

CONSCIOUSNESS COACHING WITH DIANA REPKO



Inner Change
ENTERPRISES, LLC

What is a Consciousness Coach?

A coach is a mentor, a guide, someone who's been there and done that, someone who can show you the shortcuts and methods to be even more successful in your endeavors, in this case changing some aspect of your life or business. *Consciousness Coaching* is simply the art and science of using eternal truths in a hands-on, transformative way. To use one's spiritual beliefs to affect positive change in every area of life is to allow those beliefs to come to life and be a quantum force for good.

Who are your ideal coaching clients?

My ideal clients are people who:

- Embrace a spiritual dimension of life.
- Understand that their thoughts are the creative energy behind the ongoing circumstances in life.
- Are proactive, realizing *it* isn't going to change unless *they* change.
- Are fearless in their pursuit of a better life, both inwardly and outwardly.
- Have an area of their lives they are ready to shift NOW!

Who are NOT your ideal coaching clients?

Consciousness Coaching is not for people who know changes need to happen, but who believe it's the people around them, not they themselves, who need to change. If your mantra is "if they'd just change, my life would be better," then I suggest you do what I did when I had that perspective: begin reading, learning, and preparing for growth. You can begin with my monthly e-newsletter and listen to my introductory CD. As you shift and begin to fit the description of my ideal client, you will be ready to get the most from having me as your coach.

What does coaching with you look like? What is expected of me?

Coaching takes place over the phone, so there are no geographical concerns. However, to get the most out of your session, you'll want to create a private space where you can have focused attention, as you would if you were sitting in my office.

During our call, we'll focus on your chosen area for change through questions and conversation. At the end of our time together, I'll help you create a list of action steps. As the next session approaches, you'll let me know that you completed the tasks and how that worked or why you didn't complete the tasks and what you want to do about it. As your next session approaches, you'll also give me a heads up on your agenda or topic for the upcoming call.

What kinds of changes could you help me make?

My clients have used Consciousness Coaching, along with the steps of the Inner Change System, to:

- Discover their right and perfect work.
- Start a business or organization or implement a new idea at work.
- Communicate more harmoniously with a family member or coworker.
- Release blocks or resentments, which impede continuing success.
- Release debt.
- Release unwanted habits, such as overspending.
- Connect with themselves on a deeper level.

In short, if you have an idea you'd like to make happen or if you're experiencing less joy than you'd like in some area of your life or work, then coaching can help propel you into a way of living you may have previously thought was impossible to attain.

Can I use these ideas in my business as well, or does this system apply only to my personal life?

The principle of gravity applies equally to a cotton ball and a bowling ball. The only difference is how they hit the ground. Similarly, the Inner Change System can be applied in any area of life, personal *and* professional.

Most clients begin coaching with one particular area of their life they want to shift. As they become successful in achieving goals in that area, they then shift their focus to another area. Thus, you can continue coaching for each quantum change you are willing to make.

In fact, applying the Inner Change System in *every* area of life is what leads to quantum breakthrough, for life is a whole. If one part of your life isn't working, your life isn't working. You will achieve the most success by applying the Inner Change System across the board.

How quickly can I expect results?

Most clients see immediate shifts in their thinking that are felt deeply and profoundly and lead to the focus necessary to make ongoing changes intentionally. As is often the case, the first shift you may experience is when you begin to release outdated or unsupportive behaviors and beliefs. If you are like many, you'll then begin to adapt thoughts and habits that you want to incorporate. The more you practice and become proficient in using your inner resources in life-enhancing ways, the more quickly lasting changes occur.

More than once, I have seen dramatic and complete inner changes occur in a very short time.

Continued on back

How long have you been doing this, and how are you different from other spiritual coaches?

I've been coaching people for over twenty years, first on an informal basis and then as a profession.

I'm different from other spiritual coaches because I first developed the Inner Change System (not all spiritual coaches have such a clear method) and then tested it in my own life. In so doing, I have practiced what I teach and used these principles to create positive breakthroughs in every arena, from turning a first year of marriage that I wouldn't wish on anyone into a loving, open-hearted, fun partnership, to the gamut of business ownership (including starting, buying, operating, and closing a business), to healing physical issues, to adopting and consciously choosing how to raise our children.

Additionally, some spiritual coaches focus on a particular religion or set of doctrines. I don't. As an ordained Unity minister, I honor whatever spiritual beliefs and practices are already a part of you, because I truly believe that any religion or path humbly and purposefully practiced is a good thing, for they all lead us to discover the Truth that is within us and all around us.



Diana, based on everything I've heard and read, I want to learn from you. How do I get started with you as my coach?

Congratulations on making a benchmark decision to break through to a new level of living! You can choose from my three coaching programs.

Ultimate Breakthrough Coaching Program

This coaching program is for those who want to be exceptionally proactive and create a huge shift quickly. This is the only individual coaching program that includes personalized access to me between sessions. The Ultimate Breakthrough Coaching Program offers:

- Three 50-minute coaching sessions per month for six months.
- Up to 4 quick-question emails each month.
- Up to 2 quick-question calls each month.
- Admission to the Ultimate Breakthrough Topic and Q&A calls each month.

Quantum Coaching Program

This is an excellent option for those who want in-depth coaching but prefer independent work between sessions. The Quantum Coaching Program offers:

- Three 50-minute coaching sessions per month for six months.

Maintenance Coaching Program

A great option for those who want an effective way to continue staying focused and accountable with their follow-through.

- Two 25-minute coaching sessions per month for six months.

How do you accept payments?

For your convenience, I accept Visa, MasterCard, and American Express. I also accept checks, which must clear prior to beginning the coaching sessions. To meet your financial needs, you can pay for the program at once or split your payments on a monthly basis (monthly processing fees apply).

Okay, I know which program I want. How do I begin?

First, sign up for the free resources, which include a monthly e-newsletter as well as my introductory CD. These resources will introduce you to the concepts we'll use in our coaching.

Next, I highly recommend you visit my website (www.InnerChangeEnterprises.com) and read the page dedicated to explaining my Inner Change System. Also, I recommend you visit the Resources page and read the articles that describe the Inner Change System, which we'll draw upon in coaching.

Then, contact me to schedule a complimentary Get Acquainted Session. In this session, we'll discover if my coaching you would be a good fit for both of us.

