

ALIVE & FREE COACH LAUNCH

6 months access to:

30+ hours content, weekly live
Q+A, Facebook community

MODULE 1 **AUTHORITY**

6 CONTENT HOURS

12 MODULE VIDEOS

MODULE 2 **EQUIP**

21 CONTENT HOURS

25 MODULE VIDEOS

MODULE 3 **ATTRACT + SELL**

5 CONTENT HOURS

14 MODULE VIDEOS

WEEK	COURSEWORK	GOAL
1	- Attend Onboarding Call - Watch Module 1 Intro and Time Management video - Spend time setting up your calendar for this course - Attend first coaching Q+A call	Complete the Roadmap to Success (page 4 of this packet) and set up your workspace and calendar
2	- Attend coaching Q+A call - Watch videos 1-5 of Module 1. Spend time reflecting on the content prompts	Write down your WHY, core values, start your story and consider your ideal avatar
3	- Watch videos 6-8 of Module 1. Spend time reflecting on the content prompts - Attend coaching Q+A	Identify your beliefs about your future clients, yourself, God and others. Volunteer to be coached by a peer on any limiting beliefs
4	- Watch videos 9-11 of Module 1. Spend time reflecting on the content prompts. - Attend coaching Q+A	Implement one new self care habit that sets your future business up for success
5	- Watch Module 2 Intro, Coaching Framework and Sammi's Coaching Method - Attend coaching Q+A	Think of a few people in your life who could benefit from coaching like this. Consider letting them know more about what you're training to do.
6	- Watch videos 1-6 of Module 2 - Attend coaching Q+A	Volunteer to be coached by a peer and see how the coaching method impacts you
7	- Watch videos 7-15 of Module 2 - Attend coaching Q+A	Put yourself out there in the Facebook page and start scheduling your own practice coaching sessions
8	- Watch videos 16-18 of Module 2 - Attend coaching Q+A	Conduct practice sessions and ask for feedback
9	- Watch videos 19-23 of Module 2 - Attend coaching Q+A	Conduct practice sessions and ask for feedback
10	- Watch some of the Bonus Content - Attend coaching Q+A	Conduct practice sessions and ask for feedback

You'll now move on to business content. You may not feel ready, but we recommend diving in anyway and taking time at the end to reflect on any coaching tools you want to learn more fully. Please continue conducting practice sessions for the rest of your time in the course.

WEEK	COURSEWORK	GOAL
11	• Watch PART 1 of Module 3 • Attend first Business Q+A	• Set up LLC, payment processor, Zoom account, CRM spreadsheet, and client agreement. • Determine prices/packages
12	• Watch PART 2 of Module 3 • Attend business Q+A	• Reflect on your ideal avatar and re-work anything you want to now that you've been practicing coaching • Choose platform and make your first post (for offline, set up a networking event and practice communicating what you do)
13	• Watch PART 3 of Module 3 • Attend business Q+A	• Start reaching out to Top 100 list with your Unsent Letter • Continue posting on social media practicing communicating what you do and who it helps
14	• Watch PART 4 of Module 3 • Attend business Q+A	• Nurture any leads in your DMs, texts messages or emails (anyone responding to your content or networking efforts)
15	• Watch PART 5 of Module 3 • Attend business Q+A	• Make the sales script your own • On a practice session, use the sales script to pitch your coaching packages.

You've COMPLETED the Course!!
Congratulations!!

At this point, you have some room to reflect back on the content videos.
Continue joining the weekly Q+A calls (either coaching or business) and continue conducting free practice sessions. Now is the time to press in and get the most out of the program, mentorship and community. You got this!

Your **goal** for the remaining time is to practice converting free practice sessions into paid clients. Smash that PAID CLIENT button at the top of your course every time you make a sale.

Roadmap To Success

Set up workspace and calendar

- Bookmark membership site to your browser for easy access (**members.aliveandfreeconsulting.com**)
- Use syllabus to schedule weekly blocks of time for watching content and doing reflection/action prompts.
- Put the live Q+As on your calendar and add the zoom links for ease of access.

Stay Hungry & Humble

- You will get out of this what you put in. Give it your all! This is planting season, the harvest is coming.
- Run TO us as soon as you're needing support. Use the Need Help widget in your membersite or respond to texts/emails that you receive throughout your program. Our team is ready to help you!

Have Fun!

- Seriously, as cliché as this may sound, we're doing this kingdom style y'all! Gratitude and celebration go so far when chartering new territory. Don't let disqualification, perfectionism, fear or doubt stop you from stepping in to a dream with God. Let yourself feel, lean on your coaches and community, and then keep pressing in.

BOOK LIST

SOME OF SAMMI & SPENCER'S FAVORITE READS:

(these are all completely optional resources for you to enjoy)

- **7 Habits of Highly Effective People** by Stephen Covey
- **Face to Face with God** by Bill Johnson
- **The Invitation** by Tony Stoltzfus
- **Homecoming** by John Bradshaw
- **The Tao of Fully Feeling** by Pete Walker
- **Developing the Leader Within** by John Maxwell
- **Complex PTSD** by Pete Walker
- **The Coaching Habit** by Michael Bungay Steiner
- **The Road Back to You** by Ian M. Cron & S. Stabile
- **The Whole Brain Child** by D. J. Siegel and T. P. Bryson
- **It Didn't Start With You** by Mark Wolynn
- **Poverty, Riches & Wealth** by Kris Vallotton
- **The Attachment Theory** workbook by Annie Chen
- **Self-Love Workbook for Women** by Megan Logan
- **Listening and Inner Healing Prayer** by Rusty Rustenbach
- **Wild at Heart** by John Eldridge
- **Captivating** Staci Eldridge
- **The Way of the Superior Man** by David Deida
- **Dear Lover** by David Deida
- **The E-Myth Revisited: Why Most Small Businesses Don't - Work and What to Do About It** by Michael E. Gerber