



The definition of the session's objectives is a crucial step for directing the therapeutic work and ensuring that the client's expectations are in harmony with the offered support framework. This is the moment to clarify intentions and formulate a clear, realistic, and achievable goal for the allotted time.

To help your client define her goals, you can use the questioning and reformulation techniques seen in the previous module. Ask open-ended questions to invite her to specify what she hopes to gain from the session, while ensuring to stay within the scope of your abilities. For instance: "What would be most important to you today?", "If this session were fully satisfactory, what would have changed for you by the end?"

Help your client formulate a SMART goal: Specific, Measurable, Achievable, Realistic, and Timely defined. For example, rather than "I want to feel better", a SMART goal could be "I want to feel more grounded and serene by using conscious breathing techniques for 10 minutes each day". By making the goal concrete and precise, you enable your client to visualize the expected outcome and project herself into its achievement.

It is important to verify that the stated goal aligns with the framework of the session and your areas of expertise. If your client expresses expectations that exceed your scope of action, such as solving a medical issue or making a major life decision, it is your responsibility to kindly communicate that to her. You can explain the limitations of your support and, if necessary, direct her to competent professionals (doctor, psychotherapist, marriage counselor, etc.).

Do not hesitate to reformulate the goal to make sure you have correctly understood your client's expectations and that she feels thoroughly heard. You can also reflect back her

resources and strengths, to encourage her to rely on her potential to reach her goal. By acknowledging her abilities, you strengthen her sense of competence and autonomy, which are essential in a healing process.

Once the goal is clearly defined, you can explore with your client the concrete ways to achieve it. Help her identify the resources she already has, as well as potential obstacles that could hinder her progress. You can also propose suitable tools and practices, drawing from the various modules of the training (meditation, breathing, movements, rituals, etc.).

Bear in mind that the goal can evolve during the session, depending on what emerges in the present moment. Be attentive to your client's needs and adapt with flexibility, while keeping the initial intention in sight. Your role is to create a secure and kind space where your client can explore her interiority, express her emotions, and find her own answers.

In summary, defining the session's objectives is a key step to clarify expectations, check their alignment with the offered framework, and set a precise and realistic intention. By helping your client identify a SMART goal, you facilitate her projection into the expected outcome and the mobilization of her resources to reach it. Your role is to accompany her with kindness and discernment, respecting her pace and needs, while maintaining an ethical and safe framework. The co-creation of a clear and meaningful goal is the first step towards a successful and fulfilling session, serving as a reconnection to oneself and one's feminine essence.

Points to remember:

- Defining the session's objectives is key to directing the therapeutic work and ensuring the appropriateness between client's expectations and the support framework.
- Use open-ended questions and reformulation techniques to help the client clarify her goals.
- Help the client formulate a SMART goal: Specific, Measurable, Achievable, Realistic, and Timely defined. Make the goal concrete and precise.
- Make sure that the goal is aligned with your areas of expertise. If required, kindly explain the limits of your support and direct the client towards suitable professionals.
- Reformulate the goal to confirm that you have clearly understood the client's expectations. Acknowledge her resources and strengths to reinforce her sense of competence.
- Explore with the client the concrete ways to achieve the goal, identifying resources and potential obstacles. Propose suitable tools and practices.

- Be attentive and adapt flexibly to emerging needs, while keeping the initial intention in sight. Create a secure and kind space.
- Co-creation of a clear and meaningful goal is the first step towards a successful session, serving the reconnection to oneself and one's feminine essence.