



# Clear Skies for You

*A 6 week Heart & Soul coaching program for a Creative Life  
& Work especially for Creative & Tourism Professionals.*

## Why?

Clear Skies for You coaching program supports your quest to find  
Congruence of Vision, Clarity of Message and Authenticity of Offering  
to clear the clouds of uncertainty so you are deeply engaged  
with your 'Tribe'; your Heart & Soul Business,  
your team, your customers and your community.

## What is this Program?

This is a bespoke service to Creatives, Hospitality and Tourism stakeholders, to guide and support you through a deep-diving immersive resilience-building consultation, coaching and mentoring program grounded in Body, Mind, Heart & Soul (**inside-the-box**) practices; we look at the physical, mental and emotional health and wellbeing of you the owner(s), management and team; the congruence between your personal and business values with the services and products you offer, and how these align and marry with the '**outside-the-box**' needs, strategies and expectations of your tribe, business sustainability and success strategies and goals. Then we tweak, brainstorm and create accountability tools to keep you on course, every day.

*This is personal & business evaluation, exploration and discovery with me  
and a lifelong journey with your success sustainability.*

*“This program works if you work it”.*

What you will be guided through:

Weeks 0 through 2: Activities & Objectives: Inside-the-box - 'Befriending Me'

Review and re-energize the emotional and physical wellbeing of your most important assets, you and your team, to ensure you are emotionally and physically resilient for your personal and professional life.

- Using the **Daily HyMMMNSS**, you will assess and evaluate your self-care practices so you nurture them to create healthy habits. This way you build your awareness, resilience and strength so that you can be more creative and enduring.
- You will also use your **Body Buff** kit to plan and keep nurturing your self-care.
- This habit creation will then be expanded to balance your professional and personal life so that you **bring coherence to all Life Domains**; at home, at work and at play.

Weeks 1 & 2: Activities & Objectives: *Getting Centred & Congruent*

You will do a Lifestyle & Business Assessment, reflecting and reviewing your business practices to assess exactly where you are. Overwhelm, form good habits, not keeping promises and anxiety to keep up are things this addresses?

- Life and Business Evaluation.
- With **gratitude**, **acknowledge** those who have played a role and **celebrate** all your accomplishments to date. Acknowledge support and network, brainstorm and create accountability tools.
- With the aid of the **Reflect & Project** mindfulness exercises. You will then start the **Projection, dream phase and journaling** and brainstorm all the ideas so that you can look for the synergies.
- You will distil these with mindset and journaling practices,
- Build these ideas into spreadsheets to plan out each goal with actionable steps and tasks.
- These will bring **clarity** so you can commit more deeply to your personal and professional life and that of your supporting team/family/community.

Week 3: Activities & Objectives: *Proclamations & Manifestos*

How to turn vision into reality? With the long vision in mind and taking the right action.

- The previous exercises will reveal your patterns, triumphs and blocks, building from there you will **explore the Life Legacy Exploration & Mapping** process:
- Going through your **VIP's & PETS** you will be able to renew your **personal 'WHY I'm IN'**.

- You will create your Personal long-term (2 & 5 year) **'Life Legacy Statement' and Company 'Mission Statement', a Manifesto** that everyone celebrates including your family and customers. Without their buy-in, it will be more difficult to stay your course.
- Understand and establish what your **Unique Experience Assets (UEA)** are; these are uncovered from the **VIPs & PETS** and are your best honed talents and skills, experience and passions that drive you to do what you do. This is how you know where to focus and what and when you need to delegate so we are feeling on the upside instead of overwhelmed, anxious and *out-of-sync*.
- This way you establish congruence with your **'WHY'**, your desires and dreams to make them your missions and visions. So that you can establish and redefine your **Unique Experiential Products & Services (UEPS)** to serve your tribe with clarity, authenticity and sincere engagement.
- Crafting that **authentic service, product or offer** will be more obvious now. It may take some grafting too.

Remembering you are not merely selling a product, but an experience, this process takes on a different and soulful approach to your work. This not only heightens the appreciation of your clients and team but also the joy and personal reward of how you create and serve. Knowing how others feel creates the joy sensation rather than an overwhelming chore.

***“Intention is not an event or something you can check off, intention is a process.” Christine Kane***

### Week 4 & 5: Activities & Objectives: 'WHY I'm IN!' Authenticity of offering.

Mind-Shifting & Goal Settling process to ensure an authentic product or service will be offered, delivered and experienced by all.

- These weeks are to focus on goals achievement and delivery, both **global strategic goals** and the chunked-down smaller ones to get you and your business to **Vision Point!**
- Having **re-assessed your desires against your resources**, you turn to your goals and the strategies, resources and tools you use and the people you may need to achieve them. Refining process for your tactical (short-term) goals and 'things to do'. Habitual productivity is the name of the game. This is a complete breakdown of what you will be doing. **And being held accountable to and for.**
- This may include reviewing, retooling, redeveloping and planning your **financial projections, procurement, marketing and sales considerations as well as tools and platforms.**
- To implement and develop some of these you will build this into your spreadsheets, plans and projections. (You may choose to upgrade to Bespoke Done-for-You services as required to be able to work through and implement some of these.)

**Weeks 6 into 7: Activities & Objectives: Celebrating daily & weekly wins.**

Staying accountable with self-respect, motivation and the reward of success.

- You will keep your **Golden Goals Collection** and do your **Goals CORE Analysis** to feel self-rewarded and internally fuelled.
- You revisit your HyMMMNSS Sheets this week as you will every last week each month to give you a gentle reboot.
- Identify why gratitude and celebration is warranted. Remember the brain has a negative bias to keep us safe, we must short-circuit this with compassion and gratitude. It is important to keep in mind the importance of this.
- The Week 7 although not officially part of the process, is an important time to revisit the initial tools that helped you nurture a beautiful work life BALANCE using self-compassion and self-respect practices, so everything stays aligned and sustainable.