



## Frequently Asked Questions about BLISScipline Trak Life Coaching

### *What is BLISScipline Trak coaching?*

It is a professional partnership between you and your BLISScipline Trak coach where you receive one-on-one, individualized support in an empowering, 'advice free' zone from an Erickson College trained solution focused coach. You and your coach set aside time for you to be supported as you explore what it is you really value and how you can best clear the way for you to move forward powerfully in all aspects of your life. In the BLISScipline Trak coaching you are honored as the unique, whole being you are. You are supported in connecting to your inner wisdom as you discover what works for you and do more of it, based on your strengths and natural abilities. You are supported in living a BLISSciplined Lifestyle where you are absolutely true to the best that is within you so that you Thrive and Help Thrive! This is not therapy, consulting, mentoring, or training. It is forward thinking, future, and outcome-oriented support in personal and professional transformation.

### *What are the benefits of BLISScipline Trak coaching?*

When you work with an Erickson College trained BLISScipline Trak coach you will experience many benefits, a few of which may be:

- Feeling well prepared for BLISScipline A.I.M. and your BLISScipline Energy Practice.
- Overcoming what you are currently "resisting".
- Clearing inner conflict, obstacles, and judgment of yourself and others.
- Dropping mental baggage that has weighed you down for years.
- Cementing the thoughts, feelings, and actions that support you in getting exactly what you want.
- Quickening the process of Masterfully Manifesting your 30-day, 6-month and 3-year A.I.M.s.
- Getting past the tricks your mind plays on you that keep what you want away from your life.
- Prioritizing the BLISScipline A.I.M. inspired actions to quickly bring you the most fulfilling results.
- Unleashing the brilliance of your deeper knowledge system or unconscious mind for even faster results.
- Embracing the polarity and leveraging your setbacks for rapid acceleration.
- Having ongoing support and accountability.
- Connecting to your life values and your highest and best self.
- Increasing awareness of what you really want.
- More productivity, satisfaction, and general well being.

### ***Why might I decide to work with a BLISScipline Trak coach?***

- There are many reasons someone might work with a coach. Some choose to work with a coach to move past experiencing chronic cyclical patterns or stubborn blocks.
- Overcome resistance and fear; and discharge your inner "gunk".
- Move into a more peaceful knowing.
- Feel more confident.
- Get clear on what you really want in life.
- Stay focused on what you really want.
- Discover your deeper life values.
- Live life from your deeper values.
- Have ongoing support and accountability as you pursue your goals and dreams.

### ***What should I expect during a coaching session?***

You will meet with your BLISScipline Trak coach over the phone from the comfort of your own home. You set the agenda of your session ensuring that you receive exactly what you want out of it. In co-creative partnership you move towards your desired outcome for each session. Your coach draws from hundreds of transformational coaching tools. You are supported in tapping into your own wisdom. This is an 'advice free' zone. Your coach is trained in advanced listening technologies and will ask questions from an objective view-point to move you through blocks into more clarity. You leave each session with actionable ideas, steps and inspiration.

### ***How do I get started?***

Read the coaching bios and choose a coach with whom you feel you can relate well and create the most powerful partnership then e-mail the coach of your choice to get started!

If you're ready to get the most depth possible from the BLISScipline Energy Practice and manifest in an even more magnificent way, invest in BLISScipline Trak coaching. It will take the BLISScipline Energy Practice to the next level for you or your money back!

***Partnering with objective, highly-skilled transformational coaches is the difference that makes the difference in your whole life!***

***E-mail a BLISScipline Trak coach today.***