



Mentoring Program

Skills, Tapping & Coaching

Month 1 Peer Session Assignments

Your Peer Session Assignment for the next 3 weeks:

Week 1: Plan 45-60 minutes.

Begin with a check in. Take maybe 5-10 minutes to get acquainted and talk about where you are with the monthly lessons and assignments.

Decide which one of you will take the roll of practitioner this first week and who will take the role of practitioner the second week. (Obviously, the other student will take the role of the client.)

As the practitioner, you will use the notes you've created from the pre-lesson hand out on "*Structuring Your Client Sessions*" as your guide.

The objective of this month's practice sessions is to give each of you a chance to dip your toes into the water of being a practitioner and organizing your first session with a new client.

You will each have an opportunity to do this over the course of the three (3) sessions you have scheduled together.

As the acting practitioner, you will use your personal "session structure outline" to lead your client **through all 8 steps of a first session.**

Including:

1. Rapport and pre-frames
2. Confidentiality / Agreements / Recording the Session
3. Session Structure
4. Therapy vs. Coaching
5. Building Bridges (Refer to your training manual!)
6. Tapping Points / SUDs
7. Do some tapping (See the "*Let's Try Tapping*" lesson)
8. Closing the Session



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If you're taking the role of the "client," really lean into what it would feel like for you to have that conversation and try to be coached through those steps.

Often times, experiencing things from the role of client gives you clarity about how you want to fill the role as practitioner.

Do not coach one another.

Do not give feedback, or suggestions.

Just as you would not criticize or coach a practitioner you would work with - or even a client - fully engage in the process and take it in.

Week 2: Switch roles and follow the same steps.

Week 3: Plan 45-60 minutes

This is time to support one another with the *Successful Business Building Steps* lessons.

Did you create your Zoom account?

Did you create the Word document that is to be sent to Michael for the student members listing?

Take turns tapping for any PR (Fears or blocks).

Make note of questions you might have at this point in the first month. Submit them in [our private Facebook group](#) for everyone to discuss. Tag Jan and Shannon in that post so we don't miss the question.

We may choose several questions to answer either in a live video or on the monthly calls.