

# Action Plan for Session 1

Presented by Audrey Sussman PhD, LCSW, NBCCH, LMHC

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## Objective

Over the next 4 sessions we'll be working together and learning:

1. Powerful ways to use your own mind
2. Many different stress relief techniques
3. Skills for getting the conscious and unconscious parts of the mind working together
4. Assertiveness and Communication skills
5. Answers to other topics which you bring to class

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## How this course works. The 4 parts of the coaching workshop

- Each session will include training in many different areas of the mind.
- Lessons on how the mind works, and techniques that work on the 3 parts of the stress cycle.
- Experiential section where you will get to practice the techniques, exercises and skills. In this way you begin to train your own mind in the most powerful way
- Coaching section: Individualized coaching on real life issues based on issues students bring to class each session.

## Questions about this type of learning.

1. What is necessary to learn this way? A phone and a computer
2. What if I've never done hypnotic work? If you have ever had panic or create anxiety just thinking about something you are already using self-hypnosis, just in the wrong direction. People who can create anxiety are great at learning self-hypnotic techniques.
3. What if I've tried many things to get relief and they didn't work? By working on both the conscious and unconscious levels you can learn to get deep, lasting changes in patterns you don't want.
4. What if I don't know anything about self-hypnosis or the unconscious mind? This is a step-by-step program, you will have a chance to ask question and practice the techniques during the coaching sessions. You will find by experience which tools work best for you.

## There are 3 things needed to be successful.

- A desire to learn new ways of using your own mind
- Curiosity and an open mind.
- Participation. The more you participate the more you will gain from this class. Listening to what others are asking until you are comfortable with asking your own questions is OK too, as long as you do the exercises.

## **Who is Audrey Sussman, and what should I listen to her?**

- Your presenter for the next 4 sessions is Audrey Sussman PhD LCSW, NBCCH, CSL. She is a graduate from the University of Pennsylvania.
- Audrey began her quest to find a way to get relief from anxiety and panic after suffering with panic for years. Now she is a nationally recognized seminar leader and author. Years of study and practice lead to her creating the Transformation System for the relief of panic, phobias, migraines and Irritable Bowel Syndrome.
- Her clients and students achieve phenomenal success. The skills she teaches will help you to change old reactions such as panic, phobias, anxiety, assertiveness issues and overwhelm.
- As the director of the Anxiety Control Center she developed the Transformation System which uses a 3-pronged approach to help people to release old fears and move ahead in life with motivation and security.
- The methods you'll learn are based on years of research and experience.
- Audrey developed this online course so you can get first hand experience using the skills she teaches during your coaching session. She teaches in an interactive and fun way. Although this is serious work, her belief is that we can have fun and learn at the same time.

## **Who will benefit from this course? This course will be of benefit if...**

- If you have been struggling with panic, anxiety, insecurity, self-doubt or procrastination and these feelings creep into your thoughts.
- If you want a step-by-step approach to learn many of the powerful skills and techniques from the Transformation System.
- If you want to let go of reactions that cause you to feel stuck.
- If you are curious about exploring of the potential of your own mind.
- If you are willing to work together as a team with Audrey and the other students in the class and over the next weeks.
- If you would like to experience new ways of taking back control of the thoughts, feelings and images that move through your mind.
- If you send in questions you have before the class if you can't make the class and you are going to listen in replay.

## Action Steps for Session I

### Questions to ask yourself before the first session

Would you like to be amazed and delighted at finding power within yourself? Yes - No

What are the 3 things that you want to change or have different in your life?

- 1.
- 2.
- 3.

What would make this online coaching experience wildly successful for you?

- 1.
- 2.
- 3.

What specific issues would you like to work on? List events or situations that cause upset, or old patterns aren't working for you?

- 1.
- 2.
- 3.

Are you aware of any "I can't" or other disempowering thoughts or feelings that came up as you did this exercise, or that come up for you more than you'd like? Write them down.

- 1.
- 2.
- 3.
- 4.