



## Trust Your Body

### Frequently Asked Questions

Some questions and answers about the self paced program below, and of course if you have any more unanswered questions please email. [deborahlange@mac.com](mailto:deborahlange@mac.com)

#### **1: I want to take leadership of my life. So, would this course be for me?**

Yes, definitely, it is about leading your life.

What it is not?

It is not a content driven course where I tell you lots of things that you have to remember, or that have no relevance and that are just in one ear and out the other. It is not lots of reading. It is watching the videos that model exercises that you can do for yourself in your life.

#### **It is a process driven course.**

I share processes I have learnt and what has helped others like you. I guide with my videos, questions and ebooks, that you can download and do at your own pace. Two of the ebooks are 14 days each, where you take something for about 10 minutes a day in your life to notice, sense etc, and practise different skills to get a better result. You could take 28 days to do this if you wanted to, taking 2 days to look at each thing, or having a day off between each one. You could take 14 weeks, where you take 1 area a week! yes, it is up to you. It is dependent on what you know already, your interest in discovering new depths of your senses and perceptive skills etc. You can do what works for you.

There is the opportunity to post questions to me in each of the chapters for clarification, to celebrate successes, for prompting, etc



The reading is more questions and guidance for things to do, what you can look at, what you can try out, what you can discover. I liken it to me giving you my recipes that have worked for me, and the people who have come to me for 1:1 or in workshops. I would love you to try the recipes and then adapt them to your life, make them better, create new ones that fit for you.

All of my face-to-face workshops are experiential where people are doing lots of exercises for themselves and not just listening to me. The learning is in the action and the reflection and so it is with this ecourse.

**I have a lot of internal conflict and I'd like to get things internally more aligned, will this program help?**

Yes this is the ecourse for you. This ecourse will help you sense that internal conflict in a different way, be able to release what ever has caused the conflict, uncover if it is based on a false belief and create a new belief about yourself. Or maybe there is some stuck energy to release from your body. I share you ways to do that. Sometimes that inner tension needs body movement to release, sometimes it needs you being loving to yourself. There are many suggestions in the ecourse.

**Can I do this in my own time? Take 3 months or up to a year? Can I stop for a while when my life gets too hectic?**

You certainly can. You can keep coming back, diving in, practise, integrate, take time off, come back, learn a new skill, integrate into your life etc.

It is not just a quick run through of listening to the videos, reading the eguides and saying - done that - now what is the next thing.

**It is a guide** - where based on what you choose to look at in your life, today, or this week you say, "I am going to try "x" and I am jot down in my journal what I know now, then I am come back to my journal when I do the exercises and notice changes and how that is making a difference in your life. Some people have said, when they set an intention, they are then learning by osmosis in their daily life.

Have you ever had anyone say to you, " think of a blue elephant - or don't think of a blue elephant" - what are you doing now? imagining a





blue elephant - or if I said, look around the room, and find all the red in the room - what are you doing now? seeing all the red. That is what I do. I prompt you to look at things that you may not be looking at, as our society told us to ignore a whole lot of ways to make sense of our life and the world that we are only re-discovering now.

It is like having a new pair of glasses to see.

It is like having your senses enlivened and reactivated.

It is like having your imagination unleashed.

It is finding newfound freedom and clarity in your body.

### **If I have questions who do I deal with? you? or assistants, etc?**

If it is about the content and process of the program it would be with me.

If there was any technical or admin problem it may be with a VA.

I have been a solo-preneur all my life (well nearly) At times I have an assistant with the back end of my work, but not with the Coaching and Mentoring.

I have worked 1:1 and made a real difference to people.

I have also coached via email and text messages and been unbelievably excited at what a difference it has made.

I facilitate face to face workshops in the public and corporate environment.

I have been committed to getting an ecourse up so I could help lots more people than I can 1:1. and more people than I can be with in workshops. I can help people all around the world with this type of elearning. And for those people who want more, there is always the opportunity for live experiences via webinars, 1:1 Mentoring and face-to-face.

This is affordable to make a difference to many people, and will make a

profound difference when you do the work and play.

