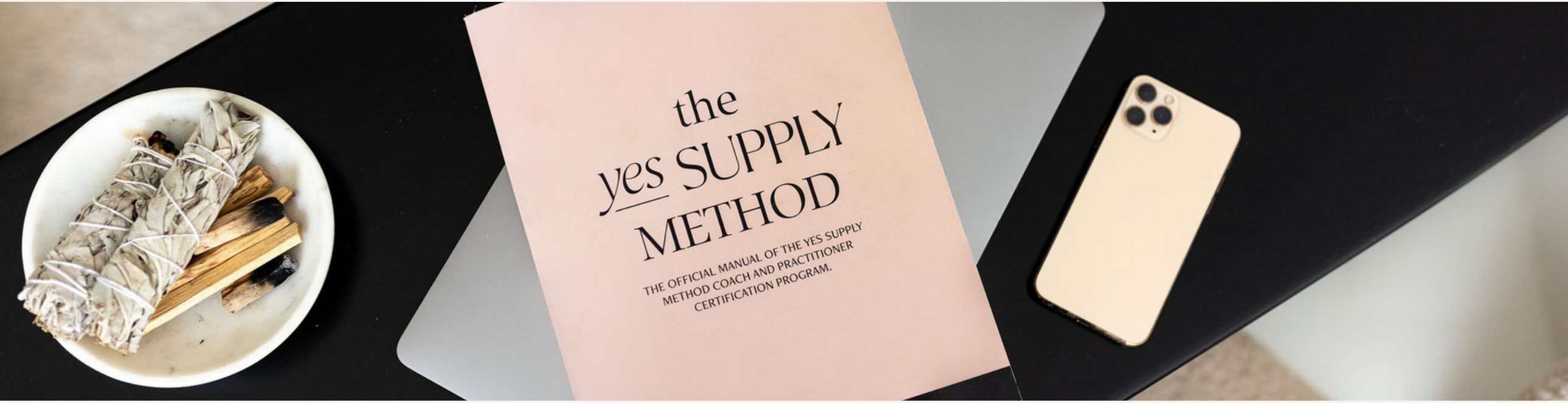
The Process Of

THE *yes* SUPPLY METHOD

yes supply curriculum 2022-2023



Part No. 1– EMBODIMENT
BECOMING THE YES SUPPLY COACH & INFLUENCER

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. When you see yourself as your higher self, you will go into this training as the leader you are meant to be. You'll make the most of what you learn going forward by embodying, teaching, and embracing all it means to grow on a spiritual, mental, emotional level.

MODULE 1: HOW THE SUBCONSCIOUS WORKS

Learn how your mind works, how our programs work, and how we move through the world. Real change is going to come from a shift in our programs and our paradigms and this is what the YES SUPPLY Method is all about.

MODULE 2: CULTIVATING AN ABUNDANCE MINDSET

As a YES SUPPLY Method coach, you help your clients and the people in your audience to reach their highest potential. Learn how to unlock it by cultivating an abundance mindset.

MODULE 3: TAPPING INTO YOUR INTUITION

When you tap into your intuition, you tap into your infinite power. Learn how to tap into your intuition.

MODULE 4: WORKING WITH THE UNIVERSAL LAWS

By embodying and integrating the Universal Laws into your life, you will see incredible results. As instead of pushing through your life, you start to go with the natural flow and work alongside the Universe in creating your YES life.

MODULE 5: INTRODUCTION INTO HUMAN DESIGN

What Human Design teaches us is that each individual person on the planet has their own unique energetic code. We have our own unique strategy for going through life, through decision-making, how we interact with other people, how we absorb energy, how we hold our energy, how we give energy, and how to relate through the world. Learn more about your unique design and how you can integrate it into your business and working with your clients.

MODULE 6: INCREASING DIVERSITY, EQUITY AND INCLUSION IN YOUR BUSINESS

Ideas, perspectives and initiatives to increase Diversity, Inclusion and Equality in your coaching business and become the leader for the world you want to create.

MODULE 7: THE YES SUPPLY 5 STEP MANIFESTATION METHOD

As a YES SUPPLY certified coach, you will be able to take these five steps and reach your goals through reprogramming the subconscious mind, releasing things that no longer serve you, and reframing beliefs on a much deeper subconscious and energetic level. As you work with your clients, you will also be able to apply these five steps during your coaching sessions to help them see what is holding them back so that they can move forward.

MODULE 8: THE YES SUPPLY EMBODIMENT RITUALS

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. When you see yourself as your higher self, you will go into this training as the leader you are meant to be. You'll make the most of what you learn going forward by embodying, teaching, and embracing all it means to grow on a spiritual, mental, emotional level. Get access to three tools and techniques that we teach in the YES SUPPLY Method to help you embody the coach, trainer, speaker and leader you are meant to be.

Part No. 2– INTEGRATION
MASTERING THE TECHNIQUES

At this level, you'll learn how to use the advanced Energetic, Subconscious Mindset, and Coaching techniques, rooted in Neurolinguistic Programming, Hypnotherapy, Emotional Freedom Techniques and Energy Work. These tools are what will have you shifting, and upgrading at massive speeds, and creating 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.

MODULE 1: CODE OF ETHICS

You'll learn how to ethically run your business as a coach, information to support your contracts and business logistics, as well as guidance and outlines on what it means to be a coach today in this self-regulating field.

MODULE 2: INTAKE FORMS

Getting to know your client, the questions you ask them, and the expectations you create set the tone for your entire coaching relationship. Learn how intake forms can support you in setting expectations, getting clear on boundaries and ensuring you're working with your dream clients

MODULE 3: FOUNDATIONS OF CREATING A TRAUMA SENSITIVE BUSINESS

You'll lean what it means to be a trauma-sensitive coach, the background on trauma informed practices, how to understand the different kinds of trauma your clients may have come across as well as creating trauma sensitive protocols for your coaching containers and being able to hold space for massive transformation.

MODULE 4: DIVERSITY AND INCLUSION IN YOUR COMMUNITIES

You'll be introduced to your own inner work as a coach who operates a diverse and inclusive practice, awareness of sensitivities to other people's needs and backgrounds, explore methods to grow in this way, and you'll create your own values, strategies and practices to help you lead the path for welcoming spaces.

MODULE 5: FOUNDATIONS OF A COACHING SESSION

Access the ways of thinking that your clients can take on to super charge your sessions and help them be in charge of their results and the outcomes for their lives. You'll get access to a variety of outlines for different kinds of coaching sessions, and goal-setting sessions you'll have with clients.

MODULE 6: NEURAL ENERGETIC WIRING BLUEPRINT

You'll become a coach with a breadth of scientific and research backed knowledge learning the anatomy of the brain, Brainwaves, the Rules of the Subconscious Mind as well as learn my signature coaching framework that encompasses all the levels of the conscious and subconscious mind. Plus, you'll discover how to outline your programs and sessions to begin selling and creating abundance as a coach.

MODULE 7: MAINTAINING PRESENCE WITH CLIENTS

Presence is the first step of an outstanding coaching experience, and with a solid foundation on how to pick up on unconscious communication, internal patterns of thinking, and more you'll stand out as an intuitive, insightful, and energetically connected coach to your clients.

MODULE 8: ACTIVE LISTENING

Diving beyond presence, with active listening you'll have the tools and techniques to ensure your clients feel seen, heard, and safe to be transparent, open and vulnerable to make the most of your sessions as well as recognizing signs of trauma and disregulation. You'll learn the subconscious signals your clients are communicating as they speak so you can be an even more proactive, intuitive, and *** coach. Your clients will wonder how you know them so well.

MODULE 9 & 10: POWERFUL QUESTIONING

With the foundations of being an intuitive coach and leader, you'll dive into powerful questioning which allows you use questioning to uplevel and shift the perspective of your clients, help them see the world in a completely different way, dive into the roots of problems that are affecting them and helping them transform their thinking to discover incredible solutions.

You'll also use questioning and reframing to help clients step into their power, discover their worth, and uncover what's been holding them back.

MODULE 11: BEFORE AND AFTER YOUR COACHING SESSIONS

The energy you bring to your coaching sessions sets the entire tone for the containers you lead. In this module you'll create your rituals and routines to help set you up for success, dive deeper into self care, and feel grounded, energized and as your best self in your coaching sessions.

You'll be guided through a variety of techniques that set you up to become a standout coach and hold incredible energy, that makes your clients feel safe, seen, and receiving energetic upgrades.

MODULE 12: MENTORSHIP AND COMMUNICATION SKILLS WITHIN THE COACHING RELATIONSHIP

Learn the approach to integrate mentorship and powerful story telling into your coaching experiences.

Discover little-known, yet powerful, communication tools that create transformation, inspiration, and empowerment on a subconscious level and will allow you to increase your authority and influence in your online communities, while having the tools to fully empower your clients in your intimate sessions through your choice of words.

MODULE 13: FULL PRACTICE SESSION

We spend an entire session practicing the techniques and tools you've learnt so far.

Part No. 3– TRANSFORMATION
CREATING CHANGE

In this segment, you will learn how to reach the people who need the work you do. You will create a transformational signature program using the guidance, templates, and tools that are given to you in the YES SUPPLY METHOD.
Learn how to use the powerful tools that combine the language of the mind, somatic techniques, and energetic transformation to support your clients in a transformation that has trauma-sensitive methodologies applied, combined with insights that allow you to approach coaching with diversity, and inclusion at the forefront.

MODULE 15 & 16: THE CODING LANGUAGE OF THE MIND
Our minds work with a very specific language and coding, and when we learn this we have found the key to deep, lasting, and astonishing change in perspective, outlook, and beliefs. In this module, you learn how are thoughts are encoded, how to access the subconscious, and how to change the very coding of our programs, to create space for the ones we want.

MODULE 17 & 18: WORKING WITH AN ANCHORING EMOTIONS
Just like a song will bring you back to a certain time in your life, we have anchors for everything around us. If we know that it is our energy that magnifies our manifestations, and our emotions signal to us what our energy level is, then having a powerful tool to allow emotions to stick or subside is exactly what we need in our coaching toolkit. Anchoring will show you how.

MODULE 19: RELEASING INTERNAL CONFLICTS AND PARTS

If you or your client have ever felt stuck, unable to move forward, or torn in 2 different direction, it's often a subconscious personality pattern is creating it, and without acknowledging, identifying, and integrating this subconscious part, the feelings of stuck and inaction could stay for years.

Parts integrations will help clients, release internal conflicts, and feel whole and complete as they take action, and become the person they knew they were always meant to be, with the beliefs that serve them and their greater purpose.

MODULE 20: SOMATIC TECHNIQUES

It is known that Trauma and emotions can stay stuck in the body. Take your coaching practice one step further by integrating movement, awareness of the body, and grounding practices into your coaching sessions and containers.

MODULE 21: EMOTIONAL FREEDOM TECHNIQUES

Another somatic technique, Emotional Freedom Techniques works with the body's energetic meridians to help clients release nervousness, anxiety and resistance between themselves and their goals. By turning EFT into a routine practice, clients can literally rewrite their thinking patterns working with neuro plasticity to manage emotions easily, create new patterns of being, and think in a completely new way.

MODULE 22 & 23: NEURAL ENERGETIC ENCODING

We know that memories and emotions and how we think about the future is setting up our subconscious GPS to send us in that direction.

Neural Energetic Encoding works with how we encode time, to help us release emotions, beliefs, identities and patterns of thinking that are no longer serving us and may be passed down through generations. It also allows the client to move into an expectant energy for the future, creating from their highest self all using trauma sensitive protocols and practices.

MODULE 24 & 25: HYPNOSIS

Hypnosis is a powerful methodology allowing us to access the programming potential of the unconscious and subconscious mind, shape patterns, beliefs, self image, ways of being, and habits into ways that serve us. With our approach to Hypnosis that works on all levels of the mind, clients feel completely transformed and like they are achieving the life of their dreams almost on autopilot.

Part No. 4– AMPLIFICATION
CREATING INFLUENCE

A YES SUPPLY METHOD Coach is more than just a coach. You're an influencer, a teacher, a lightworker who is here to make a massive impact on the masses. In this segment, you'll learn how to create transformational experiences on all of your platforms to reach more people, share transformational stories and content, magnetize a bigger audience of people who will say "I've been looking for a coach like you!"

You have an important message to share, that's why you're here. Let's help you amplify it!

* How to incorporate advanced Subconscious, and Energetic Mindset tools into your speeches, talks, social media stories and more to create transformational experiences for everyone who crosses your path!
* How to amplify your message and reach the people who need your message.
* How to make more of an impact, and create more abundance in less time by magnifying your message and creating a movement & heartfelt community that people want to be part of!

Graduate & Receive 5 Certificates: