

Fulfillment Coaching

Program Outline

This is an outline of the primary phases in the Fulfillment Coaching Program with a high-level indication of the number of coaching sessions in each primary phase. The coaching process is such that the primary sections follow each other progressively. What this means is that a **specific primary phase can't begin unless the previous phases have been completed.**

1

Habit-Based Life Strategy

Formulate a personal life strategy based on the unique habits of the individual. Put this strategy into operation. This is one of the anchor primary phases. The client must formulate and implement a life strategy to engage practical challenges in life and see how a habit-based personal life strategy empowers a person to succeed. Minimum two coaching sessions. It could be more, but it should not be more than five sessions.

2

Stagnation and Progress

Fulfillment in life is partially about a healthy, meaningful journey. When people get stuck in any way, life becomes a stagnant and possibly restrictive reality. During this primary phase, the individual will implement action plans to move progressively forward with their lives in the areas of their choice. This means leaving certain spaces and places behind and entering new spaces and places—six to ten action-based coaching sessions.

3

Stacking Micro-Failures - Prevent and Win

Failure is the most devastating experience that destroys people. This must be prevented, and the way to do it is through a process of dealing proactively with small potential failures and threats. In line with the principle of micro-actions, the individual must prevent the stacking of micro-failures that could lead to a failed ego-state. Fulfillment is an ego-state of winning and success. Five to seven/eight structured coaching sessions.

4 Adaptive Attitude Development

When people get fixed on one way of approaching their world, it becomes a negative habit that could compromise their success and fulfillment. These people run the risk of attitude fixation. They only approach their world with one fixed frame of reference. Many people have some form of fixation. This is a very in-depth primary phase to guide the individual towards a more flexible approach to their world. Ten to fifteen well-planned structured coaching sessions based on the attitude chart of Shadowmatch in relation to key habits.

5 Structured Reflection

This phase is for the client to look back, but also forward. It is a phase of reflection and position assessment. The client has extensive mind-work to do, and the guidelines to the coach are detailed. The guidelines to the coach include specific challenges the client might have experienced during the process. This is to help the coach to provide the client with optimal advice and support. One or two sessions will be enough.

6 Strong Personal Position Forming

This primary phase coaches the client through a process of taking a stronger ego-position when engaging the challenges they need to deal with. It reflects back to the Personal Life Strategy that was formulated in primary phase one. This primary phase (number 6) gives a much more detailed and guided action plan for the client to build a stronger personal position in difficult situations. The system uses a very complex algorithm of combining specific habits to help the individual be strong and build a winning personal position. The system pushes the principle of making challenges more fun to deal with. Minimum five coaching sessions, but there might be a need for up to ten coaching sessions.

7 Habits and Context Engagement Balance

This phase starts with the client doing the Shadowmatch worksheet again. Thereafter, the system also provides the coach and client with an intelligent systematized worksheet that must be completed after the standard Shadowmatch worksheet has been completed. The aim is to determine if the habits of the individual are aligned with the way that living conditions and work demands claim energy, engagement, and effort from the individual—five sessions only. If the coach and client want to turn this into more coaching sessions, they could. Five should be enough.

8 Fulfillment Activity Engagement

This phase builds on the previous one but with different sub-themes and activities. The system provides the coach and client with specific directives for an optimal lifestyle and activity selection based on the unique habits of the client. The work that the client now needs to do takes a turn. It becomes a process of shaping a lifestyle and activity selection that builds optimal success and fulfillment due to a series of micro-activities that stack up to a more fulfilling overall life. Five coaching sessions is the minimum. It could, however, be anything up to ten sessions.

9 Structured Reflection

This reflection session is aimed at the future of the client and a structured way of setting one single longer-term goal that will address one critical area of life. It is a structured process, and the system will guide the coach to support the client towards the most optimal decision. Only one session is necessary for this. In some instances, the client could request a second session.

10 Personal Development Program (PDP)

The client will now decide on a focused Personal Development Program that will make the goal that was decided on during the Structured Reflection (point 9 above) a reality. This is a three to six-month program, depending on the PDP selection.

Note: On completion of the PDP, the client should complete a fresh Shadowmatch worksheet, and the process can be repeated. The detail will be different, but the primary phases will stay the same. The minimum time to go through all of the above is four years. In most instances, this will be a six-year Fulfillment Program. Keep in mind that the aim is to coach the client to the point of building a meaningful and fulfilling life without a coach. The moment clients reach this point, they will disengage from their coach, and the coach has successfully reached the ultimate goal. This goal is to coach someone to be happy, successful, and fulfilled in life!