



Sample of concerns presented by a recent client.

Study this and get back to me with your ideas. How would you structure sessions with this client? What would you do in the first session?

What would you do in the following targeted sessions for the healing and transformation she needs? How many sessions? What would you focus on in each one?

This is how you build an *initial* session plan. The plan will evolve, perhaps change as you go along and learn more about your client and what she needs. But there needs to be an initial set of recommendations to prepare them for the work ahead and help them decide what type of package they will buy from you.

The reason she came back for more hypnosis sessions:

I worked with her years ago. She initially came back for help with self-limiting beliefs, which make her feel she isn't worthy to receive financial abundance and success.

This was in the email she sent further expressing her concerns and obstacles:

In her words:

My father is always critical. Nothing I do is ever right. He always tells me I need to do something different.

My mother is encouraging but I know she doubts my capability. When I got certified as a Life Coach, she said "You're way too young. You haven't experienced life. So, and how can you coach others?" *This even though she is married with 2 children, has had a successful career. and is now stepping out on her own to develop her life coaching business and has a new, well received podcast, as well.*

My sister was always the "better one". All I heard was "Why can't you be more like her?"

So, I coped by becoming a people pleaser and always seeking approval (which never comes).

My husband says he is supportive but also doubts my capability. He doesn't want me to work on weeknights or weekends, which imposes impossible boundaries on me, as I attempt to establish my own business.

So, **I feel guilty** for not doing as much as I know I can.

We have **terrible financial worries**, and I **feel unworthy/undeserving** of receiving financial abundance. I **feel like I've hit an earning ceiling**.