



Jannine Oberg
The Heart Chakra Coach

*Falling in Love is Easy – Staying in Love takes Skill. Stay in Love with
Heart Centered Relationship Coaching*



Heart Chakra Couples Coaching Program

Coaching Techniques and Tools for the Heart

Imago Techniques for a Conscious Relationship.

EFT® Tapping to release and heal core emotional traumas and wounds.

Mediation to facilitate deeper communication.

Astrological Archetypes to discover and enhance innate Love styles.

Preparation for Coaching Sessions

Coaching Agreement and **Birth Data** for chart assessment.

Assignment: *Relationship Profile* completed prior to Session One.

Session One: Reclaiming the Love Within

Astrological Love Consultation - Individual 90 Minute Session Each

Goals: I meet with each of you separately to validate and discover your innate approach to loving, meeting your needs, acting on your drives, expressing emotions and intimacy, natural communication style, and motivators, and how these interplay with your partner. A Soul Mate Profile for your relationship is provided. We confirm or determine your life path talent and discover how you can manifest this within the safety and love of a Conscious Relationship.

Assignments: *Frustration Profile, Image of Partner.*

Session Two: Release and Heal Emotions

Frustration Profiles - Individual 90 Minute Session Each

Goals: I meet with each of you separately to Tap out the strongest Frustration that came up in the Frustration Profile assignment, clearing the way to conscious actions and conscious requests. I teach you the Trigger Tapping Timeout technique. This immediately lowers the tension in a relationship and supports quick positive growth. You will learn to deal with triggers and frustrations in a new and expedient way!

Assignments: *Imago Dialog Assignment, Positive Reminder Reinforcers.*

Session Three: Intentional Communication

Conscious Communication - Joint 90 Minute Session

Goals Three:– We meet together to learn Intentional Conscious Communication. You will learn how each of you communicates best and how to avoid Communication Stoppers.

Assignment: *Parent Blueprint.*

Session Four: Practice the Imago Dialog

Active and Compassionate Listening - Joint 90 Minute Session

Goals: Four: You will learn how to use the Imago Dialog process. With my guidance, support, and mentoring we will practice communicating a Frustration. Using the Imago Dialog will create validation, emotional support, and connection between the two of you.

Assignment: *Relationship Vision.*

Session Five: Conscious Relationship

Joint Relationship Vision - Joint 90 Minute Session

Goals: You will discover what you and your partner envisions for the relationship, then combine these two into the Joint Relationship Vision. We address the subconscious blocks revealed in the Parenting Blueprint and Partner Imaging assignments. This Joint Relationship Vision becomes an outline and guide for your Conscious Relationship.

Assignments: *Exits, Invoke your Joint Relationship Vision.*

Session Six: Love Stoppers

Exits - Joint 90 Minute Session

Goals: You will learn to recognize unspoken Exits to the Relationship. Experience more Love Connection time by creating an Exit Agreement using the Imago Dialog.

Assignments: *Practice closure of one Exit, Stretching Exercise*

Session Seven: Becoming an Ally

Conscious Loving - Joint 90 Minute Session

Goals: You will discover your partner's deepest needs. Practice using the Imago Dialog to create a Win-Win Behavior Request and brainstorm a collaborated SMART Plan.

Assignments: *Re-romanticizing, Surprise List, Fun List*

Session Eight: Conscious Love - the Psychological & Spiritual Journey

Discover the Purpose of your Relationship - Joint 90 Minute Session

Goals: This is an energizing closing session. We explore the Higher Purpose for your Relationship, discovering your Joint Common Positive and defining your Soul Mate Profile. Now you can work with your partner's frustrations and inner wounds without being triggered yourself! Simply by enjoying the journey of loving each other, you actually heal one another! A conscious love relationship flows into the community, creating a field of loving energy.

Optional Sessions: Remove Relationship Triggers

Individual 60 to 90 Minutes Sessions

Goals: Support your personal growth, and thereby care for your Relationship by removing personal internal triggers. By releasing the originating childhood trigger, you and your partner can move more quickly and easily toward **Conscious Loving**.

Appointments

In person sessions: To set an appointment call Bergamot Spa @ **760-436-5140**.

Prepay for multiple sessions and receive discounted pricing.

Phone & Skype consultations: Please email jannine@theheartchakracoach.com to schedule an appointment.

Transform Your Relationship!

By practicing the Heart Chakra Coaching exercises you can create a Conscious Loving Relationship.



You will become an *intentional, conscious, and compassionate* communicator by learning and using the Imago Dialog process.



You will have the skills to turn *frustration, anger, resentment, and hopelessness* into deep connection between you and your partner.



You will learn to successfully resolve *repeating core arguments* and even short-circuit ones that arise in the moment.



You will effectively *eliminate emotional triggers* by learning and using EFT Tapping techniques.



You will activate an emotional Heart Chakra Connection through the process of *becoming each other's ally and safest support system*.



You will create a joint Relationship Vision, *reclaiming the romantic dreams* you both experienced when you first fell in love.



You will *live and love at the highest and deepest level of your Relationship Vision* by using a collaborated and inspired SMART Plan.

