <ul style="list-style-type: none"> <li>▪ Review pre-work: “Cause of Fear”</li> <li>▪ Activity: Client is introduced to a simple but powerful way to counteract the fear that the Rebel Within creates.</li> </ul> <p><b>Recap – Commitment – Homework - Close</b></p> <ul style="list-style-type: none"> <li>▪ Assign next session’s pre-work: “Reminding Myself of the Truth”</li> </ul>

*Action: Making Your Confidence Muscle Stronger*

4

**Welcome - Check-in - Overview**

- Establish connection and settle into the session
- Check-in on progress, challenges, and actions

**Explore - Learn - Act**

- Review assigned pre-work: “Reminding Myself of the Truth”
- Activity: Client explores strategies to effectively manage their Rebel Within.

**Recap - Commitment - Homework - Close**

- Assign homework: “Retirement Party”
- Conclude the coaching.

### **SESSION #1 OBJECTIVE:**

Client explores the concept of the Rebel Within concept, why everyone has a Rebel, and its primary role. The client will also distinguish the voice of the Rebel Within from their own, authentic voice.

### **SESSION TIME:**

45 – 60 minutes

### **MATERIALS NEEDED:**

Pen & paper

Activity for this session: “Identifying the Rebel Within,” Worksheet

Homework for next session: “Identifying the Negative Thoughts I Have” Worksheet

### **SESSION #1 SCHEDULE:**

#### ***Welcome – Check-in - Overview– 12-17 minutes***

Because this is the first session of the program, you will want to establish rapport with the client and include an overview of the upcoming sessions. Therefore, this portion of the session will take more time than will be required in subsequent sessions.

#### ***Explore – Learn – Act – 25-35 minutes***

The client will explore the concept of a Rebel Within and will recognize the voice of their Rebel.

#### ***Recap – Commitment – Homework – Close – 8 minutes***

##### ***Recap & Commitment – 5 minutes***

Have the client articulate what they are feeling, what has been learned during the coaching session, and identify what they will commit to doing as a result of what has been explored and learned during the coaching session.

##### ***Assign Homework & Next Session Pre-Work - 3 minutes***

At the end of the session assign homework and pre-work for the next session. Take care of any logistics and bring the session to a close.

## **SESSION #2 OBJECTIVE:**

Assist client in becoming more aware of their Rebel Within and the negative messaging it uses to influence the client's life.

## **SESSION TIME:**

45 – 60 minutes

## **MATERIALS NEEDED:**

Pen & paper

Homework from previous session: "Identifying the Negative Thoughts I Have" worksheet

Activity for this session: "Negative Ways My Rebel Within Influences Me" – Reference Sheet

Pre-work for next session: "Causes of Fear" Worksheet

## **SESSION #2 SCHEDULE:**

### ***Welcome – Check-in - Overview – 12-17 minutes***

Arouse the client's interest in the topic and create positive feelings about the upcoming coaching session. Review tasks assigned between coaching sessions and place the client in an optimal state for learning and growth to take place.

### ***Explore – Learn - Act – 25-35 minutes***

It's important for the client to know their Rebel Within. Only through this insight can he/she begin counteracting its negative influence. In this session, the client will assess the most common tactics that Rebel Within uses, and determines which are most relevant for him/her.

### ***Recap – Commitment – Homework - Close – 8 minutes***

#### ***Recap – Commitment – 5 minutes***

Have the client articulate what they are feeling, what has been learned during the coaching session, and identify what they will commit to doing as a result of what has been explored and learned during the coaching session.

#### ***Assign Homework & Next Session Pre-Work – 3 minutes***

At the end of the session assign homework and pre-work for the next session. Take care of any logistics and bring the session to a close.

### **SESSION #3 OBJECTIVE:**

Help the client become more aware of things that limit their confidence and how they can overcome these barriers.

### **SESSION TIME:**

45 – 60 minutes

### **MATERIALS NEEDED:**

Pen & paper

Pre-work for this session: “Causes of Fear” Worksheet

Activity for this session: “Diffusing the Power of Fear” Worksheet

Pre-work for next session: “Reminding Myself of the Truth” Worksheet

### **SESSION #3 SCHEDULE:**

#### ***Welcome – Check-in - Overview – 12-17 minutes***

Arouse the client’s interest in the topic and create positive feelings about the upcoming coaching session. Review tasks assigned between coaching sessions and place the client in an optimal state for learning and growth to take place.

#### ***Explore – Learn - Act – 25-35 minutes***

Assist the client in recognizing that the Rebel Within commonly uses fear as a tactic to stop a person from making a change or pursuing a goal. The client learns a simple process to diffuse the Rebel’s efforts.

#### ***Recap – Commitment – Homework - Close – 8 minutes***

##### ***Wrap it Up – 5 minutes***

Have the client articulate what they are feeling, what has been learned during the coaching session, and identify what they will commit to doing as a result of what has been explored and learned during the coaching session.

##### ***Assign Homework & Next Session Pre-Work – 3 minutes***

At the end of the session assign homework and pre-work for the next session. Take care of any logistics and bring the session to a close.

### **SESSION #4 OBJECTIVE:**

Have the client recognize that their Rebel Within doesn't have to be viewed as an adversary, but that they also can create an ongoing, positive relationship with this aspect of themselves.

### **SESSION TIME:**

45 – 60 minutes

### **MATERIALS NEEDED:**

Pen & paper

### **SESSION #4 SCHEDULE:**

#### ***Welcome – Check-in - Overview – 12-17 minutes***

Arouse the client's interest in the topic and create positive feelings about the upcoming coaching session. Review tasks assigned between coaching sessions and place the client in an optimal state for learning and growth to take place.

#### ***Explore – Learn - Act – 25-35 minutes***

Have the client realize that they don't have to continually be at odds with their Rebel Within and feel that it will always fight against them. They can work with their Rebel Within and create an ongoing, positive relationship with this aspect of themselves.

#### ***Recap – Commitment – Homework - Close – 8 minutes***

##### ***Wrap it Up – 5 minutes***

Have the client articulate what they are feeling, what has been learned during the coaching session, and identify what they will commit to doing as a result of what has been explored and learned during the coaching session.

##### ***Assign Homework & Discuss Next Steps – 3 minutes***

At the end of the session assign homework and discuss next steps. This could include the continuation to the next section of your coaching program, investment in a new product or program, or completion of your work with the client. Take care of any logistics and bring the session to a close.