

SuperConscious Self-Coaching™ Intensive Training

Programme Plan for the 4 Day



Super Conscious World

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GENERAL INFORMATION

Timing: 10.00am - 6.00pm daily

Morning break: 11.15am - 11.30am

Lunch break: 12.30pm - 13.30pm

Afternoon break: 3.30pm - 3.45pm

Meals and accommodation: Not included

What to bring: Pen, writing materials, your sense of humour and good mood and anything else you need

Important:

Programme plan and timing can be changed by the instructor according to group needs



1 DAY – MORNING

Introduction

Game Of Consciousness

What Is Superconscious Self-Coaching™?

SSC 9 Principles (Appendix II), History

Three Aspects Of Consciousness And Time

Importance Of Terminology, The Power Of Words

The Biofeedback Mechanism

Video - Conscious Focus

1 DAY – AFTERNOON

How To Work With The Chart Set? Using The Master Chart

Covering Charts 1-6

Aspect and State of Consciousness (Appendix III)

Why Is It Happening?

Where?

Emotional Vibration

What Am I Attracting?

Universal Laws

Practising with the charts



2 DAY – MORNING

Covering Charts 7-13

Attitudes

Fear-Based And Love-Based Feelings, Life Events (Appendix I)

Human Needs, Motivations

Values

Practicing With The Charts

Game With The Emotions

2 DAY – AFTERNOON

Covering Charts 14-21 And Its Sub Charts

Lifestyle Priorities

Scripts, Transformation In The Family Tree and The Financial Ceiling

Parent, Adult and Inner Child Aspects

Family Scripts, Six Hats and Business Challenges

Contracts, vows and promises and their effect on our life

Relationship Issues And Relationships

Roles We Play And Important Archetypes

Forgiveness, Love Languages

Practicing With The Charts



3 DAY – MORNING

Covering Charts 26 Limiting Beliefs And Its Sub Charts

Beliefs Caused By Birth Trauma, Self-Esteem, Common, Health, Money Beliefs

About Beliefs And Belief Systems

Video - Easy Neuroscience

The DEMERT Method™

Practicing With The Belief Charts And DEMERT Method™ - Writing Exercise

3 DAY – AFTERNOON

Covering Charts 22-27

Major Fears

Patterns Causing Illness

Grief And Their Connection With The Energy Centers of the Body

Obstacles Of Change

Relationship With Money

Game - Creating The Money Tree

Covering Charts 28-30

Steps Of Creation

Guidance And Life Paths

Coaching With The Charts In Pairs



4 DAY – MORNING

Covering Charts 31-32a

Environmental Effects

Using The Energy Of Feng Shui And Elements To Change Environmental Effects

Mentoring With The Charts In Pairs

4 DAY – AFTERNOON

Covering Charts 33-38 And Its Sub Charts

Body Energy Centres And Vessels: Chakras And Meridians

Colours

Optimatisation

Well-Being And Harmonisation

Superconscious Chakra Cards

SuperConsCious (SCC) World - SuperConsCious Community And Membership

SCC Website, Public And Secret Group Of Facebook

In-Vivo Coaching With SuperConscious Self-Coaching™

Closing