

Energy & Presence of a Powerful Coach

*with Lucy Chan
The Golden Space Malaysia*



Welcome!

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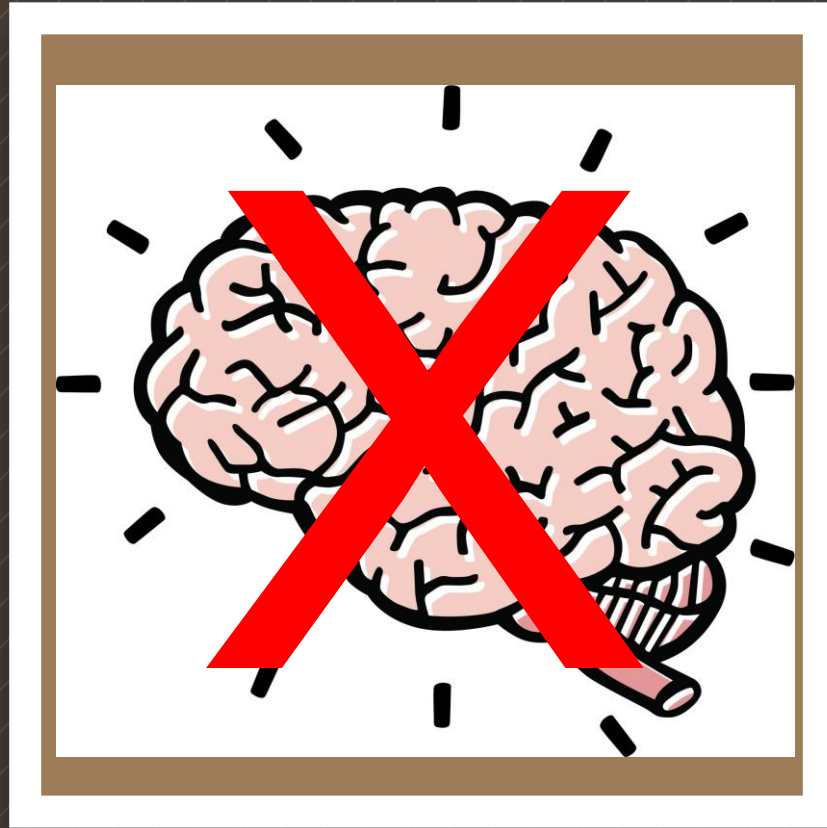
A night landscape featuring a starry sky with the Milky Way galaxy visible. In the foreground, a dark asphalt road with white lane markings curves through a field. In the background, there are rugged, rocky mountains under the starry sky.

1. Introducing the Energy-Approach to Coaching



Mastering your Energy!

Imagine



“

Stand apart by having a High Personal Standard, give life-changing experiences every time, and truly care for your clients with your heart.



Co-Creating the Relationship



Coaching Presence

- ✿ Your Energy Field Level
- ✿ Coaching Field
- ✿ Personal Power & Resilience

Your Individual Energy Field



THOUGHTS

A normal human being has approximately 50,000-70,000 thoughts a single day!

These thoughts can *fracture* and branch out limitlessly.

Are you aware of the fluctuations of thoughts?

EMOTIONS

The biggest contributor to our field – are our emotions.

The more our emotions fluctuate, the more *fractured* your energy field will be – which directly affects the quality of your coaching results.

BELIEFS

Are you 100% LOVE & PASSION?

Most people are not there yet. For example:

Do you feel your service is worth the price the client is paying you?

Anger



Fear



Disgust



Happiness



Sadness



Surprise



Neutral



Anxiety



Love



Depression



Contempt



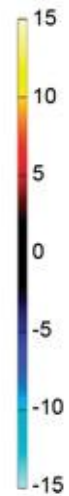
Pride



Shame

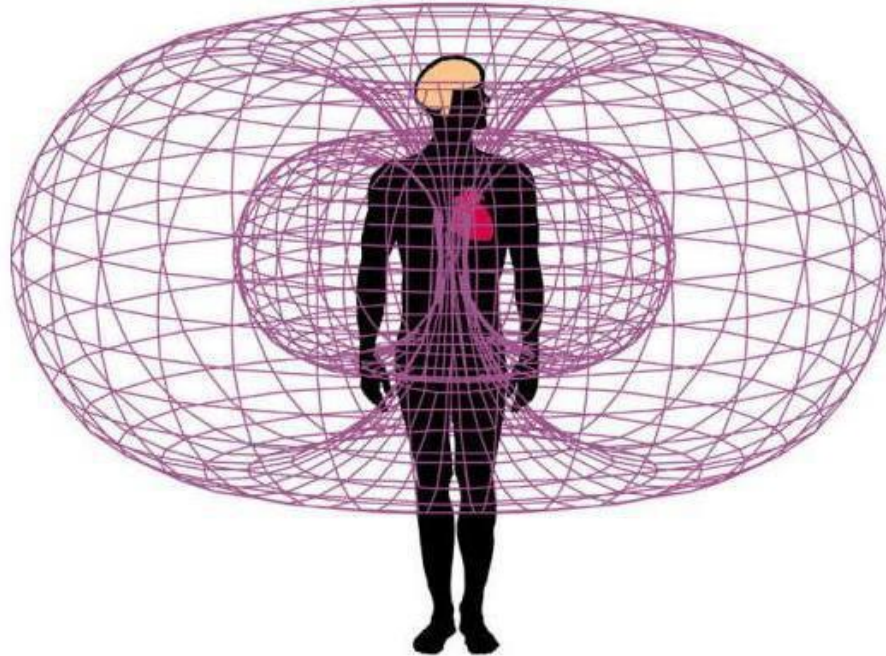


Envy



The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.



Your heart's electro-magnetic field can be felt 5 feet away!

What contributes to the Strength of your Heart-Field?



Your Energetic Attitude!

Which is the general attitude to
which you live your life.

Our energetic attitude is a SUM of
who we are 24 hours a day:

+ve (Assets)

-ve (Deficits)



Asset / Deficit Chart



On the top half of a sheet of paper, write “Assets.” On the bottom half, write “Deficits.”

Under Assets, list the positive events, conversations and interactions of the last few days, things that made you happy and gave you energy. How did each experience make you feel positive?

Under Deficits, list issues, conflicts and events in the period that were negative or draining, including conversations and events that turned from good to bad, for whatever reason. How did each experience make you feel negative?

Your Ultimate Responsibility



Enhance and Improve your Energy!

Personal Check:

- Every day, how much energy, time & effort do you pour into improving your own energy & emotions?
- Who are you **99%** of the time outside of the meeting / coaching session?



Co-Creating the Relationship



Coaching Presence

- ✿ Your Energy Field
- ✿ Coaching Field
- ✿ Personal Power & Resilience

*You could cut the tension
in the room with a knife*



PERSATUAN KEBAJIKAN KANAK-KANAK TERENCAT AKAL MALAYSIA

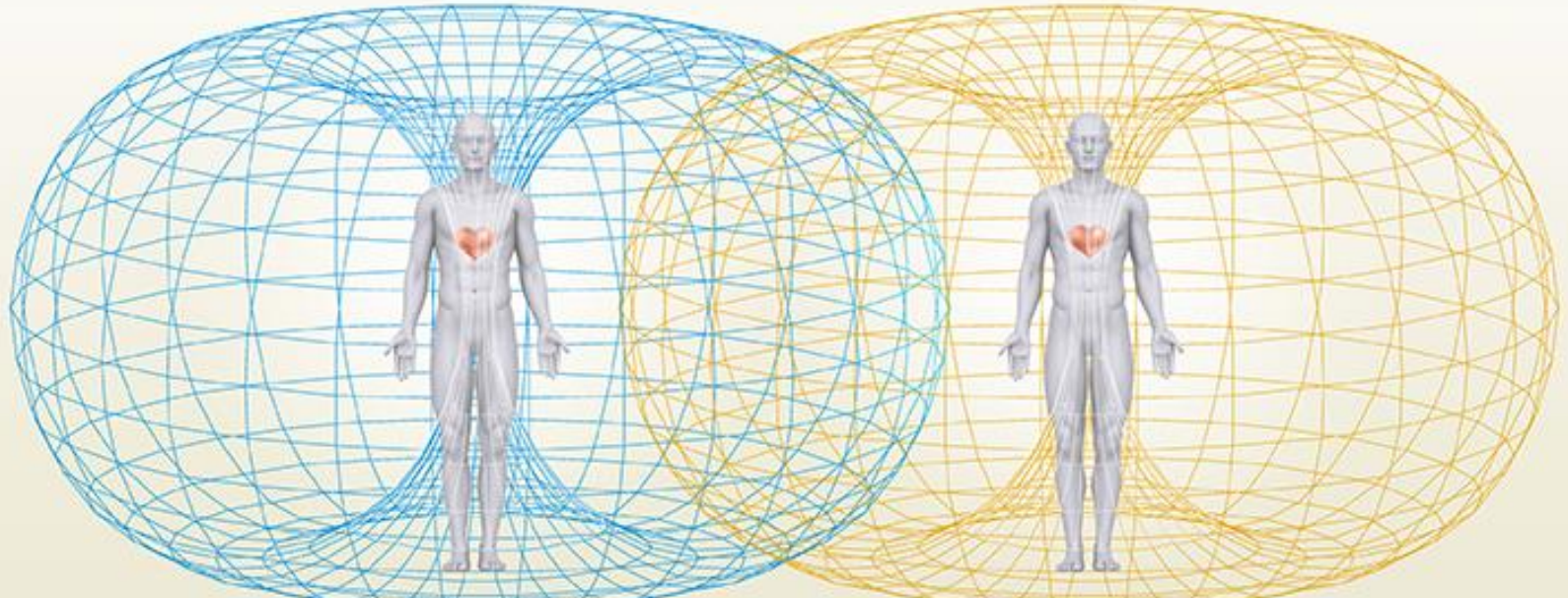
Malaysian Association for The Welfare of Mentally Challenged Children



Can you feel the love?

Magnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



Coherence is a highly efficient state in which all of the body's systems work together in harmony.

Changing Your Energy Field



START YOUR DAY

Every morning spend 30 minutes minimum to *pray, give gratitude and appreciation, & visualise a hopeful future.*

INNER WORK

What is the sum of your positivity vs negativity? A big part of changing your energy field lies in working on your *shadows!*

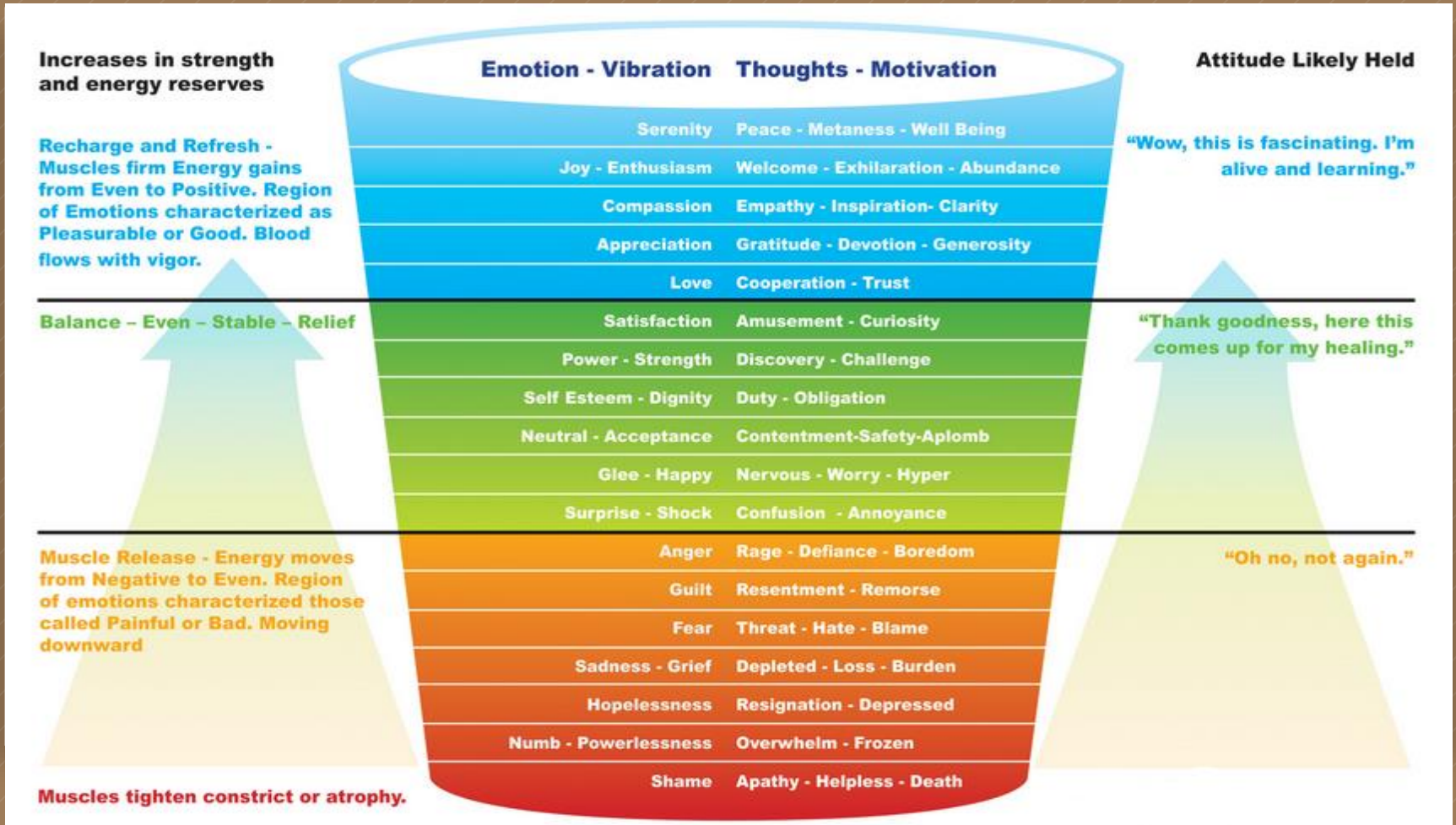
ENERGY BOOST

Your day is never perfect. Things happen throughout the day that could bring your energy down.

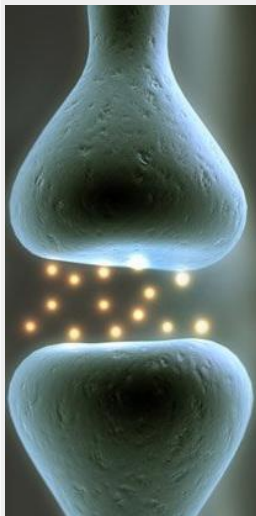
If you feel low or drained, boost up yourself!

What frequency do you want to move your own vibration to?

Moving your Emotions upwards using Inner Work



Changing our Emotions Alters the Body




“As our feelings change, this mixture of peptides travels throughout your body and your brain. And they’re literally changing the chemistry of every cell in your body.”

- Dr. Candace Pert



The molecules of emotion (a neuropeptide) ***changes the chemistry and electricity of every cell in the body***. Feelings physically alter the electrical frequencies generated by our bodies.

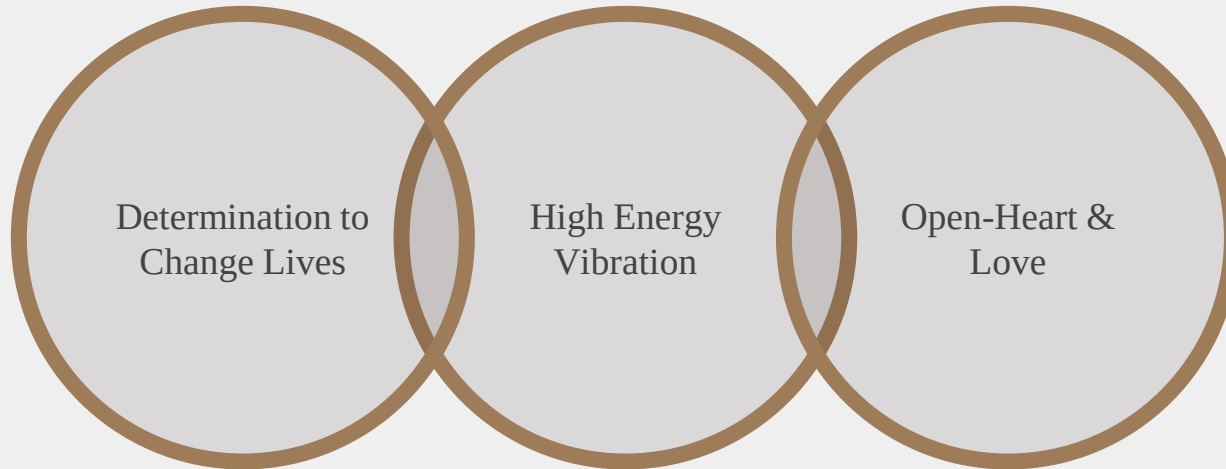
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2. Enhancing Personal Power & Resilience



Mastering Your Power

The 3 elements of a powerful coaching session



Co-Creating the Relationship



Coaching Presence

- ✿ Your Energy Field
- ✿ Coaching Field
- ✿ Personal Power & Resilience

100%

of people WANT to improve their life





DARE TO BE GREAT!

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