

*Sacred Depths Foundation Level 2022*

Program Checklist

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| **Enter “X” When Completed** | **Calls & Worksheets** |
|  | **7/12/2022**: **Introduction and Energetics of the Coaching Relationship**  **-Call** |
|  | **7/12/2022: Introduction and Energetics of the Coaching Relationship**  **-Worksheets** |
|  | **7/19/2022: Deep Listening Skills 1**- **Call** |
|  | **7/19/2022: Deep Listening Skills 1 - Worksheets** |
|  | **7/26/2022: Deep Listening Skills 2 - Call** |
|  | **7/26/2022: Deep Listening Skills 2 - Worksheets** |
|  | **8/2/2022: Deep Listening Skills Practicum- Call** |
|  | **8/2/2022: Deep Listening Skills Practicum- Worksheets** |

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| **Enter “X” When Completed** | **Calls & Worksheets** |
|  | **8/23/2022: Microaggressions and Racial Considerations with Makeda Pennycooke - Call** |
|  | **8/23/2022: Microaggressions and Racial Considerations with Makeda Pennycooke - Worksheets** |
|  | **8/30/2022: Creating Awareness Skills 1- Call** |
|  | **8/30/2022: Creating Awareness Skills 1- Worksheets** |
|  | **9/6/2022: Creating Awareness Skills 2 - Call** |
|  | **9/6/2022: Creating Awareness Skills 2 - Worksheets** |
|  | **9/13/2022: Creating Awareness Skills Practicum- Call** |
|  | **9/13/2022: Creating Awareness Skills Practicum - Worksheets** |
|  | **9/19/2022: Breakthrough Questioning Skills 1- Call** |
|  | **9/19/2022: Breakthrough Questioning Skills 1 - Worksheets** |
|  | **9/28/2022: Call for new and tentative practitioners- Call** |
|  | **9/28/2022: Call for new and tentative practitioners- Worksheets** |
|  | **10/4/2022: Breakthrough Questioning Skills 2 - Call** |
|  | **10/4/2022: Breakthrough Questioning Skills 2 - Worksheets** |
|  | **10/11/2022: Breakthrough Questioning Skills Practicum- Call** |

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| **Enter “X” When Completed** | **Calls & Worksheet**s |
|  | **10/11/2022: Breakthrough Questioning Skills Practicum- Worksheets** |
|  | **10/18/2022: Visioning 1- Call** |
|  | **10/18/2022: Visioning 1- Worksheets** |
|  | **10/18/2022: Visioning and Strategizing Practicum Recording Visioning Demo using Visualization - Call** |
|  | **10/18/2022: Visioning and Strategizing Practicum Recording Visioning Demo using Visualization - Worksheets** |
|  | **11/1/2022: Energetics of New Things (internal note: this is the same as Visioning 2) - Call** |
|  | **11/1/2022: Energetics of New Things (internal note: this is the same as Visioning 2) - Worksheets** |
|  | **11/8/2022**: **Strategizing - Call** |
|  | **11/8/2022: Strategizing - Worksheets** |
|  | **11/15/2022**: **Coaching Practicum - Call** |
|  | **11/15/2022: Coaching Practicum - Worksheets** |
|  | **11/22/2022**: **Systems and Protocols - Call** |

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| **Enter “X” When Completed** | **Calls & Worksheets** |
|  | **11/12/2022: Systems and Protocols - Worksheets** |
|  | **11/29/2022: Bonus Training: Easy-Peasy Legal for Entrepreneurs with Gena Shingle Jaffe - Call** |
|  | **11/29/2022: Bonus Training: Easy-Peasy Legal for Entrepreneurs with Gena Shingle Jaffe - Worksheets** |
|  | **12/6/2022: Befriend Your Fear 1 - Call** |
|  | **12/6/2022: Befriend Your Fear 1 - Worksheets** |
|  | **12/13/2022: Befriend Your Fear 2 - Call** |
|  | **12/13/2022: Befriend Your Fear 2 - Worksheets** |
|  | **1/3/2023: Befriend Your Fear Practicum - Call** |
|  | **1/3/2023: Befriend Your Fear Practicum - Worksheets** |
|  | **1/10/2023: Energetics 2 - Call** |
|  | **1/10/2023: Energetics 2 - Worksheets** |
|  | **1/17/2023: Resistance Archetypes - Call** |
|  | **1/17/2023: Resistance Archetypes - Worksheets** |
|  | **1/24/2023: Bonus Training: Coaching VS Therapy with Rea Wright**  **- Call** |
|  | **1/24/2023: Bonus Training: Coaching VS Therapy with Rea Wright**  **- Worksheets** |

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| **Enter “X” When Completed** | **Calls & Worksheets** |
|  | **1/31/2023: Re-Wire Negative Thought Patterns 1 - Call** |
|  | **1/31/2023: Re-Wire Negative Thought Patterns 1 - Worksheets** |
|  | **2/7/2023: Re-Wire Negative Thought Patterns 2 - Call** |
|  | **2/7/2023: Re-Wire Negative Thought Patterns 2 - Worksheets** |
|  | **2/21/2023: Myth of Perfection - Call** |
|  | **2/21/2023: Myth of Perfection - Worksheets** |
|  | **2/28/2023: Wheel of Self-Sabotage - Call** |
|  | **2/28/2023: Wheel of Self-Sabotage - Worksheets** |
|  | **3/7/2023: Accountability Tools & Strategy - Call** |
|  | **3/7/2023: Accountability Tools & Strategy - Worksheets** |
|  | **3/14/2023: Bonus Training: Money Mindset with Monica Shah - Call** |
|  | **3/14/2023: Bonus Training: Money Mindset with Monica Shah - Worksheets** |
|  | **3/21/2023: Practicum - Call** |
|  | **3/21/2023: Practicum - Worksheets** |
|  | **3/28/2023: Being in the Mystery - Call** |

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| **Enter “X” When Completed** | **Calls & Worksheets** |
|  | **3/28/2023: Being in the Mystery - Worksheets** |
|  | **4/3/2023: Shift Your Relationship with Time 1 - Call** |
|  | **4/3/2023: Shift Your Relationship with Time 1 - Worksheets** |
|  | **4/11/2023: Shift Your Relationship with Time 2 Recording - Call** |
|  | **4/11/2023: Shift Your Relationship with Time 2 Recording - Worksheets** |
|  | **4/18/2023: Radical Self-Love - Call** |
|  | **4/18/2023: Radical Self-Love - Worksheets** |
|  | **4/25/2023: Coaching Practicum - Call** |
|  | **4/25/2023: Coaching Practicum - Worksheets** |
|  | **5/2/2023: Journaling as a Transformational Tool - Call** |
|  | **5/2/2023: Journaling as a Transformational Tool - Worksheets** |
|  | **5/9/2023: Ritual as a Coaching Tool - Call** |
|  | **5/9/2023: Ritual as a Coaching Tool - Worksheets** |
|  | **5/12/2023: Next Steps + Closing Ritual - Call** |
|  | **5/12/2023: Next Steps + Closing Ritual - Worksheets** |

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| **Enter “X” When Completed** | **Business Building Bonuses** |
|  | **Sacred Power Program Recording – Being Trauma Informed** |
|  | **Sample Coaching Session** |
|  | **Authentic Enrollment Conversations Workshop** |
|  | **Create Your Unique Marketing Message** |
|  | **Crafting Your Preview Presentations Training** |
|  | **How To Fill Your In-Person Events** |

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| **Enter “X” When Completed** | **Optional** |
|  | **Coaching Partner: Opt-in by 7/20/22** |
|  | **Small Group Cohort: Opt-in by 8/2/22** |