



In Submodule 10.1 - Preparing for the Session: Intention, Space, and Materials, we eschew the concept of a passive environment and instead create a sacred space that supports the journey of spiritual coaching. This preparation is a deliberate act of respect both for the process and the individual embarking upon it.

Setting a clear intention for each session is the first essential step. Intentions function as the guiding star, the compass point that directs the focus of the session. The Sufi poet Rumi spoke of intention as 'the seed that lies upon the ground', emphasizing that from strong intention grows the fruitful tree of outcomes. As coaches, we articulate our intentions to facilitate growth, understanding, and empowerment for the client.

The physical space where coaching takes place should be a haven of comfort and security. This may involve attention to lighting, temperature, and freedom from distractions. Consider the atmosphere of a peaceful Zen garden; it is designed to elicit contemplation and tranquility, similarly, the environment selected for coaching should induce a serene and focused mindset for both coach and client.

Materials that support the session range from practical items, such as pens and notebooks for journaling, to symbolic objects like candles or calming imagery. These materials can serve as anchors or tools within the session, facilitating focus, openness, and reflection. An anecdote from Native American traditions includes the use of a talking stick, which grants the holder the space to speak without interruption, illustrating the power objects can hold within sacred spaces.

Incorporating elements that engage the senses may also enhance the session's quality. Aromatherapy using essential oils like lavender for relaxation or peppermint for alertness

can subtly influence the energy of a session. Background music or sounds such as nature recordings can assist in creating an appropriate ambience. Similarly, tactile elements like comfortable seating contribute to the overall comfort and ease of the client.

Finally, pre-session communication with the client is important to set expectations, confirm logistical details, and establish an initial connection. This may include an email reminder of the appointment along with any preparatory tasks or reflections the client might engage in prior to the session.

Key elements to remember from Submodule 10.1 include:

- Set a clear intention for the session to guide its direction and focus.
- Create a comfortable and serene physical space free of distractions.
- Have relevant materials and tools readily available to support the session.
- Utilize elements that engage the senses, such as aromatherapy or music, to enhance the environment.
- Engage in pre-session communication to establish a connection and prepare the client.

By thoroughly preparing for each coaching session, you as a Spiritual Coach craft an environment that is not just a backdrop but an active component of the spiritual journey. This preparation signals to your clients that they are entering a dedicated space for transformation and growth, setting the stage for meaningful and profound work.