

Five Facets TM

Coaching Psychology

- 1) Pre-contemplation: You are thinking about maybe someday living better, but you can't seem to make time for yourself right now.
- 2) Contemplation: You purchased a self-help book but have not read it. You might take some time for yourself soon.
- 3) Preparation: You bought the new tennis shoes and opened the self-help book. You are mentally preparing yourself and your schedule.
- 4) Action: Hard work and self-regulation, you are NOT comfortable. You need support instead of self-regulating your time, and you quickly go back into your mental excuses. **YOU ARE NOW READY FOR COACHING!** I work with people who see worth in themselves, my job is to polish, not to 'fix' you. You must be at stage 4 before I will be able to work with you. We want results and mutually need desire, dedication, determination.
- 5) Maintenance: Your confidence is high, almost automatic, but this is not a permanent stage. Coaching is needed to complete the transformation.

Mastering the Mind

My mind was a little puppy; now, my brain is a well-behaved gorgeous yellow lab. Your brain must become a laboratory of self-awareness. In a laboratory, you conduct experimental studies for testing and analysis, and that is exactly what we will do with your internal mind. We will sync up and tune in just like your phone but instead, with human beings connecting, syncing to one another.

The first thing we will do is practice mindful techniques to calm and still your mind. This practice will increase your performance from a

disorganized mind to a brain in the Dharana state. We have six areas of brain function, which lead to a chaotic mind. In one Dharana session, I can coach you into a deep state of flow. Once in a state of flow, you will understand the best way to go from disorganized to making decisions of what next to do. Coming back out of the deep, deep state with a calm, still mind, you will have the ability to make your first clear decision.



Emotional intelligence (EI), **emotional leadership (EL)**, **emotional quotient (EQ)** and **emotional intelligence quotient (EIQ)**, is the capability of individuals to recognize their own **emotions** and those of others, discern between different feelings and label them appropriately, use **emotional** information to guide thinking ...

W <https://en.m.wikipedia.org/wiki>

[Emotional intelligence - Wikipedia](#)

Emotional Intelligence (EI)

EI begins with your inner world, your inner self. We will discover together what your unique emotions are, and define your language of you as a specific human being. Together, we will start a journey of decoding your specific emotional self-talk. Emotions speak to your unfulfilled needs. We tend to question these needs. Are they reality? When did these needs start? What do I do with them? Your emotions send you signals; unfortunately, the negative ones seem to speak more. The troubled parts of you that need help. The negative ones that say, "Come on back, just for a minute to the cruddy deficient thought. Let us sit with this amiss for just a minute longer, come on stay..."

With numerous Dharana sessions, we will be able to build your mindfulness and emotional intelligence. You will begin to sit back calmly

and observe yourself without self-judgment, noticing as your emotions speak. Dharana gives you the ability to let the contemplation float on by and choose not to feel those negative emotions from self-talk. With practice, you will learn to never feel those negative emotions again. You will gain the ability to pay attention to your inner self with love, not judgement. I will be there to help you notice and name emotions while giving you compassion and high acceptance, without any judgments. I will help you learn and grow as you begin to blossom into the real you. We will experience the yuck together. Then, I will guide you to where you want to go next with a very empathic, active listening ear.

Are you ready?

Body Intelligence (BQ)

BQ is on the cutting edge of discovery! Now, we are getting into what I believe is the exciting aspect of Holistic Life Coaching. We have been training the brain, now it is time to train the body. Whoop, whoop! I will support you in developing 'body wisdom', or the quality of having experience, knowledge and good judgement of your unique shape. We will actively engage in your needs with awareness and knowledge to understand what YOUR body desires.

We will use practical ayurvedic techniques to discover your specific needs for sleep, exercise, and diet. Learn together what you need to bring balance to your life, your dosha, you are a unique individual with specific needs. The health and wellness business has us running everywhere; try this, do that. Together we will begin a journey discovery of self, personal and specific unique needs, then guide you,

coach you along the way to an excellent ability for individualized body intelligence.

Transformational Change

A total shift in your true identity, your Sat Nam. The age of change is upon us, the age of Aquarius. Humans are not keeping up with all the different world changes. The old, who am I, is no longer enough. We are transforming rapidly. These transformations need to happen at a much faster rate. Life is not a dress rehearsal. Are you **LIVING** your life, your dash? Or, sadly, are you one of the 98% who is letting life happen to themselves? Coaches specialize in change. Are you worth spending time and good money on yourself?

We need quantum shifts; we have 1,000,000 neurons in our adult brain. From research by Elizabeth Gould, neurons showed that adult human brains produce **NEW** neurons. We have still so much to learn, but the scientific evidence is catching up and blending with a spiritual, holistic, and yogic lifestyle. The energy created from just one kriya set helps to balance the parasympathetic and sympathetic nervous systems. As we age, we lose brain cells. The interconnections between the brain cells increase through exercise, activity, and challenge, which leads to robust circulation and good glandular response. We now know that we generate new brain cells throughout life. Exercise, such as yoga, increases this regeneration!

I would be honored to be your Holistic Life Coach! Together we will polish your 5 facets, into a shining diamond as you **LIVE YOUR DASH!**
- Parvati

