

Systems & Protocols

Energetics



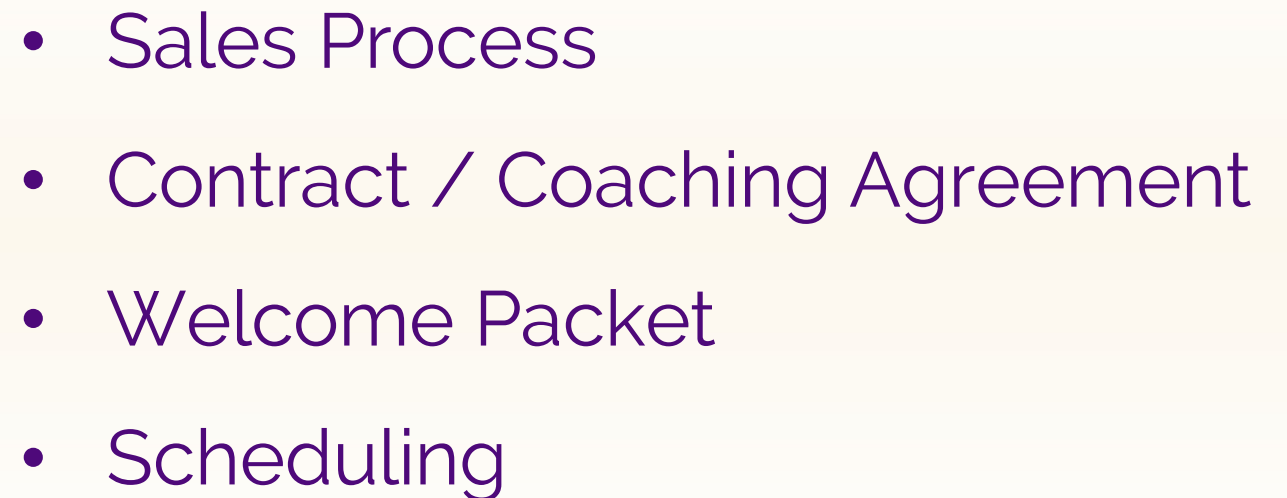
A strong container helps
promote trust, vulnerability,
appreciation, and forward
movement

When?

Container-setting begins BEFORE the first session



Create Clarity
&
Confirm
Expectations

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- Sales Process
 - Contract / Coaching Agreement
 - Welcome Packet
 - Scheduling

Healthy Boundaries

Healthy & aligned boundaries support us to serve deeply without taking over-responsibility



What could get in the way?

- Over-giving
- Fear of being alone, unloved
- Fear of not being good enough
- Scared of anger (yours or another's)