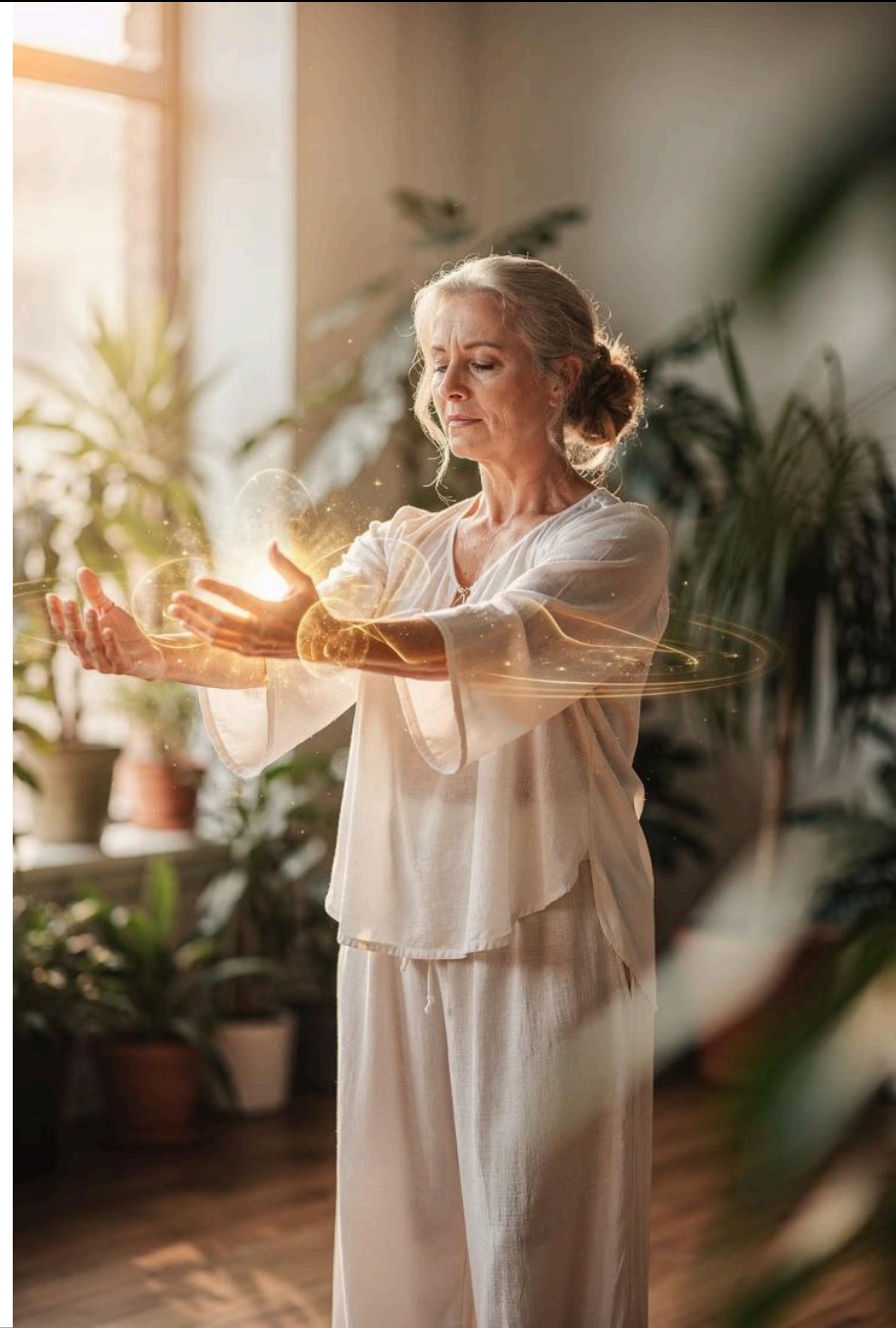


1-1 Client Session Framework

The Energetic Arc of Transformation



A woman with short blonde hair, wearing a white long-sleeved top and white pants, stands on a yoga mat in a sun-dappled forest. Her eyes are closed, and her hands are held up with palms facing forward. Several glowing, golden-yellow light trails swirl around her hands, creating a halo effect. The background is a soft-focus forest with sunlight filtering through the trees. In the lower right foreground, a dark rock holds a water bottle and a book. The word "CONNECT" is overlaid in large, bold, black capital letters across the center of the image.

CONNECT

PRE-SESSION RITUAL

Arrive Sovereign, Not Scattered

What you do in the minutes before your client logs on shapes the entire session. This is your sacred preparation window - treat it accordingly.



01

Set up your room

03

Regulate your breath

02

Review client notes

04

Drop into full presence

Opening the Session: Clarity Reduces Anxiety

1

Warm Greeting

A genuine, unhurried welcome. Your client is arriving - notice them.

2

Human Connection

One small moment of real contact before any agenda. A question, a reflection, a shared smile.

3

Acknowledge Their Presence

Name that they showed up - it matters more than you think.

4

"What to Expect Today..."

Orient them clearly. A brief roadmap dissolves anticipatory tension instantly.

A person in a white qigong uniform stands in a meditative pose on a circular platform with concentric rings. The background is a wavy, colorful pattern in shades of green, orange, and white. The word "CALIBRATE" is written in large, bold, black capital letters across the center of the image.

CALIBRATE



Entrainment: Your Nervous System Leads

Before any content, before any framework - regulate together. This is where mystical mentorship begins. Your nervous system sets the tone, and theirs follows.

This is mystical mentorship in action.

Breathwork

Micro-Movement

Brief Stillness

Somatic Check-In



Intention Questions: From Problem to State

“What is your intention for today?”

“What challenge feels most alive right now?”

“How would you like to feel by the end of our session?”

The last question is the most powerful. It **shifts the lens from problem-focus to state-focus** - and that changes everything.

A woman in a white qipao is practicing Tai Chi in a bright, sunlit room. She is standing with her arms extended, holding two glowing green energy circles. The room has large windows with sheer curtains and a wooden floor. The word "PRACTICE" is overlaid in large, bold, black letters across the center of the image.

PRACTICE

Movement & Embodiment:

The body contains deep wisdom. When you invite your client to stand, move, and inhabit their body, you are doing the deepest work available.



→ Stand Up

Change the physical state to change the mental one.

→ Drink Water

Grounding, simple, and powerfully embodying.

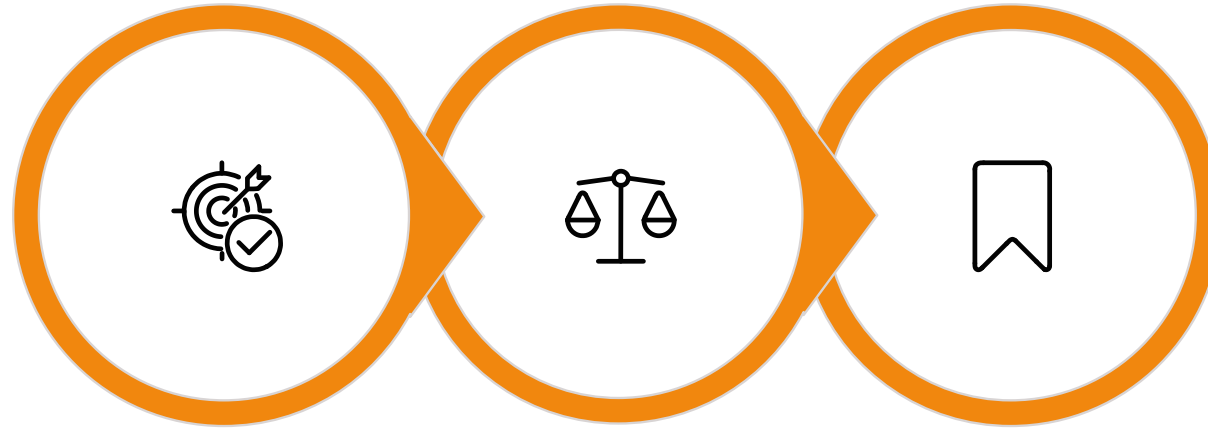
→ Enter the Body

Movement, sensation, breath - **this is embodied upleveling.**

A group of people, including a woman in the foreground, are practicing Tai Chi in a park. They are in a wide-legged stance with arms extended. The scene is bathed in soft, golden light, suggesting a sunrise or sunset. The background shows trees and a grassy field. The word "RECALIBRATE" is overlaid in large, bold, black capital letters across the center of the image.

RECALIBRATE

Complete the Arc: Anchor the Progress



**Return to
Intention**

**Compare
Feelings**

**Anchor
Reflection**

Always close the session by returning to where you began - your client's original intention and desired feeling.

Ask: "**Where are you now?**" The distance traveled is the transformation made visible. Anchor in the new state.

A woman with blonde hair in a ponytail, wearing a long white dress, stands barefoot on a dirt path in a forest. Her arms are outstretched forward. The background is a dense forest with sunlight filtering through the trees, creating a soft, golden glow. The word "CLOSE" is written in large, bold, black capital letters across the center of the image.

CLOSE



SESSION CLOSE

Close the Energetic Loop: Takeaways & Action Steps

Vague endings erode momentum. Every session deserves a clean, clear, warm close that carries your client forward with confidence.

Never end vaguely. The close is part of the medicine.

Reflect on Takeaways

1 or 2 Action Items

Resource If Needed

Confirm Next Session

Remember, You Are Not Just Mentoring, You Are:

Regulating Nervous Systems

Calm transmitted is calm received.

Restoring Vitality

You return people to themselves.

Modeling Embodied Leadership

How you show up is the teaching.

Transmitting Calm Authority

Sovereignty is contagious.



A group of people in a futuristic, glowing environment with abstract light patterns. The scene is dimly lit with a warm, golden-yellow glow. In the center, a woman in a white shirt and light-colored pants is looking to her right, with her hands raised as if interacting with something. To her left, a man in a white shirt and dark pants is also looking right, with his hands raised. In the background, other people are visible, some in dark clothing and some in light clothing, all appearing to be in motion or interacting with the environment. The background is filled with complex, glowing light patterns that resemble a network or a data visualization, with many thin lines and larger, more prominent circular or oval shapes. The overall atmosphere is one of a high-tech, futuristic setting.

Framework Overview

The 1-1 Session Framework Overview (60 Minutes)

1

Connect (5 minutes)*

Cleanse your space and center yourself. Review notes to prepare for the session. Arrive together as human beings.

2

Calibrate (10 minutes)

Check in on your client's current state. Identify their desired outcome and feeling state. Set the session intention.

3

Practice (30 minutes)

Guide your client through an appropriate sequence of movements to support desired outcome. This is the "work".

4

Recalibrate (5 minutes)

Use standing and sitting "neural consolidation" to embody the practice. Notice what shifted. Integrates the session.

5

Close (10 minutes)

Anchor the transformation with insights, takeaways and action steps. Remember to schedule the next session.

*Use 4 minutes to prepare for the session and 1 minute connect with client. **This gives you a 56 minutes with client.**

Framework Discipline: Structure Creates Safety

Know your structure intimately. Flow when the session invites it, pivot intelligently when needed - but always return to the framework.

Your client's nervous system relaxes when it senses a clear container. **The structure is not a cage - it is the riverbank.**

"That direction feels more like therapy. Today we are focusing on physical and energetic regulation."

