

***The Quantum Success
Coaching Academy™***

Participants

Law of Attraction

Certification Program





QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

Program

by Christy Whitman, LOACC

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QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

Program

Welcome!





Module #1

Class #1

❖ WELCOME TO THE QUANTUM SUCCESS COACHING ACADEMY, LAW OF ATTRACTION CERTIFICATION PROGRAM

Congratulations on your commitment to become a masterful coach utilizing the Universal Law of Attraction in your own life first, so that you are in a position to coach others to live their lives by design using these Laws. You are about to embark on 12 months of understanding the Law of Attraction at the cellular level...not just an intellectual level... to create your ideal practice with your ideal clients for accelerated results.

❖ SETTING YOUR SELF UP TO WIN

1. Take a moment right now to set your intention to make the time to actively participate in this course each week, integrating what you learn into your life and your coaching practice.
2. Complete and return the attached Agreement Form to Christy@christywhitman.com or fax it to 450-510-5048 prior to the first class.
3. Be willing to participate fully in the program.
4. Be willing to apply the ideas with your clients.
5. Be willing to change and grow.
6. Connect with your Future Self.

❖ ABOUT THE PROGRAM

The Quantum Success Coaching Academy™ *Law of Attraction Certification Program* is a comprehensive weekly program for attaining the skills necessary to use the Law of Attraction in creating a successful life, a successful coaching practice and to coach your clients for accelerated results. Here you will have the benefit of having a full support system on a weekly basis along with the tools, training, follow-up, accountability and the energy of a group all working towards the same thing.

The program is broken down into lessons with weekly exercises and actions. There will be suggested reading and listening material, emails, and cyber-coaching along with weekly calls each month.

- You participate by telephone (teleclass) from the comfort of your own home or office.
- The program lasts for 12 months.
- Class calls are for the first 3 weeks of every month. During the class calls, you will be given the lesson and focus for that week and there will be time for questions and answers, check-ins, updates, coaching and any group support that you may need.



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- You will also participate in one Peer Group Coaching Call per week called a Pod Group. This is an important piece of the certification process.
- You'll also receive activities and structures to support you in your coaching.
- There is great synergy and energy on the calls and by email between sessions from your group where you'll share your wins and challenges, acknowledgment, support and expertise with each other.
- As your coach, I'm always available by email to celebrate your wins, share feedback and offer coaching and inspiration along the way.
- Monthly payments will be automatically processed every 30 days regardless of the date you previously paid. *There is a \$25 late fee for payments that are declined and not rectified within 1 week. Please ensure your information is up to date prior to the date of enrollment each month.*
- You will want to purchase a three ring notebook and section tabs. Put your manual, class worksheets, tracking sheets, homework assignments, and bonus/resources into the notebook to keep yourself organized.



❖ **YOU'VE GOT BONUSES! Please do not share these with anyone!**

As an additional thank you for committing to YOUR success, please accept the following bonuses:

BONUS #1: The Divine Manifesting System – My 7 Essential Laws coaching system:

This will be required for the 7 Essential Laws module.

<http://www.7essentiallaws.com/thanks1.php>

BONUS #2: The links to all my previous classes – You will be able to listen to all of my previous classes of:

The Abundance Course:

http://www.christywhitman.com/abundanceprinciple_may08am.php

Creating a Soul Relationship Course:

<http://www.christywhitman.com/p/soul/creating-a-soul-relationship.php>

Attracting a Your Ideal Partner:

<http://www.christywhitman.com/truelove/index.php>

Magnetizing and Manifesting:

www.christywhitman.com/seminardownload0307.html

Future Visioning:

<http://www.christywhitman.com/ti/am/>

BONUS #3: A copy of Exploring Coaching: A Step by Step Guide to a Rewarding Career – Being emailed to you.

BONUS #4: 12 month free membership to my Private & Exclusive Law of Attraction and Abundance Coaching Club. You will need to sign in and choose a user name and password.

<http://www.christywhitman.com/QSCA/coachingclub>



QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

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Foundational Principles





❖ FOUNDATIONAL PRINCIPLES FOR THE QUANTUM SUCCESS™ LAW OF ATTRACTION CERTIFICATION TRAINING PROGRAM

Following is a description of the Universal Laws and foundational principles of the program. For more in-depth information on these Laws, please read **The Divine Manifesting System- 7 Essential Laws**, which you have been given a link to in this manual. Also please visit <http://www.abraham-hicks.com>. I strongly recommend their Starter Set and signing up for either their Tape/CD of the Week or Month. Be sure to tell them Christy Whitman sent you!

Law of Attraction:

"That which is likened unto itself is drawn" or "Like attracts like." This means that what you are focused on *and the emotions behind those thoughts*, draw more of the same to you. So, if you are focused on 'not enough money,' what are you drawing to yourself? "NOT ENOUGH MONEY." If you are focused on what's not working in your relationship, what are you drawing to yourself? "MORE OF WHAT'S NOT WORKING IN YOUR RELATIONSHIP." How do you turn it around? The answer is so simple it is sometimes difficult to grasp: ***You make the conscious decision to focus on what you DO want rather than what you do NOT want and then you expect (ALLOW) it to manifest.***

My challenge to you is that every time you find yourself focused on the default reaction of "What if....?" ...I can't meet payroll, ...I can't pay my bills, ...I can't complete this task...that you flip it around to what if "IT COULD BE THE WAY I WANT IT!" So, "What if I meet payroll in spite of the way things look at the moment?" "What if, as I focus on these Laws, money begins to flow to me and I can pay my bills in the way that I want?" "What if this task gets completed in perfect timing?" "What if that timing isn't what I thought it would be and I allow it to come to fruition in perfect timing?"

Law of Deliberate Creation:

The second law is the Law of Deliberate Creation. The Law of Attraction is at work whether you are aware of it or not, in the same way the Law of Gravity works. You can believe in Law of Gravity or not. It still exists. And if you don't believe in it and decide to jump off a rooftop expecting to fly, chances are you'll crash to the sidewalk below. So in order to utilize the Law of Attraction, just as with the Law of Gravity, you choose to create deliberately.

Just as a bodybuilder understands the Law of Gravity, by using weights to work out, you can build your muscles, decrease fat and become more fit. As the Wright Brothers understood gravity, they were able to invent the airplane in order to fly. The Law of Deliberate Creation says that now that you understand the Law of Attraction, your conscious choice of thought and feeling will flow to you all your wants and desires.



Law of Allowing:

The third Universal Law is the Law of Allowing. Once you have clarity about what you desire, you must then ALLOW it to come. This means relaxing about it. Trusting that it's coming. You can stop wondering about how it's coming or when. Allowing is the "knowing." If you know something is coming, you'd focus on something else...knowing that all is well. This is probably the most difficult Law to put into play. I recommend that you put all these Laws into play in the less significant areas of your life first or in one area at a time and build from there, (although doing them simultaneously can work as well). The smaller focuses merely help you see how they do work so that you have the confidence to 'allow' or 'trust' the process for bigger things.

The key is to keep it light and make it a game! Then sit back and watch what shows up!



Program Schedule





❖ **MONTHLY CALL SCHEDULE FOR THE QSCA CREATORS!**

Our kick-off date is **Thursday, October 7th, 2009**

Call times are usually 1 hour long beginning at either **9:00a PST/12:00p EST** or **6:00p PST/9:00p EST**

To find out your time zone: <http://www.timezoneconverter.com/cgi-bin/tzc.tzc>

The bridge line number to dial is: **267-507-2796 Code: 9 6 0 0 3 2 #**

Webcasts are also available. Please check the recording link page for the webcast address each week before the call.

Weekly Class Calls

	Wed	Wed	Wed
October	7	14	21
November	4	11	18
December	2	9	16
January	6	13	20
February	3	10	17
March	3	10	17
April	7	14	21
May	5	12	19
June	2	9	16
July	7	14	21
August	4	11	18
September	8	15	22

**Module One
Coaching Skills**

October 7th
October 14th
October 21st
November 4th
November 11th
November 18th
December 2nd

**Module Two
Business Building**

December 9th: Alex Mandossian
December 16th: Terri Romine
January 6th: Susan Harrow
January 13th: Cathy/Arlene
January 20th: Brendon Burchard
February 3rd: Steve Harrison
February 10th: Jon Hunsaker

**Module Three
Light Body**

February 17th
March 3rd
March 10th
March 17th
April 7th
April 14th
April 21st

**Module Four
7 Essential Laws**

May 5th
May 12th
May 19th
June 2nd
June 9th
June 16th
July 7th

**Module Five
Future Visioning**

July 14th
July 21st
August 4th
August 11th
August 18th
September 8th
September 15th
September 22nd



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Note In addition to your weekly class calls, you will meet in smaller groups for Peer Group Coaching calls for the first three weeks of each month as part of your certification process. Once you are assigned to a group, your group will decide collectively the exact date and time each week to meet within the following schedule. More information can be found in the Group Calls Section of this manual. Be sure to add your Group call dates and times to your calendar in the Checklist and Calendar Section of this manual. These dates are guidelines and not the actual dates. Pod members decide on the dates and times collectively as a group.

Peer Group Coaching Calls Weeks Of:

October	N/A	N/A	N/A
November	1	8	15
December	6	13	20
January	3	10	17
February	7	14	21
March	7	14	21
April	4	11	18
May	2	9	16
June	6	13	20
July	4	11	18
August	1	8	15
September			

As a member of any program of Quantum Success Coaching Academy, you are given private access to my private and exclusive Law of Attraction and Abundance Coaching Club. You are invited to join the Special Guest Expert Calls that are during the last week of each month. To sign up go to: http://www.christysplatinumclub.com/amember/signup.php?price_group=-7

Once you've signed up and set your user name and password, you will be able to visit the site: <http://www.christysplatinumclub.com/members/index.html>

Take advantage of:

Current Events: Includes monthly interviews with experts, monthly meditations, and resources to help you with manifesting and the Law of Attraction.

Archives: Includes interviews from past months, meditations from past months, all archived Christy Whitman newsletters, and ASK Christy Questions and Answers.

Member Store: You will receive 10% off all books, meditations, and programs (although past programs are included in this coaching certification program)

Resources: Includes all the past months of resources. You can find hundreds of dollars worth of amazing interviews, ebooks, programs, meditations, etc. from experts in the personal development field.

Important Note: It is important that you be a fully active participant in this program in order to qualify for certification. However, if you have to miss a class or two, don't worry. Each class will be recorded for you to listen to prior to the next live class.

You are required to participate on a minimum of 30 live calls (there are 36 total).
You can access any missed calls via the audio link you will be given.



QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

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Program Requirements





❖ PROGRAM REQUIREMENT DETAILS

Weekly Class Calls: Class calls are held the first three weeks of each month for the duration of the twelve-month certification program. **You are required to participate on a minimum of 30 live calls (there are 36 total). You can access any missed calls via the audio link you will be given.**

Group Calls: Group calls give an additional structure of learning and support during the certification program. **You are required to participate in a minimum of 26 live group calls (there are 30 total).** See the Group Calls Section for more information. **The Group Call Stats Sheet is due from the Leader of the call for that week at the end of the Group Call.**

Feedback: Through direct feedback of actual coaching calls with your clients, you will gain insight on how to best utilize the Law of Attraction or any of the materials taught in this certification program in your coaching. **You are required to provide 1 recorded client call per month for feedback for a total of 12 recorded calls before the end of the certification program.** See the Feedback Session Section for more information. **The Coaching Session Audios for Feedback are due any time during the month. Send these to Evelyn@christywhitman.com**

Homework Assignments: There are a total of twelve homework assignments that need to be turned in before you are certified. Please review the PDF file titled QSCA Homework Assignments. All assignments should be sent to Evelyn@christywhitman.com

70 Coaching Hours: To fully integrate Law of Attraction skills into your coaching will take time. You will be responsible for tracking your hours and submitting your records each month. **You are required to have 70 coaching hours before taking the certification exam. Use the Certification Program Coaching Hours - Tracking Sheet in the Forms Section of this manual to submit your hours each month to christy@christywhitman.com. A Coaching Hours Tracking Sheet is due each month on the 3rd of the following month.**

Required Materials: The foundation for the Quantum Success Coaching Club is the Law of Attraction as presented in the Abraham-Hicks materials, Light Body as presented in the Orin and Daben materials, and Future Visioning as presented in Ti Caine's and Lazaris' materials. Therefore, along with ***The Divine Manifesting System-7 Essential Laws*** which you received as part of registration into this program, the following 7 books are required reading and will be used throughout the program as part of the certification process. You can get them at any bookstore or online at amazon.com:

Ask and It Is Given – By Jerry and Esther Hicks: Read by end of Module One
Attracting Perfect Customers- Stacey Hall & Jan Brogniez: Read by end Module One
The Amazing Power of Deliberate Intent: Jerry and Esther Hicks: Read by end Module Two
Creating Money – By Sanaya Roman & Duane Packer: Read by end of Module Three
Living with Joy- By Sanaya Roman: Read by end of Module Three
Soul Love- by Sanaya Roman: Read by end of Module Four



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The Astonishing Power of Emotions- By Jerry and Esther Hicks: Read by Module Four
Money and the Law of Attraction: By Jerry and Esther Hicks: Ready by Module Five

You will also be required to listen and go through all the coaching programs with Christy Whitman that are included in this course:

The Abundance Principle Coaching Course: Go through by Module 4
The Creating a Soul Relationship Course: Go through by Module 3
The Attracting Your Ideal Partner Course: Go through by Module 3
Magnetizing and Manifesting Abundance Course: Go through by Module 3
The Future Visioning Course with Ti Caine: Go through by Module 5

STRONGLY recommended, although not required, are the following materials:

CD of the Week or CD of the Month – by Abraham-Hicks

The Law of Attraction – by Jerry and Esther Hicks
The Secret Behind the Secret DVD – by Jerry and Esther Hicks
The Secret – ORIGINAL DVD*

The Exam: Upon completion of the requirements, participants are eligible to take the certification exam. The exam consists of two basic components: a written test and an evaluation of two coaching interactions 12-15 minutes in length. Upon successful completion of a written and oral exam (submission of two client coaching interactions 12-15 minutes in length), graduates earn the designation of Quantum Success Certified Law of Attraction Coach or Quantum Success Coaching Certified Law of Attraction Practitioner. You have up to three months after the program has ended to submit all sessions for Feedback and complete all requirements for taking the certification exam. **Certification exams must be completed within four months of the program ending.**

After Certification: Once you are certified, you will receive a Certificate of Completion and a certification logo banner to use in your materials and on your website. You will also be eligible to have your own profile listed on the Quantum Success Coaching website as a Quantum Success Coaching Certified Law of Attraction Coach or Practitioner with a link to your website. I am also accepting applications for coaches that want to work with me and my clients as one of my Quantum Success Coaches. These coaches will receive the benefits of working directly with me and marketing to my subscriber list. For more information on how to apply, email me at Christy@christywhitman.com

Leaders: Quantum Success Coaching is also looking for Quantum Success™ Certified Coaches and Practitioners interested in playing a Supervisory role for new coaches and practitioners going through the certification process. Your role would be to review coaching sessions and group call sessions, provide constructive feedback to the participants in the program and offer your coaching services to those in the program. If you are interested in being considered for this role, please notify Christy@christywhitman.com.



QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

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GROUP CALLS





❖ GROUP CALL DETAILS

In addition to your weekly class calls, you will be meeting in smaller groups for Peer Group Coaching calls each week as part of your certification process. This is an important piece of the certification process. Once you are assigned to a group, your group will decide collectively what date and time each week to meet within the following schedule. Be sure to add your Group call dates and times to your calendar in the Checklist and Calendar Section of this manual. These dates are guidelines and not the actual dates. Pod members decide on the dates and times collectively as a group.

Peer Group Coaching Calls Weeks Of:

October	N/A	N/A	N/A
November	1	8	15
December	6	13	20
January	3	10	17
February	7	14	21
March	7	14	21
April	4	11	18
May	2	9	16
June	6	13	20
July	4	11	18
August	1	8	15
September			

The group call is to provide you with a structure for accountability and to deepen the learning through conversation and inspiration from each other. **You are required to participate in a minimum of 26 group calls.**

There is a set agenda for each call:

- Check In
- Accountability
- Client situations and Law of Attraction coaching practice
- Law of Attraction skills, techniques and process reviews
- Wins

Each group member will be responsible for running a call. The group will decide which of its members will lead each call, rotating each week. Any questions or unresolved issues should be emailed to Christyw@christywhitman.com.

The group call is an opportunity for each of you to take responsibility for your own learning and to walk your talk as a Law of Attraction practitioner and coach.



Check In

Each of you will go around and report the following as a check in:

1. **You** - On a scale of 1-10, 10 being the highest, how are you?
2. **Your Coaching Goal** - you will set a goal for either the number of clients you want to attract during this program, and/or the amount of monthly income you want to attract. Each week you will report on the status of where you are with this goal/goal(s).
 - a. For example, if you set an income goal of \$4000 a month, when you come to the call if you've collected \$1000 in client fees so far that month, your report would be Income Goal: \$1000/\$4000.
 - b. If you set a full-practice goal of a certain number of clients you want to attract by the end of the certification program, you want 10 clients and at the time of the call you have 5, your report would be Client Goal: 5/10.
3. **Daily Law of Attraction Success Habit** - This is a new Law of Attraction habit/process/structure you are choosing to adopt to move yourself forward in living your life more and more deliberately through the Law of Attraction, to move your practice and/or your coaching forward. You may adopt more than one at a time and will implement a new Daily Success Habit each month. (Refer to the Forms Section for the Daily Success Habit Form.)
4. **Feedback Reviews** - You are required to submit 1 recorded client calls per month for a total of 12 calls over the course of the program. You will report on your current number of completed feedback submissions out of the 12 calls. So, if you have completed 2 feedback submissions, you would report Feedback Submissions: 2/12.
5. **Assignments** - All fieldwork and homework assignments listed on the membership site of QSCA are to be completed and submitted to Evelyn@christywhitman.com. You are required to complete 12 assignments. Each week, you will report on your progress. So, if you have completed 5 assignments, you would report your Assignment Goal as 5/12.
6. **Coaching Hours** - You are required to complete 70 Law of Attraction-based coaching hours before you can take the certification exam. Each week you'll report on the number of completed hours towards your goal. So if you have completed 20 hours, you would report Coaching Hours: 20/70.
7. **Wins** – This is your opportunity to share a win or what's been working in your life. A good daily success habit to get into is to be consciously, intentionally and deliberately looking for what's working, what's going right in your life and wins on a consistent basis. The more you deliberately look for what's working or going right, the more you attract what works and goes well for you.



❖ RECOMMENDED GROUP CALL AGREEMENTS

The following list contains suggestions for group call agreements...It is actually a Mastermind Group's commitment to each other, which is extremely powerful.

My commitment to my Group Partner(s):

1. I commit to listening to the deepest part of you, to being fully present with you, to offering solutions and ideas when asked by you. I commit to being a steward of your dreams and an ally to your highest visions during this certification process.
2. I listen to your challenges and fears and by hearing you, I gain the courage and grace to meet my own challenges and overcome my own fears, as we respectfully hold each other accountable, even in these tender places.
3. I recognize that the process is structured to build on consistent participation in the group to deepen trust and support, thereby allowing each participant to grow and evolve to their highest potential. Therefore, I agree to be present for each meeting unless otherwise arranged according to the group's guidelines. I show up on time, prepared and ready to support each member in creating a conscious circle of intention.
4. I understand that the purpose of the group is to become consciously empowered to take the authentic action necessary to live my life in truth, integrity and abundance on all levels and to apply it to my coaching practice and with my clients. I know that as I hold the highest vision for you, as I challenge you and as I champion you, in turn receiving this for myself, we allow the invisible force of intention and creation into our field of potentiality.
5. I keep all interactions in this group confidential. I do not disclose the content of any participant's information, except with their express permission.
6. I support others in achieving their goals and allow their support in attainment of my own. I speak my truth with respect and compassion and agree not to triangulate with anyone in the group. (Triangulate: to talk about someone behind their back to another person, instead of making a direct communication with the person involved. This brings in a third person, thus the definition 'triangulation'.)
7. I understand that I am 100% responsible for my own process and I take full responsibility for my results. I know I create my own reality and my own experience. I understand that the value I receive will depend upon my level of participation and engagement in my Mastermind. The more I am fully present to support my team members and be supported by them, the more I will benefit in the realization of my dreams.

By virtue of making this agreement to myself and to the group, I am hereby declaring my willingness to allow a new and expanded experience into my life as, together, we co-create with the unlimited potential of the Universe, this magnificent and precious life of our Dreams.



❖ GUIDELINES FOR LEADING A GROUP CALL

1. Be aware of the time. Give yourself permission to intrude/interrupt when necessary to manage time.
2. Be willing to dance in the moment and be flexible. The direction of the call will evolve moment to moment.
3. It isn't necessary to spend equal amounts of time with each participant. Dance in the moment.
4. Do listen for someone dominating the call or someone not participating.
5. Call on people randomly for check-ins, accountability and discussions around client situations and Law of Attraction skills, processes and reviews.
6. As call leader, your role is to facilitate the groups process rather than dictate it.
7. Trust your intuition!
8. Remember: What happens on the call is not about you.
9. Remember: The focus of the learning is on coaching Law of Attraction. As a coach, how would you approach the situation, issue, problem?
10. To record your sessions for review and feedback, you'll be assigned an Acrobat Audio recording line by QSCA.

General Time Guidelines

Check In	5-10 minutes
Wins	5-10 minutes
Learning	20 minutes
Weekly Technique	10 minutes
Completion	5-10 minutes

Check In:

Group members spend the first 5-10 minutes of the call on reporting their statistics. The call leader keeps track of who has reported on the Group Agenda form and calls on people in random order. Each person tracks all group members' stats on the Group Agenda form provided for each call in the Group Call section. (See Forms section for the Group Agenda Form).

Wins:

What happened with each group member over the last week that they would like to celebrate? Has there been contrast that needs acknowledgement? Spend a few minutes soliciting input from the group members.

Learning:

Each call will have time for discussing client situations and Law of Attraction coaching practice utilizing specific Law of Attraction skills, techniques and processes. The learning will be about using the Law of Attraction with challenging client situations.

Weekly Technique:

Each week the leader of the group will decide on a technique or process to use for the week. You will use this process in your own life and with your coaching clients. You will report back to the group each week what benefit you or your clients received from the previous week's



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technique and then introduce the new technique to focus on for the upcoming week. (See Techniques and Process section of the manual for a list of these tools).

Completion:

At the end of the call, allow time for completion and closure. How did the call go? What could be improved? Who is the call leader for the next call? Anything else that needs to be said to be complete?

❖ **LEARNING: CLIENT SITUATIONS**

The purpose of the group calls with client situations is to provide a forum for problem solving difficult client issues and to provide opportunities to further develop coaching skills around the Law of Attraction. The call is collaborative in nature...there are no 'experts.' The group works together to discover the many tunnels to explore in a given situation.

The desired outcome of this call is to gain new ideas and tools that you can apply immediately in your work with your clients and in your own lives. As participants of the call, be aware as to whether or not the rest of the group is with you or are they lost? Where are the learning opportunities? How might you apply Law of Attraction? Remember there is no one right way. There is great wisdom among all of you on the call. The sum of the whole is greater than the sum of its parts. Use the synergy of the group to design creative solutions for difficult client issues using the Law of Attraction as the basis for your work.



❖ USING LAW OF ATTRACTION TECHNIQUES AND PROCESSES

1. The leader of the call will bring a real client scenario to practice with.
2. Identify 2-3 Law of Attraction techniques or processes you might use in this scenario.
3. Briefly discuss these techniques or processes with the group.
4. The leader of the call can then role-play the 'client.'
5. Each member of the group practices a Law of Attraction process with the 'client.'
Everyone in the group should participate except the person playing the 'client.'
6. The 'client' gives feedback to the coaches on their use of the technique or process.

For example: If you've identified a technique or process to get the client to focus on what she wants instead of focusing on what she doesn't want, everyone would take turns practicing getting the client to focus on what she wants.

Techniques that might be utilized could be:

1. Appreciation and Gratitude
2. Book of Positive Aspects
3. Meeting the Client Where She Is
4. Full Permission
5. Creating a Contrast/Clarity List: Making a list of what one doesn't want or like in the left-hand column and a list of what one does want or like in its place in the right-hand column
6. Reach for a Thought That Feels Better... and have her check in with how she feels now.
7. Virtual Reality
8. What If UP Game
9. Wouldn't it be nice if . . .
10. 68 Second Process
11. Meditations Based on Light Body Work
12. Future Vision
13. Changing the Past and Connecting with Your Future Self.

All of these techniques and processes will be taught throughout the QSCA course.



Teleclass Protocol





❖ TELECLASS PROTOCOL AND INSTRUCTIONS

Overview

A teleclass is a class, which is conducted via a telephone conference call on what is called a bridge line. No special equipment is needed; just a standard telephone. All callers dial into the same telephone number (called the bridge number) at the class time and are automatically connected to each other.

If you are the first person to dial in, the phone will ring until a second person dials in, at which time you're automatically and immediately 'on' the call.

As others call in, you'll hear a beep. The teleclass leaders will usually say something like, "Hi, who just joined the call?" The leaders usually wait 3 to 5 minutes for everyone to join the call.

Teleclasses are very interactive, meaning that you may speak up, ask questions or discuss key points with the leaders, or when invited, with other participants.

**** Please Note:**

As with any bridge technology, occasionally carriers to the area phone companies experience some challenges with the amount of activity on their telephone trunk lines. So, you may experience a busy signal or an "All Circuits Are Busy" message. This is not due to the bridges being full, it is due to overloaded circuits in one of the "patch through" carriers leading into the city where the bridge hardware resides. If this occurs, contact Christy at 610-883-7345.

Teleclass Protocol

1. Call-Waiting

If you have call-waiting, we ask that you first disable it before dialing in. For most local phone companies, you disable call-waiting by picking up the phone, waiting for the dial tone, dialing *70 (that's star-seven-zero), waiting for the dial tone again, and then dialing the bridge number. If you don't have touchtone dialing, tap in 1170 instead of *70. For GTE and some other local phone companies, it's different, so check out the proper procedures prior to the teleclass.

2. Mute Button

Use your telephone's mute button if there is one. Background noise, the dog barking, radio, etc. could be a problem if callers aren't using their mute button. If you don't have a mute button, call from a quiet location. If you do not have a mute button, *6 will mute you. To turn mute off, press *7 again.



3. Breathing

Some people breathe more heavily than others. (And most heavy breathers don't realize it... "Who, ME?") So, hold the mouthpiece or telephone headset microphone a bit away from your mouth and nose, unless you are speaking. This sounds pretty silly, but when you're on a call with a heavy breather, you'll understand why it matters!

4. Two-Line Phones

If you have a two-line phone, please turn the ringer off on the second line. If you don't, and you get a call during the teleclass, it can really be a shrill noise that everyone hears.

5. Speaker Phones

Please don't use them. Period. Unless you use the mute button. Speaker phones are wonderful things, but we ask that you do not speak into them when sharing. The clarity/quality simply isn't good enough. Pick up the handset when you share and put the mute button on when you're just listening.

6. Sharing

The leaders will usually ask callers to share or respond throughout the call. However, please wait to be prompted. Don't just speak up, unless invited. If/when you do share, say something like, "This is, Bob and..." There is usually a natural flow to people sharing and discussing.

7. Commenting

If you want to comment on something that another caller has said, please keep your comments extremely positive. Don't say things like, "I disagree with Bob," or "I take exception to that..." or "That's incorrect." Even if all these are true! Just say what you want to say and if you want to relate it to another caller's comments, make it positive.

8. Late

Please don't call the bridge line before the scheduled time. If you're late to the call, no problem, just dial in and be silent until you catch on to what's being discussed. The leader may or may not officially welcome you - but probably won't so as not to disturb the flow of the call. That doesn't mean you're not welcome! And finally, if you're more than 10 minutes late, be really careful about asking questions, as they could have been asked earlier.

9. Audio Taping

You may not audiotape the teleclasses. First, it is illegal unless everyone has given permission. Secondly, there is intellectual property involved. As the leader of this course, I will be recording all calls for later use.



QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

Program

FEEDBACK SESSIONS





❖ FEEDBACK SESSION DETAILS

Feedback is an integral part of the Certification Program and it is where the deepest learning takes place. Having your coaching sessions reviewed for feedback may feel a bit confronting, however understanding the Law of Attraction, and setting your intention can make this experience a wonderful learning process.

This is a great opportunity to use the Law of Attraction for yourself, setting your intentions for your coaching calls, for your clients' results, for how you want to feel before, during and after the call and coaching from your highest perspective by tapping into your own Inner Wisdom. Simply come from a desire to serve your client more and more and release worrying about how you might look in the process and allow your Inner Coach to flow through you. Come to the Feedback calls eager to learn and grow.

It is your responsibility to record your coaching calls for feedback each month. Submit the feedback coaching call you have chosen to record. For example, if you have identified the recorded coaching call that you did in January to submit for Feedback, it should be submitted in February, and your top session for each following month should be submitted the month after you've done them. DO NOT record more than 12-14 recordings using the audio acrobat system provided by the QSCA. **Feedback Session Audios are due to Evelyn Apostolou by emailing evelyn@christywhitman.com anytime during the month.**

Understanding that life goes on and 'stuff' happens, if you begin to get behind on your requirements for certification, the consequences are:

- Compromising the quality of the feedback you receive
- Availability of Christy's or her Supervisors' time for Feedback Sessions

Should you fall behind, know that you have up to four months after the certification program has ended to submit all sessions for Feedback and complete all requirements for taking the certification exam. **Certification exams must be completed within four months of the class ending. Submitting all feedback sessions at the very end is not permitted and may result in failure to be certified.**

❖ CHOOSING A CLIENT FOR FEEDBACK SESSIONS

Here are some guidelines for choosing clients to coach for feedback sessions:

1. Use at least four or up to six different clients to submit for feedback. If choosing four clients, you will record three calls for each. If choosing six clients, you will record two calls per client.
2. Choose clients where the coaching relationship is clean. (Do not use a friend, relative or client for whom you provide services other than coaching.)
3. Choose a client that pushes you to learn, expand and grow as a coach yourself; someone that will help take you to your next level as a coach. Ask yourself what clients



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you struggle the most with? Where do you get stuck? Where do you find you have room to grow with your coaching the Law of Attraction? These make the best Feedback Sessions. If you are already great at coaching a particular client with the Law of Attraction, please do not submit those because there's less room for growth and expansion.

4. If you currently do not have coaching clients, let me know and I will set up some clients for free coaching sessions.
5. Record only 12-14 calls with the audio acrobat system provided from the QSCA. You can use another system to record your calls and send them in for feedback. Then from those sessions choose the top session per month to submit for Feedback. "Top" doesn't necessarily mean the best coaching - although it could. It means the sessions you most want to learn from. That means it could be your most difficult session that month. Also for your own benefit, recording all calls to go back and listen to create excellent learning opportunities. Embrace your power and take this magnificent opportunity to become a masterful Law of Attraction coach and practitioner. You want to give yourself every possible advantage.
 - a. Prior to recording your coaching calls, you will need to obtain a signed Permission Slip from each client you'll be recording. Permission Slips can be found in the Forms Section of this manual. **Signed Permission Slips are due to Evelyn within 30 days of commencement of the certification program.** (Refer to the Calendar in the Checklist and Calendar Section of this Manual.)
 - b. To record your coaching calls for Feedback, you'll be assigned an Audio Acrobat recording line from Quantum Success Coaching. **YOU ARE TO ONLY USE THIS RECORDING LINE FOR A MAXIMUM OF 12-14 RECORDINGS FOR FEEDBACK SESSIONS ONLY.**
 - c. Feedback Stat sheet information will be reviewed with you in class.
 - d. Feedback Summary Page-In addition to sending in Feedback Stat Sheet each session will be submitted with a summary. The summary should have a summary of the call, and what was said by the coach and client in black. You will then give your comments on your own coaching in **RED** and submit the feedback session. I will then respond with my feedback in **BLUE**. An example can be viewed: <http://christywhitman.com/QSCA/members/samplecoaching.php>. There is also an example on page 60 of the form section of the manual. This is required with each feedback submitted.
 - e. Guidelines for submission:
 - i. 0-3 months into the program: 3 homework assignments and minimum of 2 feedback sessions should be completed.
 - ii. 3-6 months into the program: 6 assignments and minimum 5-6 feedbacks completed.
 - iii. 6-9 months: 9 assignments and minimum 8-9 feedbacks completed.
 - iv. 9-12 months: 12 assignments and 12 feedbacks submitted



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- v. You have four months after the last day of your core classes have ended to complete all assignments and feedbacks. You can not turn in your assignments and feedbacks at the last minute.
- f. Guidelines for four months after the program has ended:
 - i. Month one: 3 assignments and 3-4 feedbacks completed and submitted.
 - ii. Month two: 2-6 assignments and 7-8 feedbacks completed and submitted.
 - iii. Month three: 9-12 assignments and 9-12 feedbacks completed and submitted.
 - iv. Month four: 2 laser calls completed for exam, and written exam completed.



QUANTUM SUCCESS COACHING ACADEMY™ Law of Attraction Certification

Program

Certification Exam & Beyond





❖ CERTIFICATION EXAM AND BEYOND

The Exam: Upon completion of the requirements, participants are eligible to take the certification exam. The exam consists of two basic components: a written test and an evaluation of two coaching interactions 12-15 minutes in length. Upon successful completion of a written and oral exam (submission of two client coaching interactions 12-15 minutes in length), graduates earn the designation of Quantum Success Coaching Certified Law of Attraction Coach or Quantum Success Coaching Certified Law of Attraction Practitioner. You have up to three months after the classes have ended to submit all sessions for Feedback and complete all requirements for taking the certification exam. Certification exams must be completed within four months of the classes ending.

After Certification: Once you are certified, you will receive a Certificate of Completion and a certification logo banner to use in your materials and on your website. You will also be eligible to have your own profile on the Quantum Success Coaching website as a Quantum Success Coaching Certified Law of Attraction Coach or Practitioner with a link to your website. I will be accepting applications for coaches who want to work with me and my clients as one of my Quantum Success Coaches. These coaches will receive the benefits of working directly with me and marketing to my subscriber list. There is an audition process once you have been certified. For more information on how to apply, email me at Christy@christywhitman.com

Leaders: Quantum Success Coaching is also looking for Quantum Coaching Certified Coaches and Practitioners interested in playing a Supervisory role for new coaches and practitioners going through the certification process. Your role would be to review coaching sessions and group call sessions, provide constructive feedback to the participants in the program, and offer your coaching services to those in the program. If you are interested in being considered for this role, please notify Christy@christywhitman.com.



Checklist & Calendar





Program

❖ CHECKLIST

Required Materials

Received

- The Divine Manifesting System _____
- Ask and It Is Given _____
- The Amazing Power of Deliberate Intent _____
- The Astonishing Power of Emotions _____
- Money and the Law of Attraction _____
- Creating Money _____
- Living with Joy _____
- Soul Love _____
- Attracting Perfect Customers _____

- The Abundance Principle Coaching Course _____
- The Creating a Soul Relationship Course _____
- The Attracting Your Ideal Partner Course _____
- Magnetizing and Manifesting Abundance Course _____
- The Future Visioning Course with Ti Caine _____

<u>Coaching Clients</u>	<u>Permission Slip Sent</u>	<u>Permission Slip Received Back</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____

Class Bridge Line

Backup Bridge Line

Class Audio's Webpage

Webpage ID

Webpage PW

1-on-1 Private Coaching Audio Acrobat Line:



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Peer Group Coaching Bridge Line

Team Group Audio Acrobat Line

My Peer Group Coaching Team



Techniques & Processes





❖ **TECHNIQUES & PROCESSES-All processes will be covered throughout the modules in the course in depth.**

1. Clarity Through Contrast - Have your client choose an area in their life that they would like to change. Draw a line down the center of the page. On the left hand side (side A) write Contrast at the top of the page. On the right hand side (side B) write Clarity at the top of the page. On side A, have them list all of the things that are troubling them about their situation. For example, if your client is building a contrast list about their ideal career, the list may include "the hours are too long" or "the pay is too low." Have your client refer to a number of past jobs to help them build their list. After they have completed building the contrast list on side A, read each item and have them ask themselves, "What do I want?" and have them cross out what they don't want on side A and then list what they do want on side B of the page. By using this Clarity Through Contrast technique, they will have a better understanding of what they want (clarity of desire) by listing what they don't want (contrast).

2. Desire Statement - After your client becomes clear on what they want (clarity) have them write out a Desire Statement. A Desire Statement is an effective tool for raising their vibration. It allows them to stay focused on what they desire. Remember, the more positive attention and energy your client gives to their desires, the higher their vibration will be. The higher their vibration, the greater the likelihood that the Law of Attraction will match it by giving them their desire. There are three parts of the Desire Statement: the opening, the body, and the closing. The opening statement is, "I am in the process of attracting all that I need to do, know and have, to attract my ideal desire." The body is where your client will write down all the qualities that they want on a particular topic (what they got clarity on through the Clarity through Contrast process). Here are a number of phrases that your client can use to express his/her desire.

- I love knowing that my ideal . . .
- I love how it feels when . . .
- I've decided . . .
- It excited me that . . .

Closing paragraph is, "The Law of Attraction is unfolding and orchestrating all that needs to happen to bring me my desire."

3. Appreciation and Gratitude Journal - Have your clients purchase a journal and instruct them to write down 5 things a day that they are grateful for. Make sure that when they are writing these down, that they feel the feelings of gratitude in their body. It is always the feelings that evoke the vibrations, not just the thoughts of gratitude.

4. Success Journal (Law of Attraction Journal) - Have your clients purchase a journal and encourage them to keep a diary or a log of evidence of the Law of Attraction in their lives. It will help them believe it more, get more excited, allow more, and trust more. Regardless of the size of the manifestation, if it's something they desired, have them write it down. Have them record their evidence and it will help them raise their vibration. After a couple of pages of recording evidence, they will realize how much the Law of Attraction really is working in their life. As they use the Law of Attraction more knowingly, they will have confirmation that will help them trust the process of allowing more easily, lessening the doubt or resistance. Instruct them that whenever they feel



doubt about their ability to work with the Law of Attraction, to read their Success Journal or Law of Attraction Journal.

5. **Celebrate the Closeness of the Match** - Have your clients notice how they feel whenever something they desire starts showing up in their lives. How your clients observe evidence of the LOA is important. In some cases if something that manifests is close, but not exact, most people would say, "He's not quite the right person I was looking for." "It's kind of close, but not really what I wanted." This is a negative vibration. When your clients find and experience the LOA, have them celebrate it by acknowledging how close they came to getting what they wanted. It's in the celebration of the closeness of the match that they offer more vibration of what they desire, and at that moment, the LOA is responding to their vibration. Remember, the LOA does not care whether they are remembering, pretending, playing, creating, complaining, or worrying. It simply responds to their vibration. So, find evidence and celebrate.
6. **"I'm in the Process"** - For some clients it is hard for them to believe that they will get what they desire the most. This is especially true if your client is focusing on the reality that what they want hasn't come yet. When they concentrate on what they don't have, they are offering a negative vibration. So instead, let them feel the relief of saying, "I am in the process." When your clients say they don't have something, it is another way of focusing on the lack, which offers a negative vibration. Whenever your client catches him/herself saying they don't have something yet, instruct them to stop and instead say, "I am in the process of attracting . . ."
7. **"I've Decided"** - Another way to have your clients rephrase their expressions so they offer a positive vibration is to use the phrase, "I've decided." This phrase, similar to "I'm in the process" takes the spotlight off lack and puts it onto action. They have a positive emotional charge to them. They will feel relief when they feel empowered that they have decided something.
8. **"Lots Can Happen"** - Another way to release doubt with a client, or when they are focused on the fact that what they want has not manifested yet, or they say "I wonder when it's going to happen" or "I don't know how that can happen in such a short amount of time." Have them remove the doubt by using the following allowing phrase: "Lots can happen over the next few days." They will automatically feel relief from trying to determine how and when their desires will manifest. This will help your clients shift from lack to abundance, or from a negative vibration to a positive vibration. The sooner your client lets go about how they think it is going to happen, or what they need to do to make it happen, the sooner the LOA can deliver it. Remember, the speed at which the LOA responds to your desire is in direct proportion to how much you are allowing.
9. **Ask for Information**-A first step in identifying a desire is to ask for information and ideas about that desire. Often when a client gets excited about a desire, the doubt they may have stops the LOA from bringing them what they want. Have your clients ask to receive information and ideas about their desire, because they will then have less doubt in receiving it. As a new coach, if your desire is to have a full client base, you may doubt that it is possible. However, you could desire to attract information that will help you with that goal. This is great to use with a client if they feel that what they desire is too much, overwhelming, or they doubt their ability to receive it. Ask them: "What do you need to first get started?" "What would be the ideal piece of information?" and "What would be the ideal contact?" Smaller pieces feel more



attainable. In most cases, they will feel a sense of relaxation because these smaller things they need are within reach.

- 10. Make Yourself an Attraction Box** - An attraction box is used to collect things that represent your client's desire: things they've cut out of magazines and newspapers, brochures for trips they want to take, or even business cards of people they want to work with. Their attraction box can be any type of container, as simple as a shoebox or as elaborate as a treasure chest. Each time they put something into their attraction box, what they are actually offering, vibrationally, is hope and hope is a positive vibration. Instead of throwing out the catalogues and the flyers and saying things like "I can't afford this" or "I'll never be able to have one of these," they now allow it, just a little. Instruct them to do this because it's not their job to figure out where or when their desire is going to come. Just have them put it in their attraction box and leave the rest to the LOA.
- 11. Create a Void or Vacuum** - A void or vacuum is always waiting to be filled. As an example, if you want more clients in your coaching practice, make space in your filing cabinet for new clients, even label some empty file folders with their names on it, you are then raising the vibration to attract new clients. Saying, "I'm waiting for more clients" or "I have only a few clients," can be rephrased as "I have room and space for new clients." Can you feel the difference? The key to creating this hungry void is to focus on the opportunity to be filled and concentrate on the emptiness of the hole. For example, when a client cancels, you can say you've just created space to attract a new client.
- 12. Hold Onto That Check** - Do your clients want to attract more money? Then have them hang onto checks they've received a little longer. Instead of cashing a check the day they receive it, hold onto it and observe it for a day or so. It will make a difference in their vibration. Every time they look at the check, they will get a little jolt of excitement that will be offered to the LOA.
- 13. Appreciation and Gratitude**-Reference Ask and It is Given by Abraham-Hicks.
- 14. Book of Positive Aspects**- Reference Ask and It is Given by Abraham-Hicks.
- 15. Reach for a Thought That Feels Better... and have your client check in with how they feel now.**- Reference Ask and It is Given by Abraham-Hicks.
- 16. Virtual Reality**- Reference Ask and It is Given by Abraham-Hicks.
- 17. What If UP Game**- Reference Ask and It is Given by Abraham-Hicks.
- 18. Wouldn't it Be Nice if . . .** Reference Ask and It is Given by Abraham-Hicks.
- 19. 68 Second Process**- Reference Ask and It is Given by Abraham-Hicks.
- 20. Meditations Based on Light Body Work**-These will be taught in Module 3.
- 21. Future Vision**-These will be taught in Module 5.
- 22. Changing the Past and Connect with Your Future Self**-Module 5 processes.
- 23. Changing Your Beliefs:** What is it that you want to shift your belief around? Identify some things you did in the past and failed and write them down. Ask yourself, when you started this, did you believe in your success? Was there doubt in the beginning? Was there a point where your belief and success shifted? Limiting belief brought into. Identify things you did in the past and succeeded? Ask yourself when you started this did you believe in your success or was there lingering doubt. Was there a point when your success shifted one way or another? What was different from the time you succeeded and not? What is the picture that you are holding in your mind? Do you believe you will achieve it? What are the feelings that are coming up for you? Is it meant to be or do other feelings come up? If you are answering the question, "you



don't believe you will achieve," that is the belief you need to shift your vibration around. This does not mean that you should give up on the goal. You need to shift. Have you ever known anyone that has achieved this goal? List five people that have or are achieving this goal. Exact or similar as possible. Come up with people that have achieved something similar or have a source of inspiration to them. It is possible that someone has done it. Show your client that when they say yes, that it is possible. Isn't it just possible that you will achieve this one too given your past successes?. How confident are you that the end result is possible? Ask your client to come up with 10 things that they have done successfully in the past. Once they identify the successes, have them list 10 attributes or skills that they have. Don't you think that if you have these successes and these attributes that you can achieve this goal? Get specific about the goal. What have you done in the past that will help you achieve this goal (skills/attributes help you to succeed)? Every step is focused on the goal, possibility, and probability. Identify skills and attributes they have, which is all they need for any goal that they have. How strong is your desire? WHY is it big enough that they are willing to put the work in? That is what is going to pull you through. How strongly do you believe you deserve and can achieve your goal? 1 limiting belief at a time, walk through (easy things first, strengthen believability). If they can do it with one thing, they do it with anything. Byron Katie - the works: 1. Is that true? 2. Can you know that that is true? 3. How do you react when you think that thought? 4. Who would you be without that thought? 5. What is the new expansive belief they want to embrace? Work with them on this. And what else? What else? What else? Which of those really resonance the most with you? And now, based on your new belief, you can go back to your goal and get into action. What is the one inspired action that you are ready to do? Physical action, might be an energy action step. Feel physical or emotional? How does that feel? On a scale of 1 to 10 how are you feeling? Identify for self. Take client through it over the next week.

25. Abraham on The Stream Analogy:

So the best analogy that we've come up with so far, we think it is a perfect analogy for the point that we are wanting to make with you, is imagine that you've taken your canoe down to the river's edge and it is a fast moving stream, so you set your canoe in the water, you've put your oars in it, and now you deliberately turn your canoe upstream and begin paddling against the current.

And we would say to you, 'friend, why not turn and go with the current?' And humans invariably say to us, 'What???... That just seems lazy...' (Audience laughter)... 'Oh I suppose some will do that, but anyone who amounts to anything is like me, paddling upstream. Because there's not gain without pain,' humans say. 'And anyway, I've learned it from all the others and anybody that is amounting to anything, at least they'll tell you, you've got to paddle upstream. That's what my mother did; that's what her mother did. It's just what we all do. And it seems,' you say,



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'that all the rewards and monuments are left to those who struggle the hardest. The harder the struggle, the bigger the monument, and I want a monument.'

And then the big thing - you don't always say it, but it's in your vibration powerfully... Humans say, 'and we have heard rumors that after we die, the rewards that are given are based on the power of our struggle. Virtue... all that stuff I want.' And we want to really get your attention, as we lovingly and knowingly say to you: nothing that you want is upstream. And the reason that we know that so powerfully, is because we understand the laws of the universe, we know who you were before you were born, we know who you are in your physical body, and we know who you are in your non-physical form. And we know that the expanded version of you stands in this vibrational place with law of attraction responding to it, and we know that this stream of life, the current of life, this river of life is about that. And when you get cross ways of that, that stream beats you up pretty good.

So, we want you to understand that when you have lived life which causes you to ask for something, and source becomes it... Literally, we are not kidding you. You get that, don't you?... You know that there's thought before there's even thought-form, and that there's thought-form before there's form. You understand that, don't you?

In the evolution of the manifestation of things you know that there's the idea first. And so, even your planet, everything that you know that is physical was at one time an idea, so as you've lived life and you have this idea of what you want, this idea is then embraced by non-physical and is tended there until it becomes form. And it is not just a flimsy whimsical sort of thing, it's an idea that you have incrementally built even before you got here in this body. There are parts of this you, that is in the process of becoming, that you set forth while you were only non-physical energy. And now you are here living and adding to it. It has become a viable force of life, it is a powerful point of attraction, and it calls you. And when you go... oooh you feel so good, and when you try not to go, oooh you feel so bad.

It's sort of like the rock that is rooted to the floor of the stream, and the stream rushes past it. And the thing that we want you to



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understand here is that you are in such control, because you did it all. You created the movement of the stream, and now you are creating your position in the stream.

It is our strongest desire for you, that when you leave here today you'll understand one simple thing, and that is:

-- when you are paddling upstream, negative emotion is present, which means you are talking about what you don't want, which means you are looking at what-is in relationship to what you want, and you are complaining about what-is.

-- when you are paddling upstream, all you have to do... to do EVERYTHING that you were born to do, is just stop paddling upstream.

Just stop it.

Just don't do that, just don't paddle upstream.

Sometimes our physical friends say, 'Well, Abraham if over there is where the positive emotions are, and over here is where the negative emotions are, and I'm over here where the negative emotions are, shouldn't I work hard, get my boat turned around, put a motor on it and RRRRR and get over there with the pure positive energy?'

And we say, it's nicer over there, but if you think that you've got to turn it around and you think you've got to then put a motor on it and you think you've got to make it happen, then you have not heard us yet about the power of the stream.

You don't have to put a motor on a boat that's on a fast moving river. The stream will take you. You don't even have to turn your boat around, just stop paddling upstream, the STREAM will turn your boat around, you see.

And this turning point is the thing we want you to leave here knowing, feeling in your belly, this turning point is the point of RELIEF. And the reason that we want you to focus on it so powerfully is because this turning point is enough, and it's got to be enough because it's all you've got...



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And it IS enough; and it's all you've got.

And it is enough; and it's all you've got...

It's enough; but it's all you've got.

You get it??... It's enough.

But it's all you've got. (Audience soft laughter through this.)

And the reason that we are amplifying that to the point of ridiculous is, it's ALL you've got. [Abraham chuckled when saying the word, "ALL".]

It's ALL you can do. ALL the power that you have right now is: feel worse or feel better.

You don't have the power to feel great from where you are. You can't set your radio dial at 630AM and hear what is being broadcast on 98.7FM, the frequencies are different. You can't quantum leap. But you can stop paddling upstream, which means the natural stream will turn you.

And from your physical form this is the way you are living your life: you give birth to a new idea, which gets a stream going... You give birth a new idea, which gets a stream going... You give birth to a new idea, which gets a stream going... You give birth to the new idea which gets a stream going... And then you say, 'I don't like that,' and so you are pointed upstream.

And then most humans live their entire lives mostly pointed upstream, while the stream drags them downstream anyway. If you just let go of the oars there would be no resistance.

But the fact that you are working so hard, to defend, to justify, to rationalize, to be right, to compare: all of that defending is holding you in resistance to the stream that's going to take you anyway. And the faster your stream is moving, and the harder you are paddling upstream, then the more contradiction and the worse you feel and the sicker you are.



Every illness that is known to man, is about what we have just described to you. Every headache, every ulcer, every nose bleed, every toothache, every cancer, every AIDS, every car crash, every single thing that ever happens to anybody which is not in vibrational alignment with what you want, is about you and your relationship with the stream.

Jerry and Esther have navigational systems, you probably do too in your vehicles, and the system knows where they are. They program where they want to go and then the system calculates the route. You have exactly the same thing going on within you. You have a guidance system within you that is letting you know in every moment where you stand with this thought that you are thinking right now that is activated in your vibration, that law of attraction is responding to, where that thought and that activated vibration stand in relationship to that which you really are, and that which you have become.

And if you feel good, then you are a match.

And if you feel bad then you are mismatched. And if you feel bad, you know what to do, let go of the oars. <?snip?>

The vibration of you is all about thriving, it's all about well-being, it's all about knowing...

~ Abraham-Hicks
Asheville, NC - 10/22/06

- 24. The Focus Track™ (Leading Edge Coaching)** Use the Focus Track whenever there is an end desire or belief that you can't quite get your thoughts around in the moment—something that you want to be passionate about or a belief you want to hold.
1. Choose a topic in which you feel stuck.
 2. Next, stand in an area where you have a clear 10 foot path to walk on the floor. Where you are standing is point "A" (This represents 0.) This is where the beliefs you hold are the furthest from the desire you want. The end of the 10 foot "track" represents point "B" (This represents 10.) This is the place where you are in total belief that your desires are manifesting. Every 12 inches on your track represents another level. For example, level 1 on the track is 12 inches out from point "A". Level 3 is 3 feet away from point "A".



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3. Identify the desire or the belief that is represented by the number on your Track. For instance, you might be stuck around having a full coaching practice. Let's say that if you had a full practice of 20 clients, you'd be at 10 on your Track.

4. Identify where on the Track you are stuck. For example, your belief is that you've never had a full practice with all clients paying your full fee, so your emotional level and belief system might be a 3 on your Track. Physically stand at Point 3 on your Track.

"There is no way I can have a thriving practice of 20 full paying clients."

5. Begin reaching for thoughts that feel better. For example, "I remember how easy it was to get the clients I have now and it felt really good."

6. For each thought that feels better, step forward on your Track.

Remember, you want to gain momentum forward, so any thought that feels even a little bit better is plenty. You can tell as you're making the statements whether you're on the right track or not based on how you feel. For example, if you were to say in your first statement, "I now have a full practice of 20 clients," you might feel more negative emotion or disbelief because you know you don't really have 20 clients right now. Sometimes, if you get too specific too soon, it backfires and doesn't help you.

Reach for another thought.

"Having 20 clients right now is easy for me." Okay, you've generalized a little and maybe you still feel a little negative emotion. You think, "I don't know how that's going to happen or how to go about it." You have a belief that says in order to have that this, I must do those specific things and you don't want to do those specific things.

Keep reaching for a thought that feels better.

Let's say your next thought is, "My friend gets clients easily and always has a full practice, so why can't I?" That doesn't feel so good, so take a step back on your Track.

Reach for another thought. "Okay, I know other coaches have been where I am right now and have eventually filled their practices, so I can too." Now, you've moved forward on your Track.

Reach for another thought that feels good.

Continue to make a series of statements, checking in with how you feel as you say them. You want your vibration or energy to feel a little purer. Change from one thought to the next, continuing to reach for thoughts that feel better regarding this subject. Once you've gotten as far as you can go and still feel good, let it go. You've

just raised your emotional vibration around the subject, so next time you think about it, you will be holding it in a much better space.

7. Later, when you come back to your Focus Track™, beginning where you last left off, you can go through the process again, and you will be that much closer to changing your beliefs and reaching your goal.

25. Going Through the Door of Abundance: Have your client visualize what they want and focus on the Abundance Symbol as a point of light. See their creation going through the point of light. Also, have them see the symbol of abundance (pictured below) on a door. Have them focus on what they desire. Then have them imagine that they are walking towards the door of abundance. As they walk and move closer to this door have them really amp up the feelings and strengthen the feelings of abundance in their physical body. As they grab the handle and open the door, have them focus on that point of light on the symbol of abundance. As they walk through the door have them strengthen the feeling even more.



26. I Have Value: Have your clients close their eyes and feel how valuable they are. Allow them to connect with that feeling and strengthen it. As soon as they are in the bubble of value, tell them to say "Thank you." This creates abundance.

27. Creating an Aura of Abundance: This is a very powerful breathing technique for abundance. Have your clients think about what they want to create in their lives. Have them go through 7 layers of the energy body. First they breathe in strong and quick and then breath out normal 7 times. Then have them breathe in normal and breathe out strong and quick 7 times. Have them connect to their feelings and describe how they are feeling.

28. The Green Flame: Have your clients think about what they desire and imagine that the manifestation is surrounded by a green flame. It is important as to the intensity of the intention, and the belief that they have in creating their desire. The stronger the belief, the quicker it will manifest.

29. The 5 Doorways to the Future (awful to awesome): Have clients stand up and actually look at five different doors. One door is the awful future door, the next is the struggle door, the next is the alright future door, the next is the great future door, and the last is the awesome future door. Ask the client which one he/she would like to choose. We will cover this in depth in Module 5: Future Visioning.



Forms Section





❖ **CERTIFICATION PROGRAM COACHING HOURS TRACKING SHEET**
(Sheets to be submitted to Evelyn@christywhitman or fax 707-226-5205 the 3rd of each month)

Your Name: _____ Month: _____

Group Name: _____

Week beginning _____
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
Total coaching time for week: _____ minutes

Week beginning _____
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
Total coaching time for week: _____ minutes

Week beginning _____
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
Total coaching time for week: _____ minutes

Week beginning _____
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
Total coaching time for week: _____ minutes

Week beginning _____
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
____ clients at _____ minutes = _____ total minutes
Total coaching time for week: _____ minutes



❖ **PERMISSION SLIP TO RECORD COACHING CALLS**

With this notice I hereby grant my permission to

(Coach's Name)

to record our coaching sessions for educational purposes and supervisory feedback from Quantum Success Coaching Academy.

Date: _____

Client Name: _____

Client Signature: _____

Coaches:

Fax or mail a copy of each signed Permission Slip to:

Christy Whitman/QSCA
3565 Las Vegas Blvd South #213
Las Vegas, NV 89109

Fax: **707-226-5205**



❖ **FEEDBACK SESSION STAT SHEET**

Coach's Name: _____ Time Zone: _____

Email: _____ Phone: _____

Client's Name: _____ Coaching Date: _____

15-20 Minute Segment of Audio to Listen to: _____

Law of Attraction Skill Used with Client	Feedback +/-: Coach's	Feedback +/- : Supervisor's
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REQUIRED SKILLS ON ALL CALLS	SCALE OF	1-5
-------------------------------------	-----------------	------------

Holding the client's vision	_____	_____
Being fully present with the client	_____	_____
Asking powerful questions vs. telling	_____	_____
Meet the client where he/she is	_____	_____
Soothing their energy to relief when necessary	_____	_____
Giving them full permission	_____	_____
Lock in the learning	_____	_____
Accountability	_____	_____

LAW OF ATTRACTION STRUCTURES AND/OR PROCESSES USED:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



❖ CERTIFICATION PROGRAM CLASS ATTENDANCE TRACKING SHEETS

Class Calls and Group Calls

To be submitted to
Evelyn@christywhitman.com
at end of program

Name: _____

Group Name: _____

Call Type	Date	Attended Y/N	Leader
Class	10/2/08	Y	Christy
Class	10/9/08	Y	Christy
Class	10/16/08	N	Christy
Group Call	11/5/08	Y	Sue



Quantum Success Coaching Agreement

About your coach . . .

1. Your coach agrees to treat all information shared during sessions as private and confidential.
2. Your coach is not a professional therapist or psychotherapist.
3. Your coach is there to teach you strategies to become personally empowered.

About your coaching sessions . . .

1. (Full name of coach) will coach "in the moment" in regards to whatever the intention of the client is at the time of the session.
2. You will have weekly 45 to 60 minute sessions scheduled in advance to occur at a set time and day each week. The fee schedule for this Coaching Relationship is as follows: (Price) for (length of time)
3. At the scheduled time, you will call (name of coach) at (phone number), unless requested to do otherwise.
4. In the event that you must cancel your scheduled coaching session, a 24 hour notice is required. Otherwise, that missed session will count as one of your sessions.

About your responsibilities . . .

1. I understand that coaching is not advice-giving, psychotherapy or counseling. I agree to seek these or other professional services, if needed.
2. I am fully responsible for the decisions and actions I take in regards to my life and affairs.
3. I agree to be mindful of my own well-being during the course of this coaching process.
4. I shall in no way hold the coach liable or responsible for any actions I take during or after this coaching relationship.
5. I understand that the coach makes no guarantees or warranties, expressed or implied, about any results to be achieved.
6. By signing below, I acknowledge that I have had the opportunity to review this agreement, that I understand all aspects within it, and I agree to abide by it.

Clients Signature

Date

Coach Signature

Date



Session Prep Questions

How Do You Want To Spend Your Time?

To get the most out of each coaching session, take a quiet moment to consider how you want to use your time with me in our next session. Approximately 24 hours prior to our next session please email the answers to these questions and any other information you'd like to share:

- ❖ What is your agenda for today's session?

- ❖ What feelings, breakthroughs, insights or changes in belief have you had since we last spoke?

- ❖ What are the biggest personal or professional concerns you are facing now?

- ❖ What have you accomplished since the last call regarding your current projects or goals?

- ❖ What action are you ready to take now?

- ❖ Is there any feedback you want to give me?



MASTER DREAM LIST

Let yourself dream. Free your imagination, and write about the life you really want. Include the successes, the adventures, the creativity, the love and the fun you really want. Imagine a future where your dreams come true and you are living a joyful, healthy, wonderfully successful and totally fulfilling life. In this master list just let your imagination go without judging or worrying about the how or the form or spelling. Just let the ideas flow, words, phrases, or paragraphs. You can use the back of the paper or another sheet if you need more room. Then go on to the individual areas to expand and add details to your vision. Be bold, dream big and have fun.

EMOTIONAL DREAM LIST

Write expressively and passionately how you will feel living in your ideal future, using enthusiastic and detailed descriptions. Describe how you will enjoy and express your full range of emotions while living a wonderful and fulfilling life.

RELATIONSHIP AND FAMILY DREAM LIST

Describe your ideal loving relationship and/or family. Include specific qualities you want in a mate, and things like the size of family, the relationships between the members, and a description of activities you would enjoy doing together. Also describe the relationship you would like to have with your original family.



CAREER AND FINANCIAL DREAM LIST

Write about what it will be like to totally enjoy working at your ideal career and describe your monetary dreams and goals. Have fun with this and be specific, including activities and feelings which would clearly show your financial success.

SOCIAL DREAM LIST

Imagine the friends, business associates, and community acquaintances and write about the events you would enjoy. Include the social position you would like to attain, and describe the contribution you would like to make to society and the world.

PHYSICAL DREAM LIST

Physical dreams including health, weight, conditioning, nutrition, and all the physical activities you enjoy now, and those you would like to participate in. Describe yourself as you will be when totally enjoying and celebrating being physical.

❖ GROUP CALL STATS

Date: _____

Team: _____

Call Leader: _____

Call Leader submits completed form to Evelyn@christywhitman.com at end of each group call. 707-226-5205 Fax

Attendee's Name	Scale of 1 – 10	\$ Income	# Clients # Groups	Daily Success Habits	Feed Back Subm'd	Assign- ments Subm'd	Coach Hours	Group Calls Attended
Denise Margot	8	400/2000	2/5; 3/4	2/7	2/10	3/16	10/50	1/14
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____

My Daily Law of Attraction Success Habits for The Month of

a b i	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Drink 50+ oz water																																	
Morning Walk/Run																																	
45 min of Evening Cardio																																	
Strength Training																																	
LOA Process This Week: Appreciation																																	



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Coaches name:

Feedback Submission #1

Segment: 15:23-30:26

C – What is it that would make you doubt you couldn't be successful in your coaching. **(Probing the cause of her insecurity and resistance to feeling capable) Good Question**

Tina – “My knowledge base has grown with my advances in my career” **(regarding her job at CIBC.)** “Being a life coach, I don't believe I have enough knowledge or experience or training to actually want to charge people for my service” **(She was feeling inadequate due to her perceived lack of knowledge. That doubt was keeping her in resistance to the well being needed to be confident in her.)** “ I have other people who believe in me more than I believe in myself, I know that I'm holding myself back” **(She knows there is a misalignment in her energy, and is willing to put out more positive affirmations to do it, this, leaving her open to processes like the Success Journal I suggest later in the session) You could have told her that like with anything when you are first starting out, you don't feel as confident as something that you have been doing for a long time, like her job at CIBC. She is used to that and knows what it takes so there is a level of confidence there. There is so much unknown with the coaching.**

C – I ask how she could impart some of the knowledge she has within her to someone who has experienced the loss of a loved one in their life their life, from the heart. **(I'm trying to lead her to realize that she has the answers to every question inside herself now, that she has the knowledge within her already to help people, through her own life experiences. This will raise lower her resistance and allow the positive feelings to move her up the scale from doubt towards a higher vibration I think that is a good way to go, but I would stay focused on that fact that her issue seems to be lack of confidence in herself. Help her with processes right then and there that will increase her self confidence. Such as what places are you successful in your life? Did you feel successful when you first started to do that, or did your self confidence build over time? What can she do right now to build her self-esteem. It was good that you validated her for what she was feeling. Good question and examples “Why wouldn't have enough confidence . . .”**

Tina - “ I could tell them my story, I then how exhilarating it was to get through the pain and grief and that realistically it's a lengthy process... etc.. be true to how you feel and find an avenue to communicate this to



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themselves and others and not to mask what they are truly feeling” **(I use this answer to make her aware of the fact that she just proved she has the experience to be there “knowledgably” with a client. I felt her overwhelming in the whole thing was due to seeing too large a picture and the fact that her, self doubting past, was keeping her in worried emotional state.)** This should be more about her confidence and what are her thoughts based on being a coach. Have her follow the emotions to thoughts (what are the thoughts that she is thinking) and what are the beliefs that are causing her to feel that way? Then from the beliefs have her move up the vibrational scale by using processes such as finding the next best feeling thought. I think bringing up the loss goes off the topic of her self-esteem, and can potentially make her feel worse. This seemed to work with Tina.

C – “What would it be like to open up and let your niche find you...” **(I thought at this point she needed to gain focus on what she was most suited for, since I noticed a heavy tone of wanting to help people “move through” and “achieve” things I wanted her to look for her niche, and doing so I felt would give her the clarity she had asked for in her intention, allowing another small step up the scale)** “Ask yourself, ‘If I could help somebody, where could I best help them?’” Again I think her issue is feeling good about being a coach, and instead of dealing with the vibrational issues, you were trying to “fix” it by showing her where the niche would be. Remember, start with where they are. I think your intuition was good on this to help build her self esteem, but this is a bandaid. She needs to learn how to build it up herself by processes. Does that make sense?

Tina – “I would say ‘I could help you get in touch with your true feeling about a situation or something that you want to achieve and I would help you find the right avenue to get what you want’” **(This is still vague, so I ask her for more detail, to go deeper as to add that clarity.** “I would help people with their spiritual side and the root cause of why they think the way they think and why you do things the way you do things”.” **(More focus and she seems to be aligning herself a bit more to what is feeling right, I feel she is coming to more of an understanding of what she has to offer)** Again, her vibration is not changing. Check in with her about how she is feeling and if she feels any different based on what she just discovered. Always check in with the client to see where they are and how they are feeling. I would raise her vibration first and then direct her towards these type of questions. When she was talking about she never knew anything about credit cards and never knew math, that was the perfect opportunity to show her that see . . . it was something new that she mastered and in the beginning she probably did not feel confident because it was something new. Ask



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her if she felt the exact same way back then about the credit card job then she does about becoming a coach. That is where the real issue is and that is where you can really help her to shift from that place.

Another great opportunity how she focused on the people at the bank, have her focus on all the people that she will be able to help by coaching. That seems to be her passion/purpose. When she was talking about focusing on the people, that would have been a good time to reassure her about her being a coach. You did that, and it made her feel good. Great job.

C – “I keep seeing things that tell me this is what you were meant to do, it’s just if you can reorganize your skills and realize your potential” **(I was leading up to asking the next big question, which would tie back into the aspect of her not being knowledgeable enough for coaching.) Good.** “You’re knowledgeable about in this regarding your career, but what is tangible about the knowledge you have in life? **Good way to bring it back around, and you did exactly what I suggested above.**

Tina – “The one thing that I can say is tangible is me... My stories... Who I am... Can project that by having conversations with people” **(I’m hoping this would open her up for the next question, which I felt would solidify the issue of whether or not she was deserving of being paid for her services by giving her the confidence she needs to remove the resistance that will hold her back and keep her in that negative vibrational state that would attract only what she was worrying about... Customers that don’t pay) Good!**

C – “And who knows you better than you?” **Great question!**

Tina – “Yeah exactly!” She

C – “If the tangible thing that you can offer to anyone who calls is you.... Then you have the knowledge, and now all you have to do is attract the people that are going to be open enough to hear what you have to say and are willing to look at their own selves. **(I felt her transitioned from having started off with such a misalignment of energy due to her fear of not knowing enough, to realizing that all the knowledge she will ever need to be successful, is already within her. I felt her confidence increase as the call proceeded and by the end, she was setting goals as to how many customers she was going to attract and had achieved the clarity of what was within her. I really tried to move her up the scale within this subject so, as I had her come up with these answers she released more resistance each time.) Good. When doing this, check in to**



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see how she is now feeling about being a coach and where is her self-confidence. I would actually have her do the process. Have her say what her thought it, and then have her find the next best feeling thought. You mentioned processes you could look at. Do them right there on the spot. Stop and go from there.

Please, next feedback session have the 15-20 min be right in a row, not chopped up. I want to hear you take her through a process and then lock in the learning.