

The One Command® Executive Success Coaching Certification

*There is a power within you
so great . . .*

Week 3

Based on the teachings of The One Command®

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The Coach's Role as Guide

You as the coach you take the role of the Inquisitive Questioner, the Anthropologist, the Detective, the Guide and act as the **guide** for change through The One Command. Realize that there is no one outside of your client causing emotional upset.

As the Coach you KNOW that the client's internal reality such as judgments against others, fears, and limitations – are all unconsciously self-imposed.

Once they are "stopped," the blueprint for success has the space to naturally emerge.

Introduction of You as the Coach

It is recommended that you write out a page about your background, skills and what you offer in your sessions. You may use your One Command Executive Success Coaching Certification within an existing practice or in a new practice based solely on this technique of change.

In addition, we recommend a simple contract that you make with your client either on the phone verbally or as a portion of your Description Sheet about you and your service.

Contract For A Session

It is my role to guide you through the process of The One Command. I agree to show up 100% to be present and to give you as much guidance as I possibly can with the knowledge I have at hand. You are 100% responsible for the outcome of the session.

You determine how much you change from the time we spend together, and only you are responsible for that amount and that outcome. Do you agree?

Disclaimer

The One Command is not medicine or medical treatment or therapy of any kind, and no representation is being made as to that result. It is a technique of going into the theta brain wave, asking questions, and making change through The One Command while in theta.

Introduce The One Command as the Vehicle for Change

Let your clients know that this is real. They are making real change in their neurology and biology.

When they consciously go into the theta brain wave and make The One Command, they stop the negative firing sequence of their endocrine system that sends the chemicals of emotion along their neuro net passages.

Once the negative firing sequence is halted the potential that already resides within their blueprint for success, health, wealth, and happiness can naturally rise to the surface.

Creative Imagery

In addition to the physical practice of moving your eyes up under your eyelids as if you are attempting to see right up through the top of your head, **Creative Imagery** assists you and your clients to **expand** your mind, to let go of the beta mind and experience the theta state.

People often question whether they are in theta. Remember to tell them that this is a practice:

- First you'll be in alpha/theta
- Peaceful calm = sign of theta
- Practice takes you quickly into theta
- Develop enhanced intuition
- Everyone has his or her own style of imagining

Coach Building Skills

Information is always coming in from others and our surroundings. All information and experience is filtered through the lens of our own subconscious programs and triggers.

What happens when you shift your perception into the position of an Observer?

Empathic Reflection as the Observer

What information would be available to you when you quiet the inner dialog of your own programs?

Reflective Listening

The act of reflective listening is a neutral observation– not problem solving or having an answer but neutral.

Reflective listening is non-judgmental – listening and reflecting back the words you hear yourself say, or that you hear your client say.

This is the power of you as the “witness” or observer that creates the sacred space where magic happens.

You reflect back the exact words you hear.

For Example: *“I am really worried about my friend.”*

Reflect back: *“You are really worried about your friend.”*

Another dimension of reflective listening is to check what emotions you are feeling while in the session. Here the client may be unclear, or you may not be clear enough in what you are hearing to reflect it back, so you can reflect back what you are feeling.

For Example: *“I am feeling sad right now. That makes me think that you are sad – are you sad (angry, agitated, depressed)?”*

Report back only when you actually notice a feeling and see if by reflecting it back your client can identify that same emotion.

Exercise for Coach Building Skills

- In this exercise you will be going into the state of the Observer - simply noticing your own thoughts, feelings, emotions and images as you ask a simple question; ‘If I knew about myself, what would I know?’
- Go up to theta (ground, align, go to theta, and while there observe what you imagine about yourself).