



PLAN YOUR SESSIONS

Guide

WWW.YESSUPPLY.CO/

Welcome

We live in a world of ABSOLUTE infinite potential. Anything you want is simply a click away.

Want to share your message? You can pick up your phone and reach hundreds (or even thousands) of people in seconds.

Want to make an extra thousand dollars? You can launch an offer and even with a small list hit your goals (I've had clients do this time and time again)

Want to hit your health goals? There's never been more apps, youtube videos, and pinterest recipes to help you get there.

And even want to have a dreamy relationship? Yep, there's an app for that too.

So with everything that we need at our fingertips, LIMITLESS possibility, and more options to get things done than ever...

Why is it that so many talented, smart, incredible leaders, lightworkers and aspiring coaches are STUCK? Feeling anxious about creating the life, wealth, and happiness they deserve?

If you've been looking for the answer and you haven't been able to find it...here's why: it's INVISIBLE.

Most people never find the answer because they don't actually know where to look and how to perceive it.

Anything that's getting in the way of you and your dreams is all your energetic frequency, and where you are directing your thoughts.

And you're in the right place, because I have spent years studying, helping my clients create amazing results, to bring you the perfect blend of science and spirituality to prove to you that no matter what you ask for...the answer is ALWAYS yes.

I'm going to show you exactly how to plan a dreamy coaching session.

Meet Reese

Hey, I'm Reese, a Master Manifestation + Abundance Coach, Creator of the YES SUPPLY METHOD, and on a mission to teach the world the power of their subconscious mind, and universal laws to create the life you're meant to live.

After starting on my path to my coaching business, and working with dream clients I KNEW there was something missing. It was getting tough to maintain 10K and 20K months, and I wanted to go so much deeper with my clients to make lasting, deeply impactful shifts on a spiritual, emotional, and energetic level AND create more abundance- but I didn't know how.

By working with the power of the Subconscious mind, with Coaching techniques like Neural Energetic Wiring, Hypnotherapy, Emotional Freedom Techniques Tapping, and Energy Work, I found the formula to make the incredible change permanent and I am on a mission to spread the message to as many people as I can.

I've trained hundreds of people in the YES SUPPLY METHOD Coaching Certification to create massive positive impact as Mindset, Manifestation, Relationship + Business Coaches by equipping them with the tools to help more people release what's holding them back and create quantum leaps in their life.



Here's what we're covering in this training + workbook:

- Understanding the subconscious mind, and real deep transformation
- How the programming language of your mind works, and how to program it in your favour
- How to protect your energy before a coaching session
- How to map out successful coaching sessions so you can powerfully change the lives of the people you serve
- How you can feel confident, and powerful when you show up to your coaching sessions, to get maximum results
- How being in alignment with your offers, and transformation makes attracting clients easy

And much more...

Let's talk...

Make sure to leave me a comment below the video with your feedback and take a screenshot and share with me on [Instagram @yessupply](#) as you go through the challenge so me and my incredible team can cheer you on and give your instagram a shout out!

People have told me they would have paid hundreds for this information...and you're about to get it for free as it is my mission to show people the power they were born with, and were never taught!

I am thrilled to guide you through becoming the best at what you do. Learning the secrets of the subconscious mind and the programming language of the mind so you can create the life of you want with ease and flow.

PLAN YOUR SESSIONS GUIDE

Uncover the foundational secrets of the subconscious mind, how the body holds trauma, our belief systems, and internal filters.

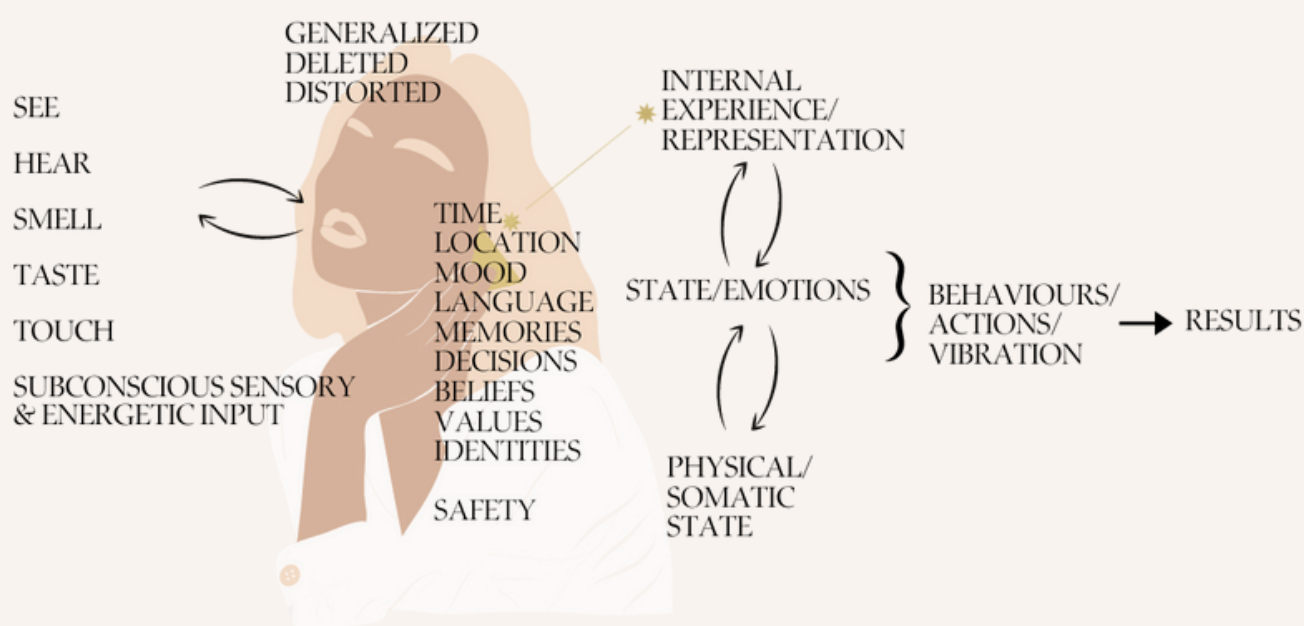
Pre-work

Welcome! I am so glad you're here. In this section, we'll go into some of the foundational secrets of the subconscious mind, belief systems, and internal filters that your clients are DYING for you to uncover so you can get to the root cause of their fears, doubts, and limiting beliefs and create a powerful transformation.

It's very common for us to believe that the problem that is on the surface is the real problem. What's showing up in the physical world is often the physical manifestation of what's occurring on the spiritual, emotional, and mental levels.

Our coaching focuses on the deeper levels of the mind, the body and the soul. By working on what's happening with, the client is able to create an amazing world without.

Here is the NEW™ Model of Reality



An effective and aligned coach knows:

How to pick up on subconscious messages: only 7% of what we say is words - the rest is energetic and subconscious.

This happens with active listening and presence, and your own inner work before the coaching session even happens

Listening for:

- What are the filters the client has of the world?
- Are they emotional and physically regulated? How is this affecting their feelings, beliefs and actions?
- What uncomfortable emotions, limiting beliefs, internal conflicts, resistance, trances are the clients in?

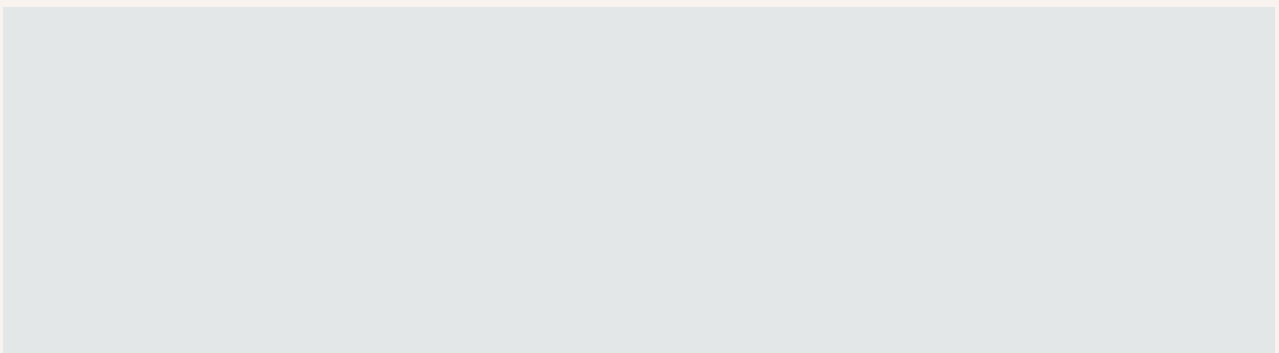
When you know what to listen for, then you know what powerful questions to ask to go deeper to:

Gather important information - for you to know as the coach, and also for your clients to have major realizations.

Get to the root of the issue to know exactly what is happening within the client, which is showing up as patterns, metaphors, resistance, and occurrences in their

Get clarity on technique and modalities you will use to transform the inner world with the most aligned and needed subconscious, and energetic method.

Notes:

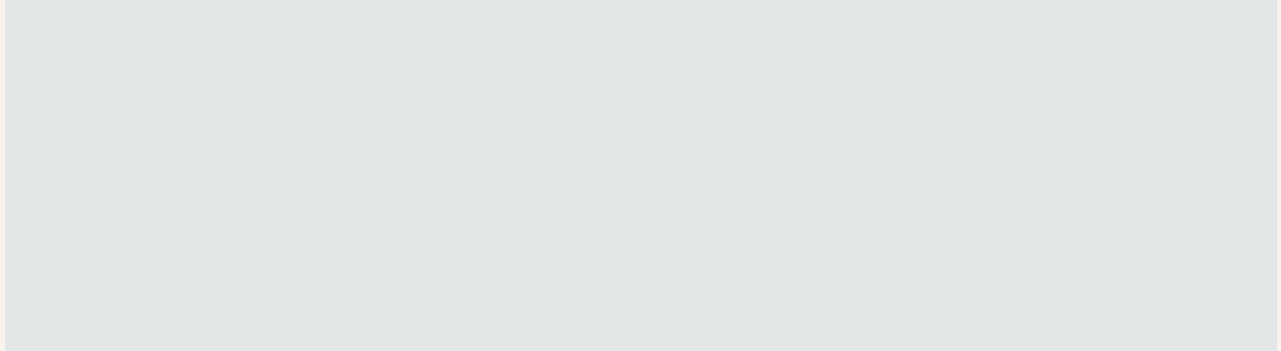


PLAN YOUR SESSIONS GUIDE

Here's a bit of groundwork before your calls:

How do you want to see yourself in the world?

Write below:

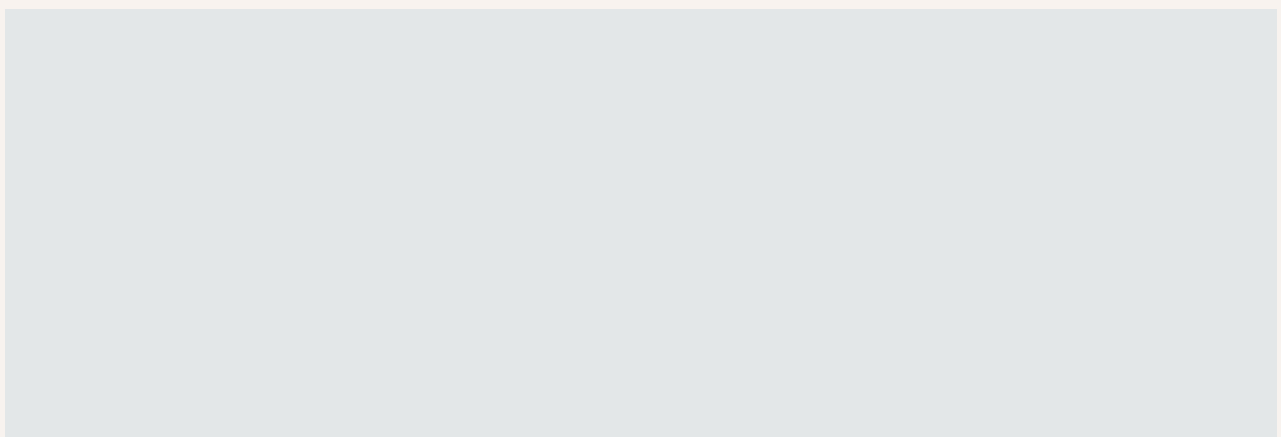


What are the character traits of the person who has the things that be/do/has all the things that you want?

Here are the common traits of successful people, coaches, and influencers:

- Seek to give value
- Are confident to express their thoughts
- Give themselves permission
- See others at their highest potential
- Love and ENJOY being you
- Have fun and play the game of success
- Practice gratitude for what you have now, and what is coming your way

Write below:



PLAN YOUR SESSIONS GUIDE

This is the scale of consciousness which shows you how your feelings resonate at a frequency:



You, as the coach, are creating a powerful container with the energy that you're bringing into the call.

Take notes on what stands out to you to do before your calls.

We talk about:

- Energy clearing
- Meditate
- Sage
- Prepare your notes
- Protect your energy
- Connect to divine
- Set an intention

Write below what speaks to you to add to preparing for your coaching session:

How to structure your sessions as a new coach

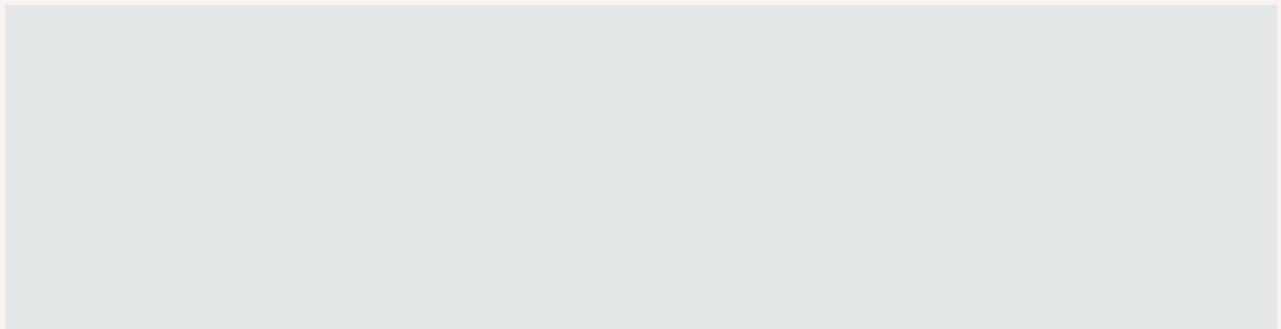
So many people are so OBSESSED with landing clients, without even realizing that they would want to think about what they are going to help their clients with.

Even worse, if you have a subconscious fear that you can't properly help your clients, you will self-sabotage and stop yourself from receiving those clients, and your deserving payment for the work you do.

Let's outline what you would cover in an incredible and transformational coaching session.

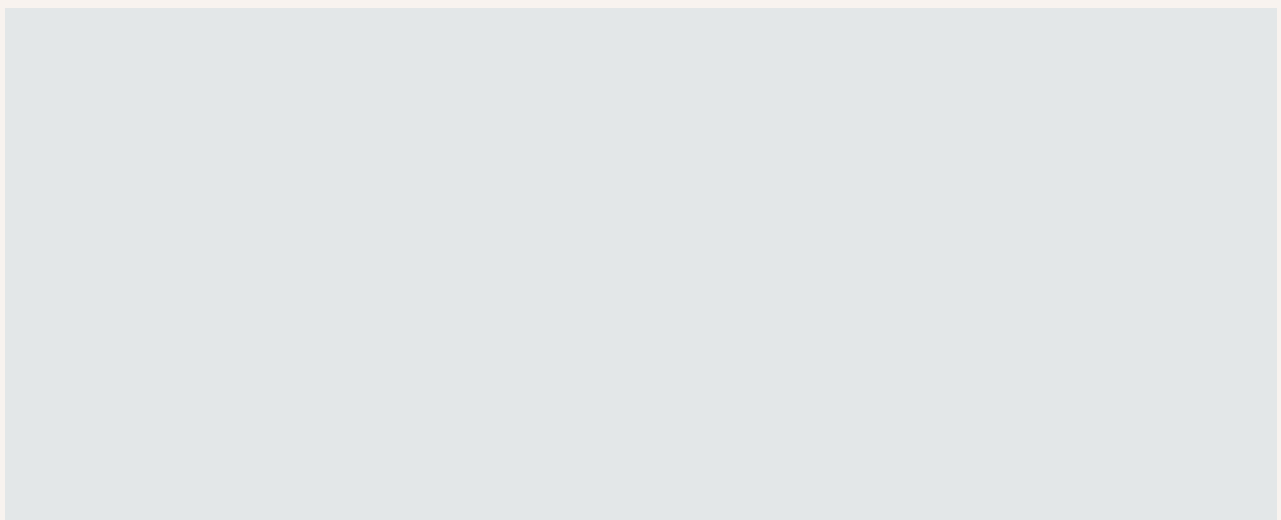
What kind of coach, influencer, spiritual teacher or entrepreneur do you see yourself as?

Write below:



What kind of transformation would you like to provide to people?

Write below:



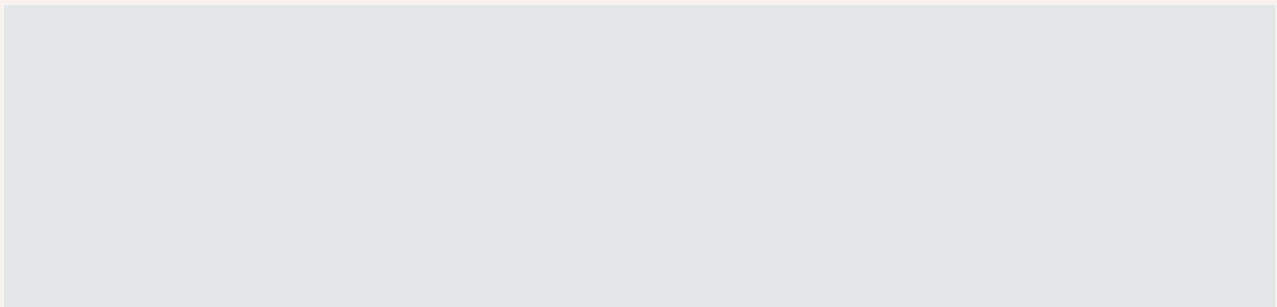
PLAN YOUR SESSIONS GUIDE

Take notes on what stands out to you to do during your calls

We talk about:

- Set an intention
- Building rapport
- Getting clear on what they want to achieve
- Hold MASSIVE space
- Go beyond what they are saying
- Questions to ask on the call
- Do some massive change work (learn more about change work in the YES SUPPLY METHOD)

Write below what speaks to you to add to your coaching session:

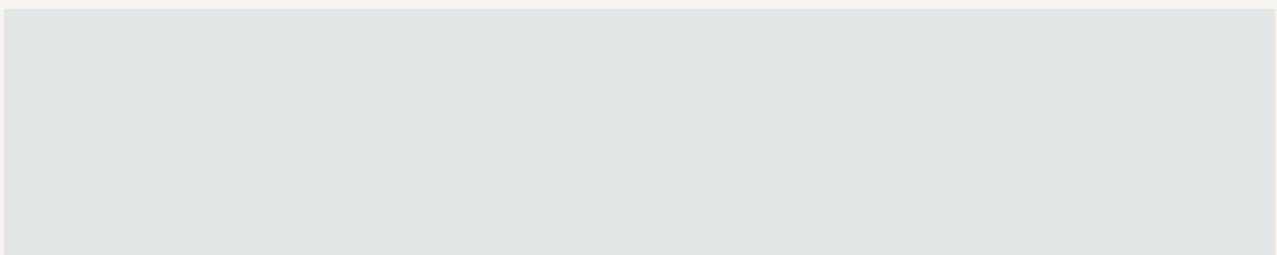


Take notes on what stands out to you to do after your calls:

We talk about:

- Reflect
- Sage or Palo Santo
- Journal
- Cord Cutting

Write below what speaks to you to add to your coaching session:



Here's your homework:

Assignment: Take all you have learned and design your own first mindset coaching session:

Follow this and break down either a one-hour call or 90 minute coaching call!

One hour call outline:

5 minutes: Meet, connect and warm up

10 minutes: _____

20 minutes: _____

30 minutes: _____

40 minutes: _____

50 minutes: If presenting an offer to work with you further begin now...

55 minutes: Close off the call

60 minutes: End the call

One hour and thirty minutes call outline:

5 minutes: Meet, connect and warm up

10 minutes: _____

20 minutes: _____

30 minutes: _____

40 minutes: _____

50 minutes: _____

55 minutes: _____

60 minutes: _____

70 minutes: _____

80 minutes: If presenting an offer to work with you further begin now...

85 minutes: Close off the call

90 minutes: End the call

Calling in your most aligned clients

You've created an incredible outline for your program!

Are you excited and thrilled about it?

What would it take for it to be that way? For it to be the session that YOU would want to sign up for?

Are you embodying this work and this change? How has doing this helped you transform your own life? Feel happier, become more abundant, attract relationships, and manifestations you want?

Step 1: Embody it

Step 2: Share it

Share your story, your learning lessons, and your tips on how you transformed your life and now think differently about the world. Remember, your story is an inspiration to many and those who want the transformation that you have had will be lining up to sign up for your sessions!

Here's your homework:

Assignment: Invite someone to a laser coaching session or discovery call with you.

Note* I believe it's always good to have an energy exchange so either make a paid offer or ask for a testimonial after.

Sample script:

I am a _____ coach, and I want to help people achieve _____. I transformed _____ and I want to help you be able to accomplish more and attract more of what you want.

If you've been struggling to figure out what your focus is, or you're trying to pinpoint what might be holding you back, I'd be honoured to offer you a free 1:1 20 minute laser coaching session with me. It's absolutely free, absolutely no pitch and I believe we can make a huge shift for you during our time together.

To sign up for a free coaching session with me, send me a PM (or if you have a link to calendly, put that here)

Become SO good, that coaching no longer feels like just chasing clients down, but actually changing lives too.

PLAN YOUR SESSIONS GUIDE

Congrats on Planning Your First Coaching Session!

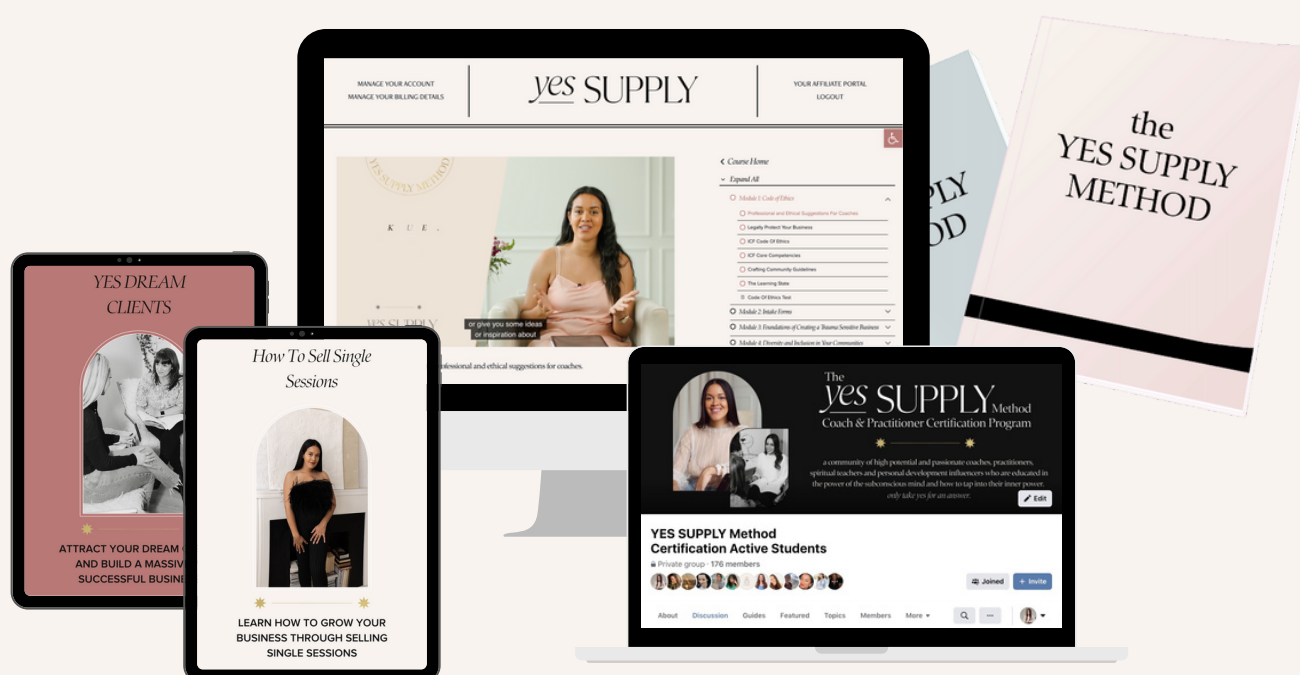
You've laid the foundation to create real transformations for your coaching clients. And we're just getting started! We've barely scratched the surface on what you're capable of doing!

I know you are here because you are meant for more. I know you have the potential to play BIG and help others along the way. I know you are ready to take the guesswork out of the mindset work and hone in on methods that are proven to help you create life-changing transformational experiences with your clients in all areas of life, by getting to the root, releasing what's holding them back, and upleveling massively.

You've started the journey already by showing up for this free training, but it's time to go one step further.

Which is why I'm so excited to invite you to join the YES SUPPLY Method - a trauma-sensitive, evidence-based, and inclusive approach to transformation.

We help you explore the blend of science, spirituality, the subconscious mind and energy to create your most abundant and uplifted life, and support others in creating theirs.



PLAN YOUR SESSIONS GUIDE

Becoming a YES SUPPLY COACH means embodying an abundant way of being, a limitless mind, the passion to empower others and being the person who knows what it means to say YES to yourself.

The YES SUPPLY METHOD combines proven practices like Hypnotherapy, Emotional Freedom Techniques, Neural Energetic Wiring, and Somatic Techniques to bring you a complete level of transformation and a wide range of tools to use in a variety of coaching scenarios.

We give you a structure that can powerfully be used to coach anyone, whether you're a seasoned coach, or getting started - you'll learn how to approach the structure of emotions, the mind, and how inner conflicts are formed to coach your clients to powerful solutions, and help them expand their lives from the inside out.

Learn more about the YES SUPPLY Method here.



Learn More