



# FREE WEBINAR: INTRO TO VISUAL COACHING



Christina Merkley  
Pioneering Visual Coach

\*\*\* AUDIO SEPARATE: PLEASE SEE YOUR LOGISTICS EMAIL FOR DETAILS  
OR EMAIL [ADMIN@SHIFT-IT-COACH.COM](mailto:ADMIN@SHIFT-IT-COACH.COM) FOR ASSISTANCE



# WELCOME!



HELP ME  
MAKE MY  
S.H.I.F.T.!!!



— COACHING SERVICES —

TEACH ME  
YOUR  
METHODS!



— TRAINING and CERTIFICATION —

HELP MY  
COMPANY  
MAKE OUR  
S.H.I.F.T



— GRAPHIC FACILITATION SERVICES —



# TODAY'S OUTCOMES

- HEAR AND SEE WHAT "VISUAL COACHING" IS ABOUT

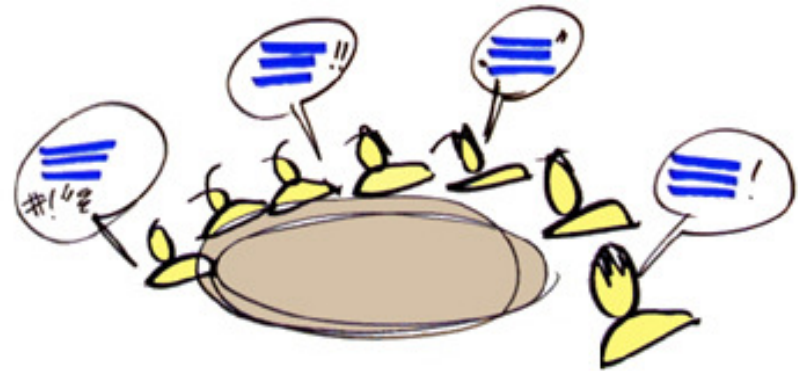
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- UNDERSTAND BENEFITS FOR BOTH CLIENTS AND PROCESS PROFESSIONALS

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- GET A GIST OF THE VARIETY OF APPLICATIONS AND RESULTS

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- HEAR FROM CERTIFIED VISUAL COACHES ABOUT THEIR EXPERIENCES

---
- BE INSPIRED TO TAKE NEXT STEPS ON YOUR OWN EVOLUTIONARY JOURNEY

---
- LEARN ABOUT COACHING AND TRAINING OPPORTUNITIES



# AGENDA

- OVERVIEW OF CONTENT / DEFINITIONS
- MY JOURNEY AS PIONEERING VISUAL COACH
- VISUAL COACHING CONDITIONS & PORTFOLIO
- BENEFITS OF WORKING VISUALLY
- SHARES FROM VISUAL COACHES
- OPPORTUNITIES FOR NEXT STEPS
- Q&A ... MAESTRO GROUPS

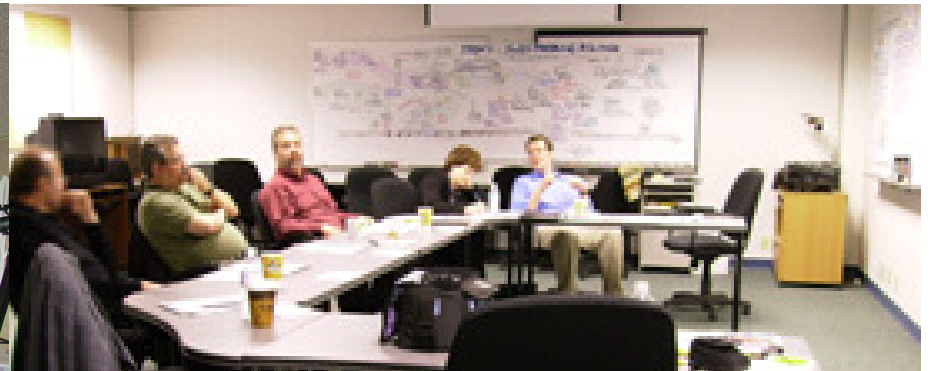


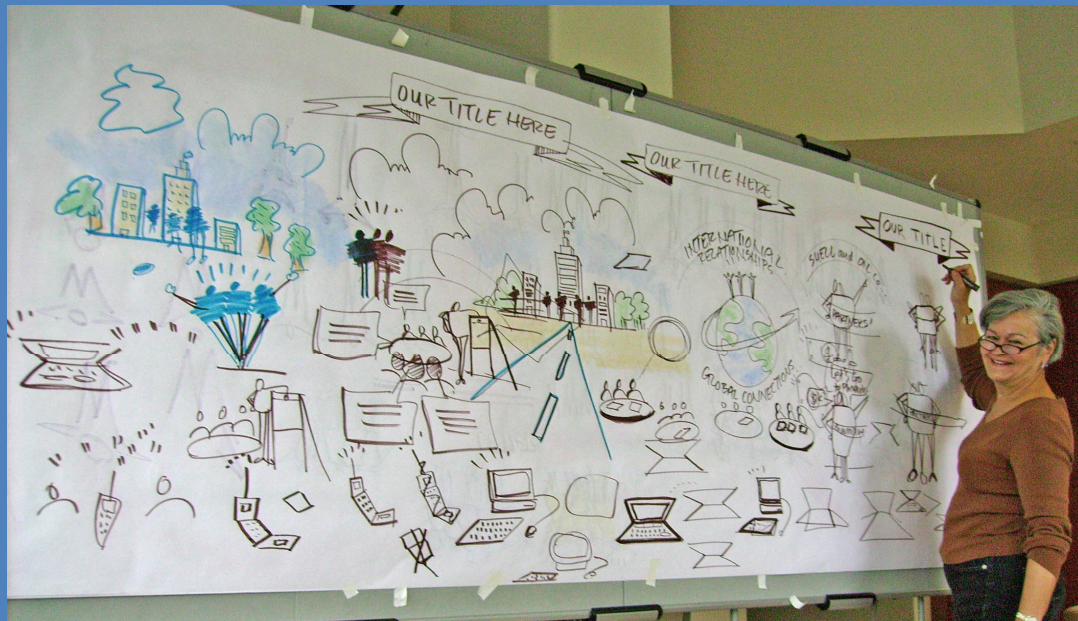
# HISTORY and EVOLUTION of the GRAPHIC FACILITATION &



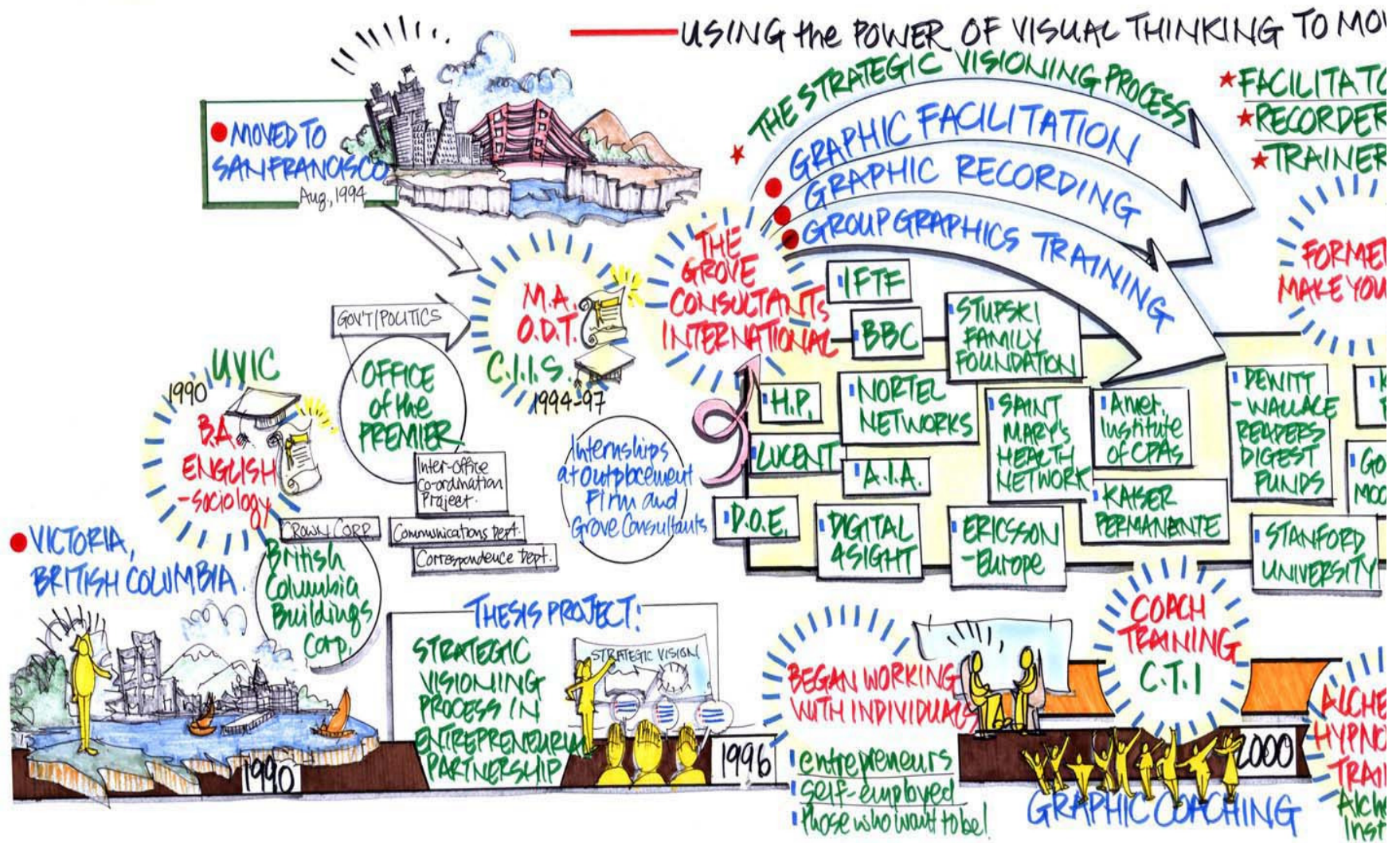








# VISUAL BIO FOR CHRISTINA MERKLEY



TO MOVE GROUPS and INDIVIDUALS FORWARD!!!

\*FACILITATOR  
\*RECORDER  
\*TRAINER  
\*COACH

RETURNED TO VICTORIA B.C.

600+ meetings!!

TRAINING  
SKILLS and  
MARKETING  
MENTORING

SHIFT-IT COACHING

FORMED  
MAKE YOUR MARK  
LLC

MAKE YOUR MARK  
GRAPHIC FACILITATION

DEWITT-WALLACE  
PEPPER'S  
DIGEST  
FUNDS

KAUFFMAN  
FOUNDATION

GORDON & BETTY  
MOORE FOUNDATION

BLUE  
SHIELD

PUBLIC  
SOLUTIONS

ROYAL  
ROADS  
UNIVERSITY

YEO

GREAT  
CANADIAN  
DOLLAR  
STORES

CITY OF  
VICTORIA

KAISER  
PERMANENTE

TOURISM  
VICTORIA

MOTOR  
DEALER  
COUNCIL

SHIFT-IT  
COACH, INC.

SHIFT-IT  
HOME RETREAT  
KIT and TOOLS

STANFORD  
UNIVERSITY

eBAY

HEALTH  
TECH  
CENTER

VILLAGES  
PIZZA

ZEN  
MED

CHEMUNUS  
FIRST  
NATIONS

COQUITLAM  
SCHOOL  
DISTRICT

BC  
ODN

SI-Tele-groups  
Private Coaching  
& Mentoring

VG

NIGHTFIRE  
SOFTWARE  
SOLUTIONS

GRAPHIC EVOLUTION

DEVELOPING  
GRAPHIC  
COACH PRODUCTS

MICRO  
SOFT

CHRISTUS  
HEALTH

2000  
CHING

ALCHEMICAL  
HYPNOTHERAPY  
TRAINING  
Alchemy  
Institute

2003  
SHIFT-IT! PROCESS

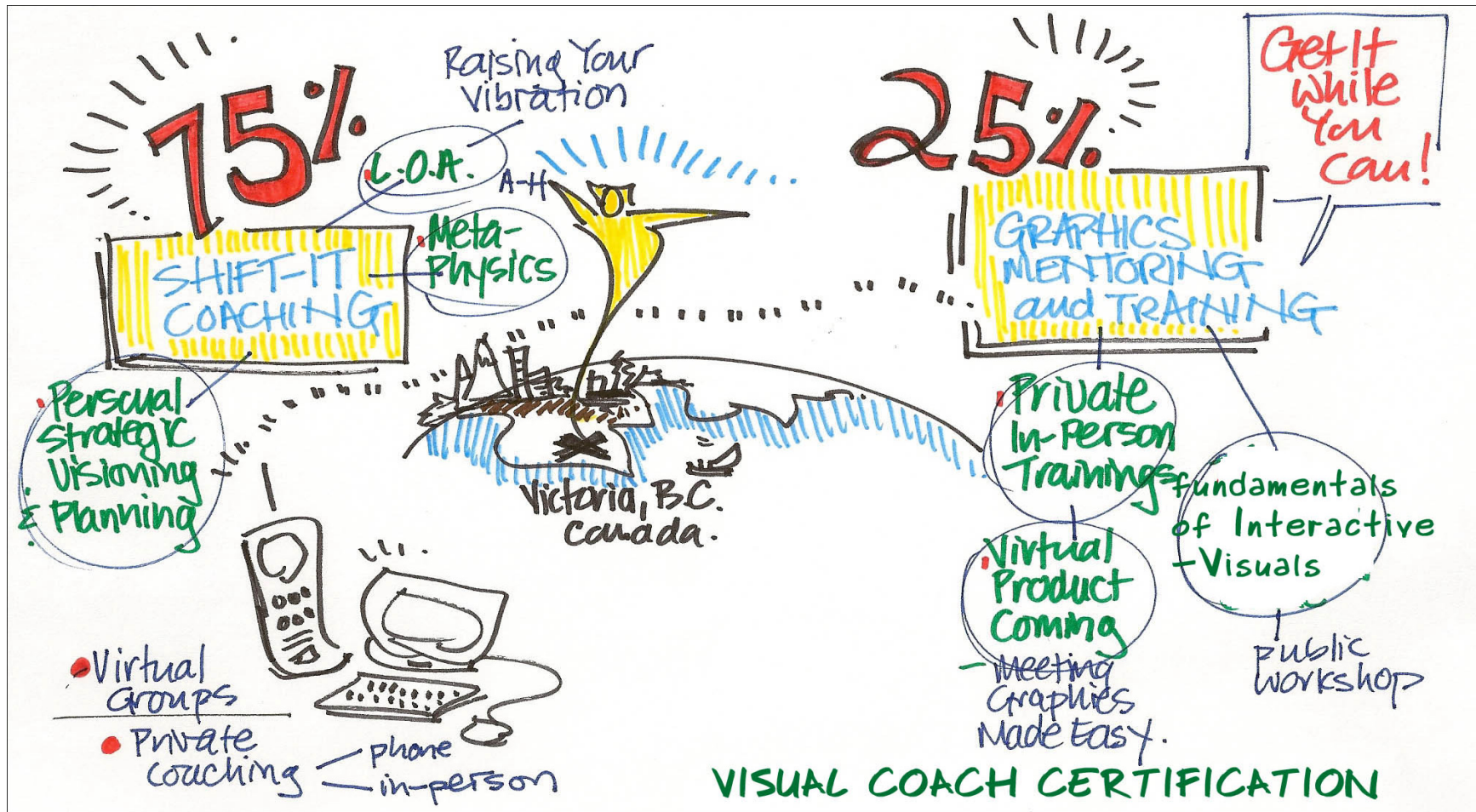
300+ coaching clients

XWAVE

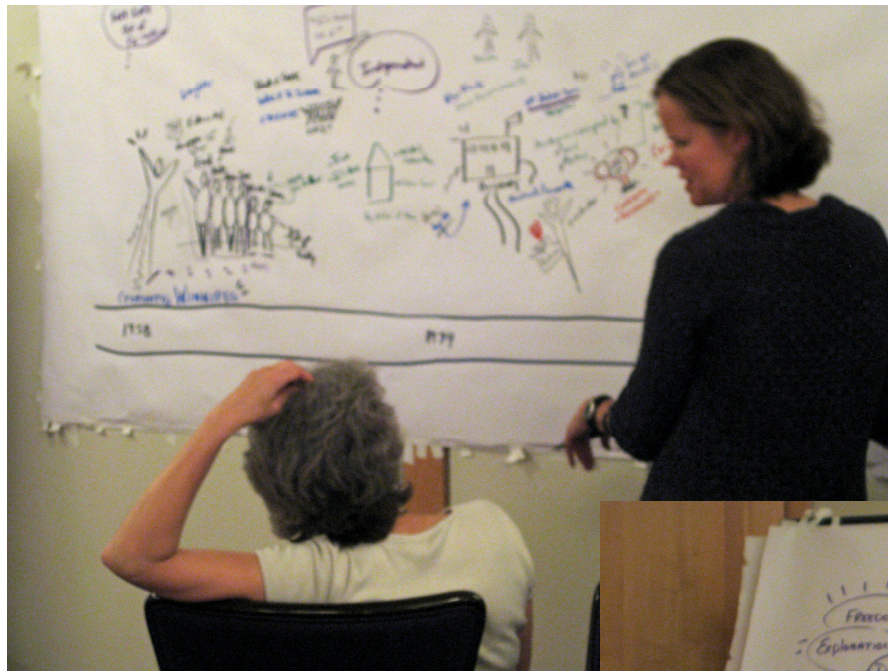
2006

LAW OF ATTRACTION ... ABRAHAM-HICKS

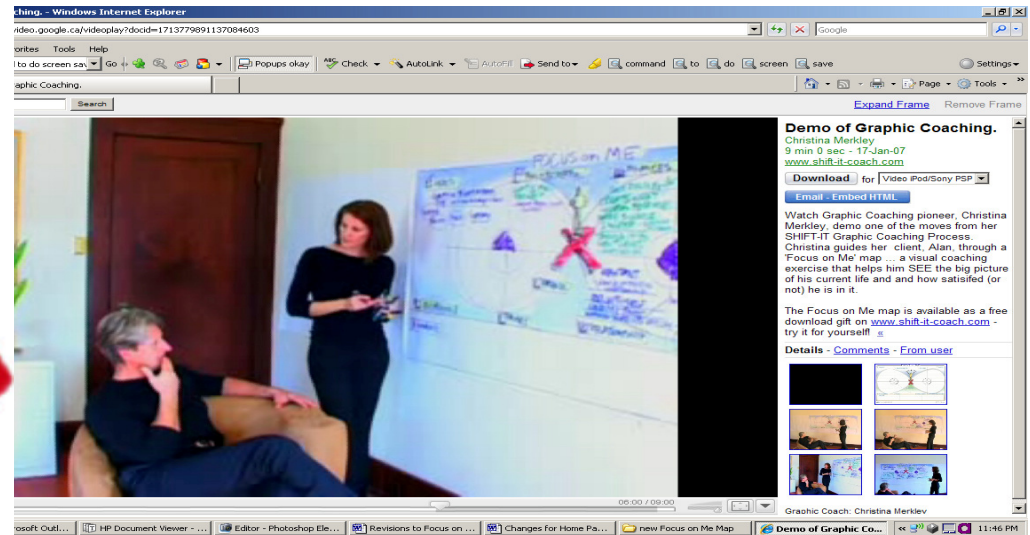
# MY CURRENT PRACTICE

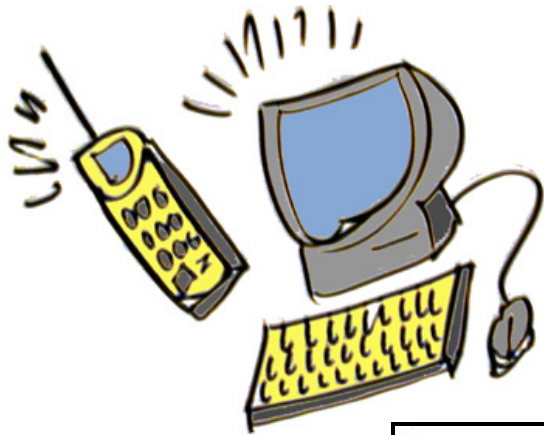


# VISUAL COACHING

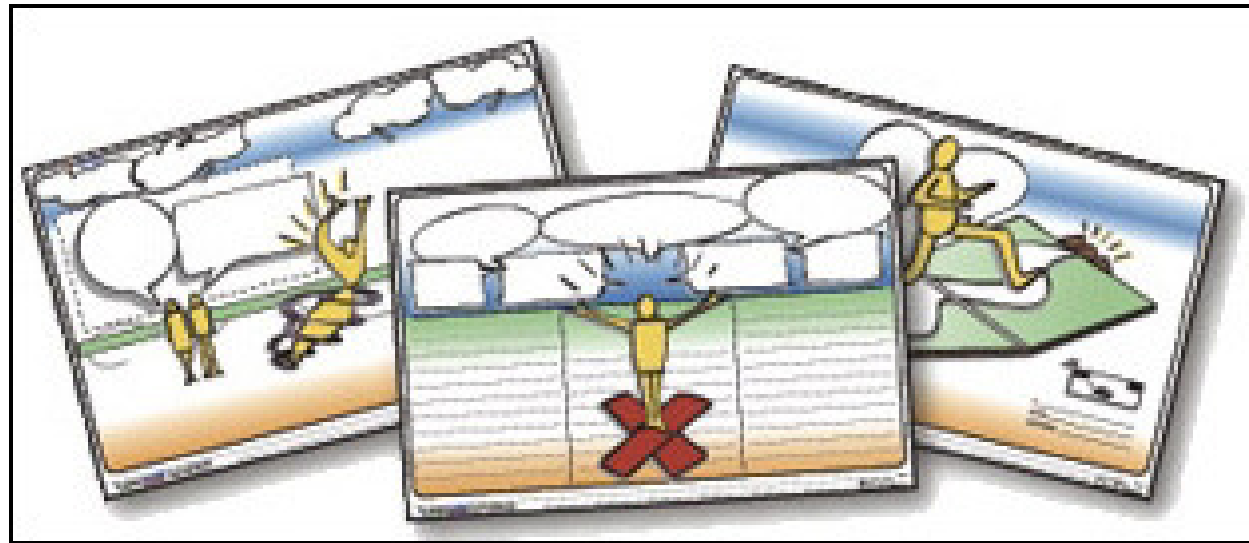


# In-person Work (wall size paper)



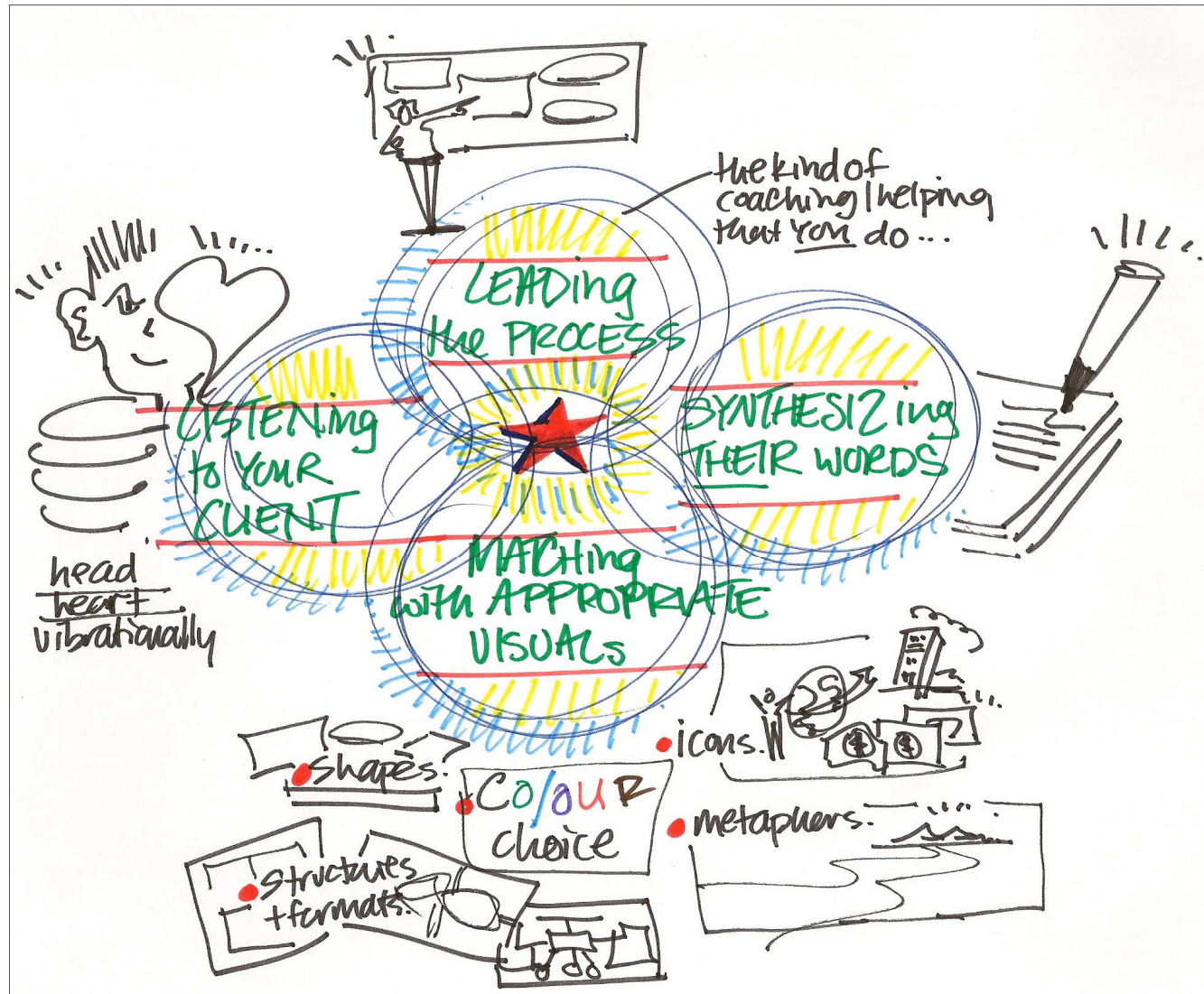


Virtual sessions ... using  
templates



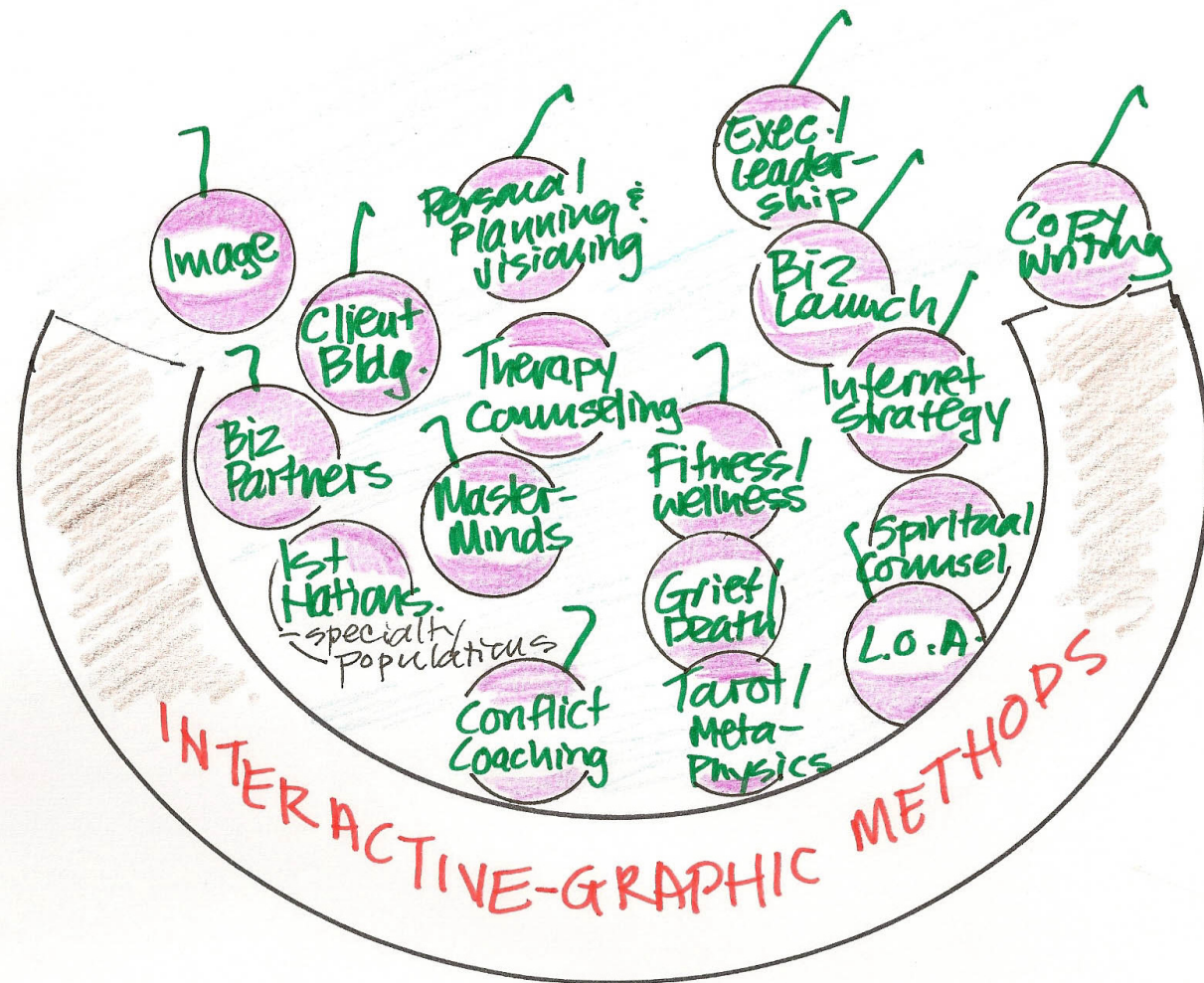
# THE MAGIC BLEND

It's a Weave of All Four Components ... plus the Magic of Your Client!



# What's Your Process?

Chances  
are ...  
you can  
'visual-  
ize it!



# Example: My SHIFT-IT PROCESS™



7 STAGES AND  
17 VISUAL MAPS



**SHIFT-IT!**<sup>™</sup>  
The SHIFT-IT Visual Coaching Process

- S**atisfaction Interrupted
- H**arvest Your History
- I**nvestigate Your Now
- F**ocus on Your Future
- T**rouble at the Border
- I**nk It Don't Just Think It
- T**ake Action 

helping YOU shift to YOUR next level

SHIFT-IT Coach, Inc.®



# EXAMPLES OF VISUAL COACHING

COMPLEX TO BASIC

Custom Murals (large)

Free Form / Emergent Coaching

Template Based Coaching

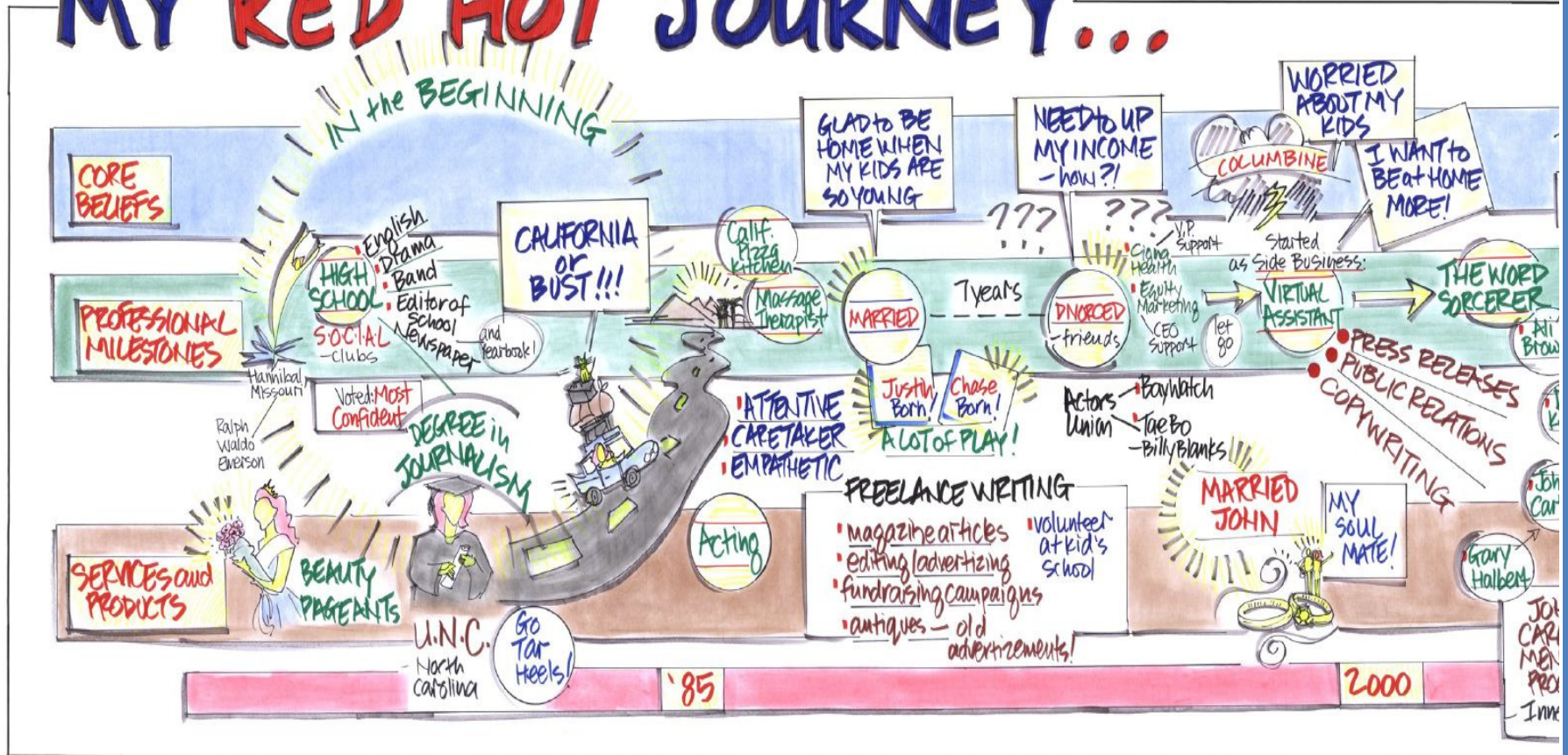


CUSTOM MURALS:  
LARGE WALL SIZE



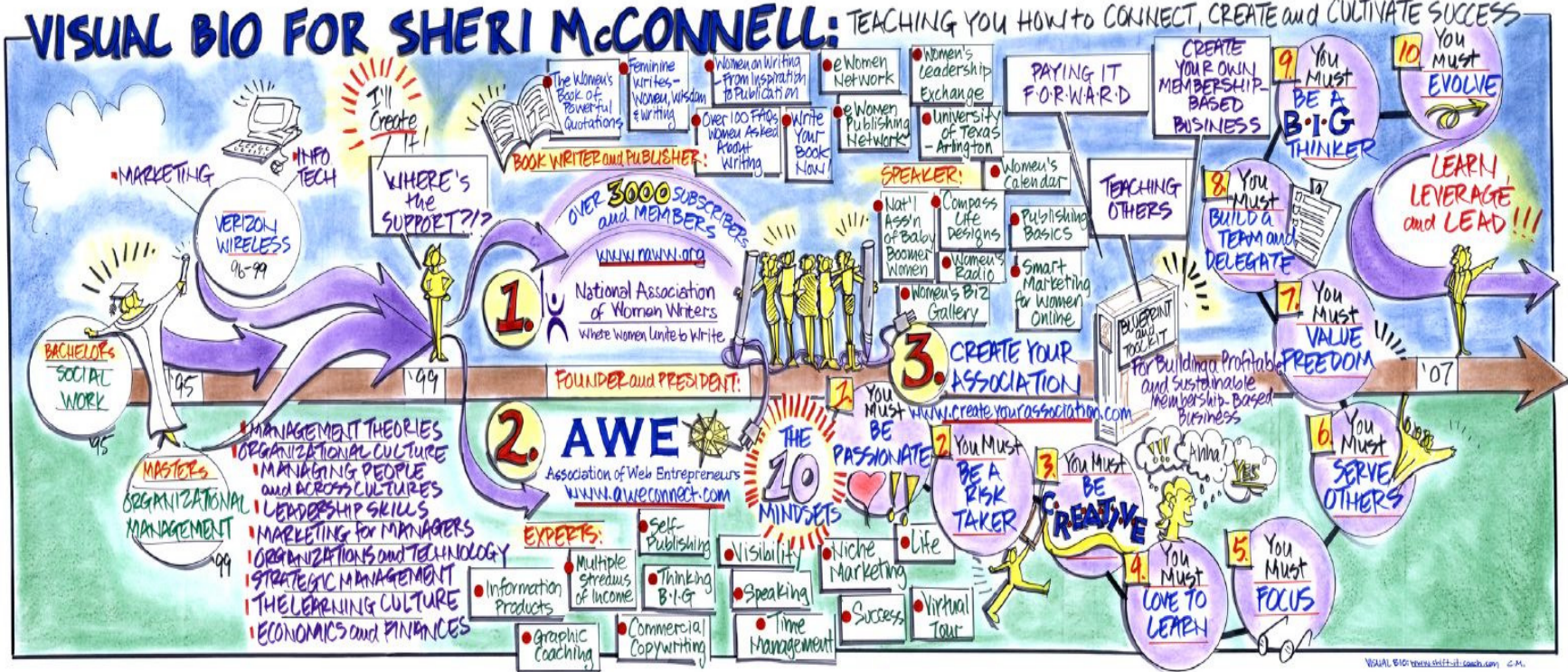
# MY RED HOT JOURNEY...

LORRIE MORGAN-FERRERO





# VISUAL BIO FOR SHERI McCONNELL: TEACHING YOU HOW TO CONNECT, CREATE and CULTIVATE SUCCESS



Visual Bio created by shift-it.coach.com © M.



CHRISTINA MERKLEY'S

# MEETING GRAPHICS 101

## AGENDA

**9:30** **SIGN INs and MINGLE**  
**WELCOME and INTROS**  
 Meeting Start-up History of the Field  
 Visual Bio Who's Here?  
**WARMUP: To the Wall!**  
**B.R.E.A.K**  
 OVERVIEW of the BASICS

**9:00** **OPENING REFLECTIONS**  
 MORE RECORDING DRILLS  
**B.R.E.A.K**  
 MORE RECORDING DRILLS  
 TEMPLATE and GRAPHIC FACILITATION DISCUSSION  
 Explanations and Examples Demo Debrief Grove Catalog

**12:30-1:45** **L.U.N.C.H**  
 GRAPHIC FACILITATION COACHING DEMO - Use Map with Volunteer  
 PRACTICE - work in pairs  
 1st Partner **BREAK** 2nd Partner  
 Gallery Walk  
 QUICK PHOTO/POST-REFLECTION TALK  
 NEXT STEPS: Takin' It Home  
 FEEDBACK and CLOSING

**5:00** **C.O.O.S.E**

**12:30-1:45** **CHART WORK**  
 FLIP CHART RECORDING **BREAK**  
 GRAPHIC RECORDING - demo and drills if time allows

**DEFINITIONS** **MATERIALS & RESOURCES** **COLOR CHOICES** **BASIC ICONS**

## ROLES



## OUTCOMES

- UNDERSTAND HOW 'GRAPHICS' ARE USED WITH GROUPS and INDIVIDUALS
- LEARN EASY ROUTINES FOR DRAWING BASIC SHAPES, PEOPLE and LETTERING
- PRACTICE WORKING "AT THE WALL"
- LEAVE WITH TIPS and TECHNIQUES to WEAVE INTO YOUR OWN PRACTICE
- RECEIVE POST-WORKSHOP COACHING - if you like



## RULES

- \* **SELF CARE** - be kind to self and others
- \* **EXPERIMENT and TRY NEW THINGS** - just go for it!
- \* **ALLOW DISCOMFORT** - and pleasure leaders learning
- \* **FOCUS on what YOU WANT** - not on what you don't want
- \* **SHARE the AIR**
- \* **CELLS OFF**
- \* **FLIP IT!**
- \* **HAVE FUN WITH IT** - don't worry, it's a serious strategic tool, too!
- Judge Compare Inner Critic

SHIFT-IT COACH, INC © 2007 C.M.



# AT THE CROSSROADS

How to BECOME YOUR "NEXT SELF"

CHRISTINA MERKLEY  
"The SHIFT-IT Coach"

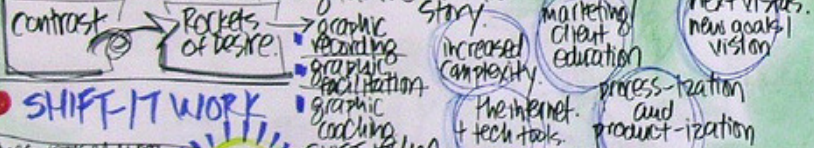
## OUTCOMES

- GET INSIGHTS FROM A COLLEAGUE'S JOURNEY - mine!
- LEARN SOME STUFF ABOUT THE 'MANIFESTATION' PROCESS AND ABOUT THE LAW OF ATTRACTION!
- SEE GRAPHIC COACHING IN ACTION!
- DEVELOP YOUR OWN PERSONAL VISION!
- FLIP/SHIFT SOME OF YOUR PERSONAL RESISTANCE TO YOUR VISION!
- FLIP/SHIFT SOME OF OUR COLLECTIVE RESISTANCE AS THE GRAPHICS COMMUNITY!
- RAISE OUR VIBRATIONS - SHIFT-IT!!!  
- techniques you can continue to apply beyond this session to keep going!

## AGENDA

- SESSION START-UP
- MANIFESTATION and 'LAW OF ATTRACTION' BASICS
- IN THE EVOLUTIONARY FLOW

An example of an unfolding path: Christina's story.



## SHIFT-IT WORK

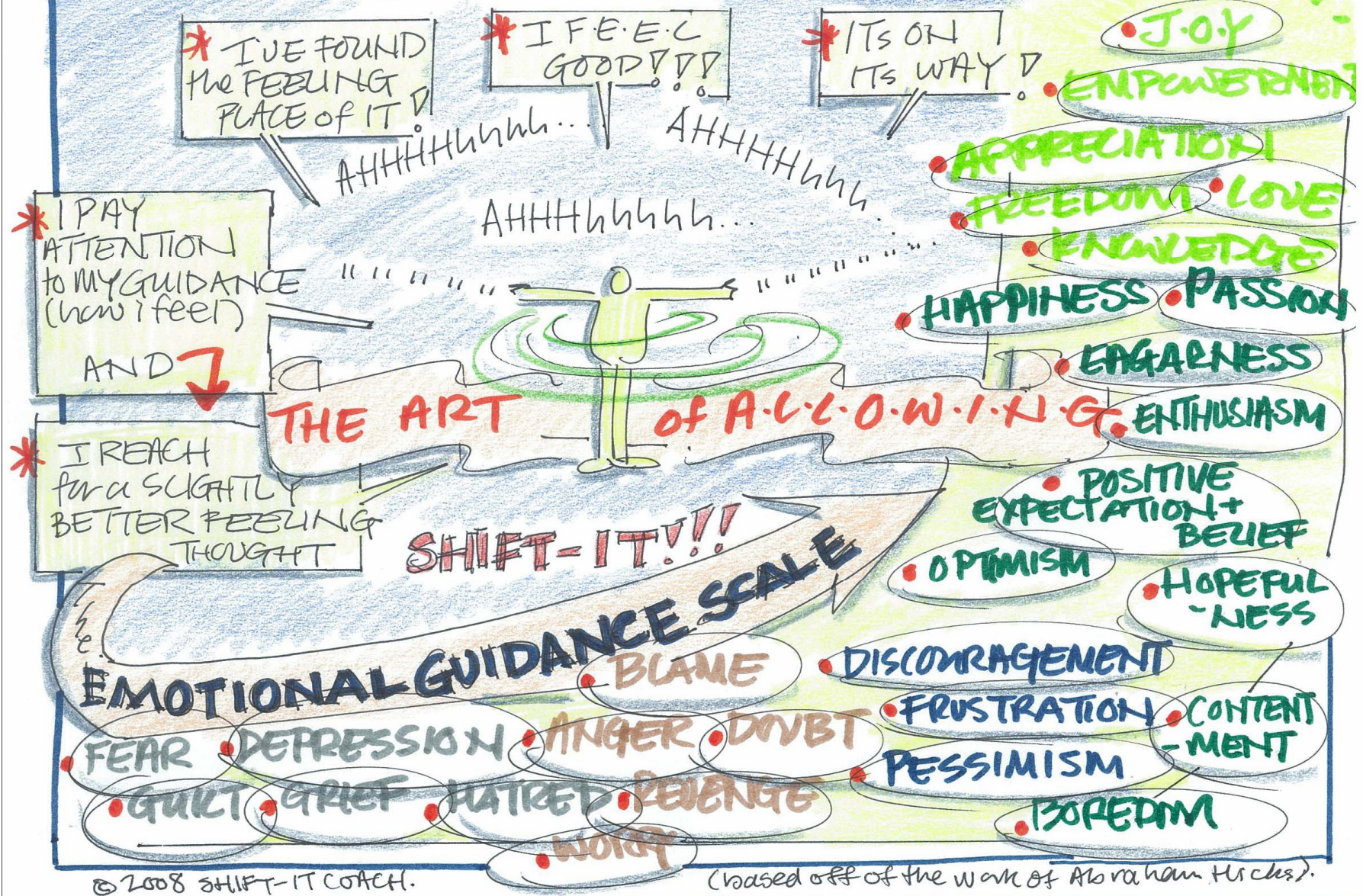


## GROUND RULES

- \* KEEP AN OPEN MIND
- \* PARTICIPATE AND ASK QUESTIONS
- \* SET THE INTENTION TO GET SOMETHING OUT OF THIS
- \* RESPECT I.P. - refer to source please
- \* FOCUS ON WHAT YOU WANT... NOT ON WHAT YOU DON'T WANT - FLIP-IT!!!



# The INSIDE-OUT GAME



all that is

S.O.U.R.C.E

Non-physical

C.R.E.A.T.I.V.E

ARE YOU TELLING the NEW STORY ?!

Collective  
CONSCIOUSNESS

Allowing

vibrational  
Escrow

I.B.

WELL-BEING

L.I.F.E F.O.R.C.E

Vortex

Are You Lining  
up WITH You ?!

• Emotions  
Are Your  
Guides

rockets  
of desire

rockets of  
desire

CON

TRAST

★ D.E.L.I.B.E.R.A.T.E

C.R.E.A.T.I.O.N ★

FREE FORM /  
SPONTANEOUS /  
EMERGENT COACHING



AT the CROSSROADS.

DESIRED OUTCOMES:

MOVING FORWARD TOWARDS TO BEING FULLY AUTHENTICALLY ME!  
3.5 years BE MY OWN BOSS!

TOOLS SUPPORT SYSTEMS HOWS.

PART OF A COMMUNITY

-surrounded by others who are playing in that same sand box.

F-U-N!!!  
P-L-A-Y!!!

SHIFT HAPPENZ!!!



Others move forward helping.

NICHE OPPORTUNITIES.

-how in the community i might be able to play a role?!



Women Are the Leaders They Are Looking For.

Oct. 17, 2008.

I am the Leader I am looking for!

CROSSROADS ISSUES:

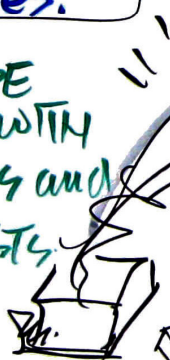
\* DESIRE TO BE ALIGNED WITH MY NEEDS and INTERESTS

FREEDOM!!!

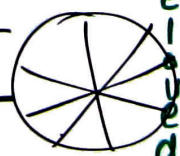
\* MOVE TOWARDS MODEL OF A-B-U-N-D-A-N-C-E RATHER THAN FEARS/SCARCITY

NEW OPERATING MODEL for SELF

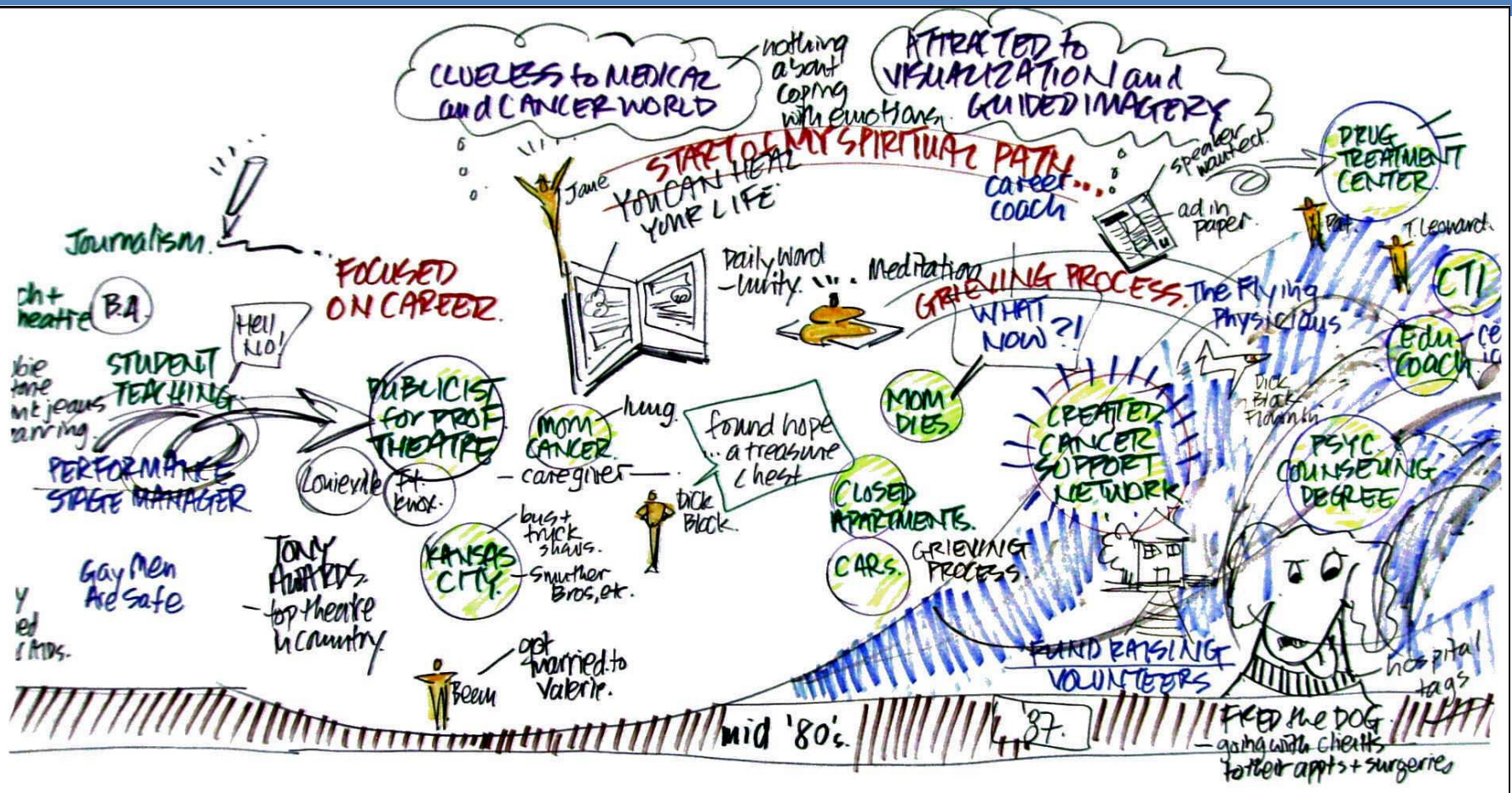
- interior design
- str. mgmt
- balance score
- card / results outcomes
- data warehouse
- intelligence
- change mgmt / biz trans.



time for me.



Balance employment.



# IN the FLOW WITH ANN LEACH





# OUR MAGNETISM MAP

WATER, FORCE & POWER  
CAPABILITY, EQUILIBRIUM, MOVEMENT.

- ABUNDANCE
- CHOICE
- WE CAN HAVE ANY OF IT. ARRAY



MARKETING

- ACCOMPLISHMENT WILL BE DROP IN ALL THE POSSIBILITIES OUT THERE
- PEACEFULNESS
- UNITY / GREATER
- IDENTITY / CLARITY



- WISDOM
- MOVING FORWARD
- COURAGE
- FREE
- ANCIENT BEINGS SAFE - GENTLE



WISDOM, RICHES / PROSPERITY SUPPORTED.

WE ARE ATTENDING SPIRITUAL RETREATS & TRAINING AND DOING VOLUNTEER WORK - INDIV. - together

5-6 team members.

admin systems

multiple streams of income

workshops  
workshops  
clients  
sub-licensing

COMMERCIAL Real estate  
WE ARE OWNERS of a THRIVING and SUSTAINING BUSINESS.

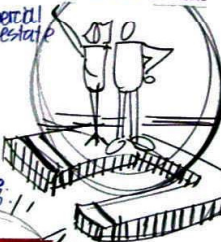
multi marketing system in place - including online

WE ARE WEALTHY and providing for ourselves and our family - motor, boats, etc.

WE HAVE A HAPPY OPEN DELAYED AND SMOOTH RUNNING HOME

2013

WE ARE LIVING OUR DREAMS



WE ARE IN A BUSINESS, SOCIAL AND SPIRITUAL NETWORK / NETS

WE HAVE TWO CHILDREN IN GREAT SCHOOLS AND ACTIVITIES - are good friends

WE HAVE AN ABUNDANCE OF TIME FOR FAMILY AND TRAVEL

WE HAVE A WARM, LOVING, AFFECTIONATE AND RESPECTFUL MARRIAGE WITH TIME FOR THE TWO



- TRANSCENDENCE
- RADIANCE / BEAUTY
- HIGHER IDEAL
- OPEN SPACE

- DEVOTION - single mindedness
- CALLING
- SERVICE
- COMMUNITY

- WISDOM
- TEACHING
- LEARNING
- SHARING
- CLARITY - discrimination
- RIGHT VIEW

SPIRITUAL IDEAL BEYOND / DIVINE WHOLESOME

UNITY QUIET BEAUTY COMMUNICATING SHARING



# CHRISTINA'S MAGNETISM MAP... (how...)

\* I HAVE AN ENJOYABLE PROSPEROUS SPIRITUAL WELL RUN ~~AND~~ AND FUN BUSINESS !!!

- i am set, secure and well managed / organized.

\* I HAVE TALENTED, MATURE, SKILLED AND VERY PLEASANT TEAM MEMBERS.

- we get there, well!

\* I HAVE AWESOME CLIENTS FROM AROUND THE WORLD AND AM AIDING IN THE GLOBAL SHIFT.

- as they are.

\* I HAVE WONDERFUL FRIENDS AND COLLEAGUES

- who i see regularly, party and hangout with.

- learning - network.

\* I AM APPEZ INTO SOURCE AND EASILY AND REGULARLY COMMUNE THERE and proudly discuss / share those observations / insights.

\* I AM PART OF A WONDERFUL COUPLE equals, progressive, unique, fun, enjoyable part of a rich community / family network.

- love home tenderness, closeness, calm, sweetness, fun 😊

\* I AM EXTREMELY HAPPY AND LOVE! ABOVE LIFE.

- part of a global network.

- evolution / art - geography / travel

- smart - fun - collaborative - conversations / creativity.

March 14, 2009.

# MY TAKE ACTION PLAN

1.

CREATE & FOLLOW MY 'GUT' ATTITUDE

2.

UTILIZE MY MONEY EFFECTIVELY

3.

CREATE and IMPLEMENT MY PLAN A



DO MY SPIRITUAL EXERCISES AT LEAST 5 DAYS / WEEK  
BY TODAY →

SAY NO TO THINGS I DON'T WANT TO DO - right away!  
BY: now + ongoing

TRACK/RECORD WHAT I'M SPENDING - spending log  
BY MAY 15 →

READ 'START LATE FINISH RICH' and 'RICH DAD / POOR DAD'  
BY: June 15

RESEARCH CTI and COACH U - and other trainings  
BY: July 22

DO JOB RESEARCH FOR RELATED KINDS OF WORK - Manager, car cleaner, list head cleaners, etc  
BY: July 22

DEVELOP OUTLINE / PROSPECTUS  
BY: Aug. 31

ONLY AGREE TO THINGS I REALLY WANT TO DO  
BY: IMMEDIATELY and ongoing

STOP PROMISING EXTRA HELP and CONTINUING CONTACT to STUDENTS  
BY: IMMEDIATELY

LISTEN TO ABRAHAM-HICKS CDS  
BY: JUNE 15

PURCHASE + READ "CREATING MONEY" BY SANIYA ROMAN  
BY: JUNE 30

CONTACT CRITICAL THINKING.ORG IN  
BY: Aug. 31

STREAMLINE POSSESSIONS - rid of discards, give away/donate, keep (organize) to go  
BY: Aug. 31

INVESTIGATE SUBBING REQUIREMENTS  
BY: DEC. 31

ERECT STRONG and HEALTHY BOUNDARIES WITH  
BY: IMMEDIATELY

TROW OLD HOMEWORK ASSIGNMENTS AWAY - release guilt  
BY: MAY 15

CALCULATE GIFTS SPENT THIS TRIP  
BY: ~~end~~ June 30th - email Xina annual  
BY: June 30

INTERVIEW \$ SUCCESSFUL ABOUT THEIR BELIEFS  
BY: June 30

GO TO CRITICAL THINKING CONFERENCE - find out interview people in the field  
BY: NEXT SUMMER '07

STREAMLINE POSSESSIONS - rid of discards, give away/donate, keep (organize) to go  
BY: SUMMER '07

STREAMLINE STUFF - rid of discards, give away/donate, keep (organize) to go, get all info on women local in  
BY: SUMMER '07

DO ONLINE READING/WRITING ON HOLLINETER (ORDERS OF LOVE)  
BY: June 15

CREATE STANDARD RESOURCE LIST for STUDENTS <sup>post online</sup>  
BY: end of JUNE

LEARN ABOUT and IMPLEMENT SAVINGS PLAN  
BY: JULY 15

DECIDE ON and GET TRAINED  
BY: Jan. '08

READ ENNEAGRAM BOOK - Plus Wisdom of the Enneagram  
BY: July 22

CREATE & DRAFT DIALOGUES FOR DIFFICULT SITUATIONS  
BY: July 22

# YOU WILL LAND

Let's Get 'da Elders Talk!



best time  
yes - as  
seus.

and seeing ourselves  
for the 1st time  
br of them

REMINDS US TO  
ACKNOWLEDGE +  
HONOUR GIFTS  
THAT CHILDREN  
ARE BORN WITH.

help them  
discover their  
gifts.

OPEN OUR  
H.E.A.R.T.S.

TELL  
STORIES OF  
RESILIENCY.

TRAVELING  
- seeing other people's  
realities.

Panama  
Republic.

"The Honor of One,  
the Honor of All"

Guatemala.

can't i just have  
a f-ing headache!

not  
Laisé  
Hay.

depth +  
lightness of  
friendship

TIME FOR  
MOVING TO  
SEEKING OURSELVES  
AS RESILIENT HUMAN  
BEINGS.

LINKS/METAPHORS  
TO SPORTS, THE LAND,  
LANGUAGE  
- something to clear 'physical mess'

MOREWAYS TO  
HEAL OUR SP  
BODIES THAN  
MEDICAT

REMINDS US OF  
WONDER IN THE  
WORLD.

ABORIGINAL  
LANGUAGE AND  
WORLD VIEW

- life with  
many languages  
- language contains immense  
P.O.W.E.R.

TELL YOUR  
STORY IN THIS

- make it funny, elaborate  
- embedded within are the lessons

TESTAMENT  
OF FRIENDSHIPS.

- both going thru our  
identity stuff  
- what makes us aborig. / creole, etc.  
- how we evolve ~~change~~ over time  
- getting it at a different level.  
- honoring both heritages.

mixed  
heritage.

bridges.

reminders

the PAIN.

MIRRORS.

deep conversations.

re-building  
time passing.

intensity

TELL  
STORIES  
- in our  
et moments.

DREAMS.  
SLEEP TIME  
MANIFESTATIONS.



VULNERABILITY.

triggering

remindful  
what happens when we  
put ourselves into a state  
of not being able to look  
after our lives.

thinkg as  
youth.

my  
sobriety

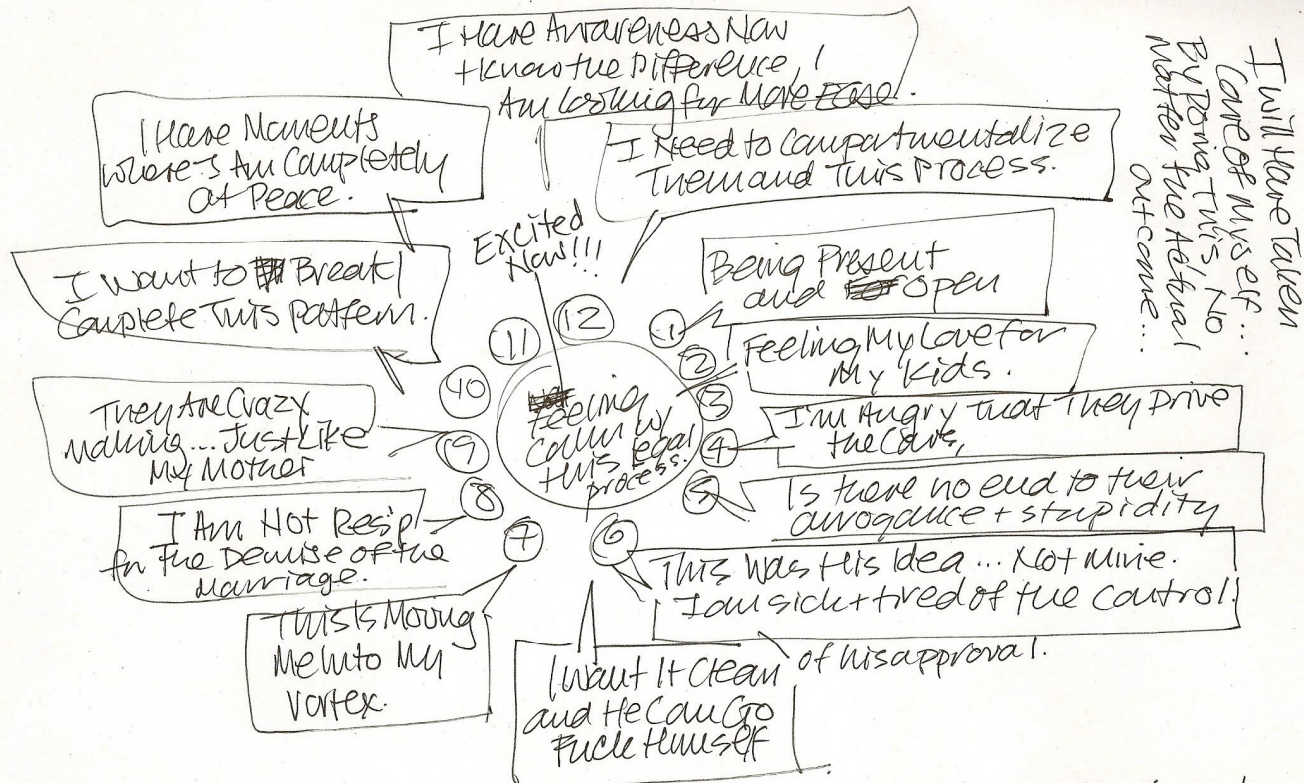
moving  
a kid

parent's  
separation

identity  
stuff.

ask  
permission?  
include?





This is one Man + Hot Men in General. This is My Dad + My husband, stand up to the Judy and Jean's, stand up to that kind of woman. This is a big letting go - a story of my life. I need to Be the leading lady of my life (not cinderella any longer!). Robert was a powerful force for me. I am complete. I want to get there. The thing is perfect - the boys can handle (no one will be damaged).



CONTRAST

NEW ROCKET OF DESIRE

set self up to be vulnerable.	→ want to take care of myself - physically (rested, centered, fully present).
be judgmental.	→ loving, open, be who we are open to multiple ways of being
stay in a child space	→ never i am an adult; i have tools, resources + love that my scared kid needs to take care of other
feel i didn't use this time well	→ make time for calls + visits as often as i can
talk a lot about it	→ want to have boundaries - confine it to conversations w/ Chris, Mia + Candi.
feel sorry for myself	→ feel loved, powerful, been given a gift of the experiences i've attracted into my life
cry when i am angry	→ be able to give voice to my strong feelings
be angry	→ higher resolution. resolve what needs to be resolved within myself.
wave any regrets.	→ i change me, love them as they are in touch with my power/love. gifts for higher awareness.
	→ When they cross over i want to know that everything is as it should be ... i was fully present.



# TEMPLATE-BASED COACHING



# AT THE CROSSROADS

• DESIRED OUTCOMES

WORK PAST MY FEAR and RESISTANCE

LET GO and STEP OUT  
- let go of the job ... step fully into what i want to do

LEARN MORE ABOUT L.O.A + HOW TO APPLY PROPERLY

GET CLEAR - specific

CLARITY + FOCUS - get organized

WEAVE MY MANY INTERESTS TOGETHER

CONNECT WITH GREAT PEOPLE

DATE:



• CROSSROADS ISSUES

Manifested Home + Job and Ready to Do Next Level.

take my BUSINESS in a New Direction

- using blog to do that.  
- story consulting

goto mtc

Just left Big Contract - and its going well!

WHO AM I - identity  
- professional and personal

fear + resistance

DEVELOPING FULLER

GR. RECORDING CAREER - and other creative applications.

REPLY USE LOA MORE CONSCIOUSLY - purposefully.

BUILDING ONLINE PRESENCE - still working on my core essence

HOW TO LINK MY INTERESTS TOGETHER - including energy work.

BRING THE DIF. PARTS OF ME TOGETHER.  
- surround myself w/ good feeling people + situations.

# FUTURE SELF VISIONING

## CHARACTERISTICS

in shape  
muscular  
healthy  
taking care of self  
happier  
worked hard to  
get to  
achieved  
confident  
happy  
funny.

sit around  
the fire pit  
- copper

IT'S ABOUT THE PRESENT — be in the moment  
not where you are going

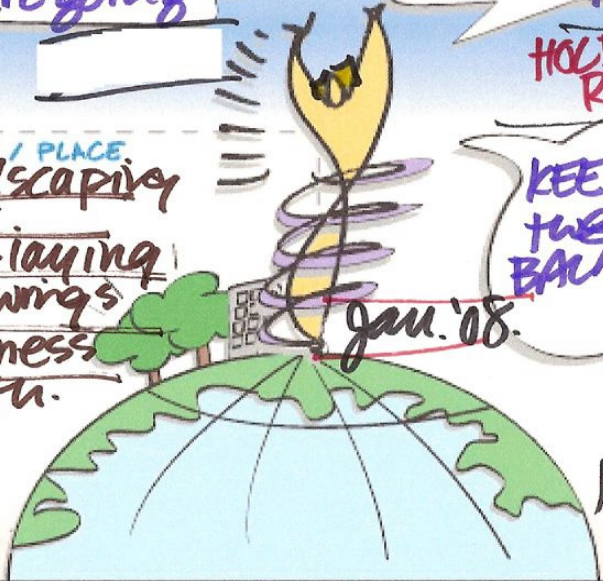
FOCUS ON BUILDING a TEAM — having efficiency + communicating  
gives you life back.

HOLDING SPACE... REMAIN POSITIVE  
ground negative people

SPACE / PLACE  
landscaping deck  
kids playing  
news swings  
happiness  
growth.

KEEP UP THE BALANCE

DISCUSSION POINTS  
doubled biz income  
running systems  
in-person events  
has a great team  
enjoying abundance  
doing vacations - family



Record awareness + life experiences.

value - in one spot.

## ADVICE ON DIRECTION AND NEXT STEPS

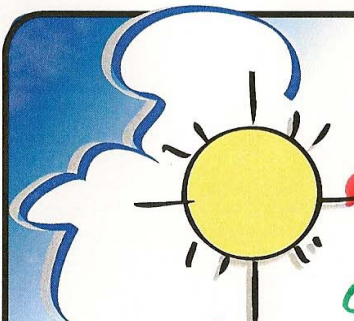
enjoy your family  
take time off - take trips  
now that you've built it - enjoy it  
get your 'parental/legal' paperwork in order

move the off is coming. GIFT  
schedule 1st week as down week - do other things.

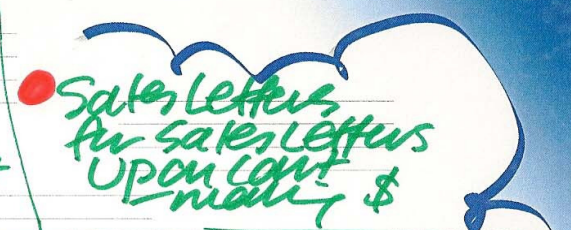
husband is on board - changing, getting it  
lots of abundance.



# WOULDN'T IT BE NICE IF...



- Contacts Turn into Consistent work.
- More Focused + Took Advantage of Contacts I Have.
- I was easily earning 10k+ a month.



- Sales Letters for sales letters upon contact many \$

Mobile Business Model Ready to Plan

- Pay Basic Living Bills off a year in advance - no more bills.



Comfortable Nest Egg to Do What I want.

- Had Extra Cushion
- Had Excessive cash flow at all times

All My debts free easy ~~relaxed~~ ~~pleasant~~ Are paid.

- Had several key high end affiliates sending Biz my way Always.
- Have clients seek me out

Want the Lottery

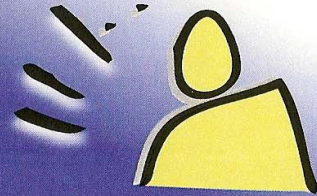
Found my niche - enjoy + easily profit from it regularly.

- Featured on more tele-seminars.
- Featured on my copywriting expertise.

Had more Freedom

Find comfortable work groove while in Montana.

- Have my book published
- Core group of competent copywriters to sub contract work to



SITUATION: Consistently Have My Income, so I can delegate more - i.e. accounting + books.

'Wouldn't It Be Nice If' Map  
www.abraham-hicks.com

- Have some clients in montana area.
- Credit card paid in full every month.
- Deposit IRAS max amount in lump payment.



Notes from my Husband

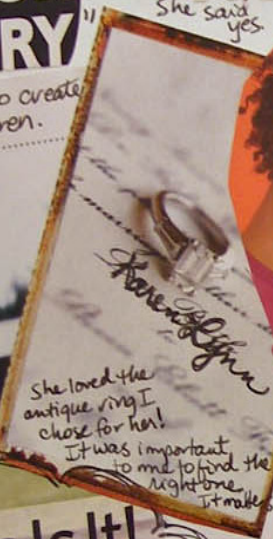
My dad told me <sup>"son..."</sup>

# CREATE YOUR OWN HISTORY

I am going to create it with Karen. male call



She's a beautiful bride.



Flirt with your mate!

She loved the antique ring I chose for her! It was important to me to find the right one. It makes... she has...

She laughed at my corny statement but she loved it!  
"Your lips look so lonely. May I keep them company?"

She said yes

make reference for the time, use? Karen

We are so connected.

This Is It!  
How I Knew She Was the One

Natural BEAUTY.  
Natural ALLURE.

Flirty and Free  
Smart.

# DAAAMN!

She's amazing! I'm so lucky! I HAD to ask her to marry me! I love her so much! We're so good together!

We are so comfortable together - at ease



relaxed  
I like to touch her to feel

## Feel the Fire

I asked her to marry me and she said **YES!**

...and we are hot!  
together toward each other

She was so surprised and happy!

I proposed and she tells friends (and strangers) our story

and she loves my dog!

family matters!  
And we are blessed that our friends matter!  
Our love each of us and each other. We weave a net of love and support around their love, marriage, family.



My dog loves her too!



She's... precious... rare... Beautiful... to be cherished... special

a Pearl

a gem

A WELCOME SIGHT

She is...

She is...

She is...

She is...

BOLD and BEAUTIFUL → BEAUTIFUL

# ESSENTIAL EXTRACTS

## DEEP THINKER

• COLLAGE



• ESSENCE  
enjoyment

adventure ✓  
excel  
push  
strength  
driven  
live more  
artist / art  
pure  
goodness  
living the life  
confidence  
forward dreams  
masculine /  
male identity  
business  
flow  
youth / young blood  
making the landing  
in the moment  
active traveler  
meditation  
healthy food  
simplicity.

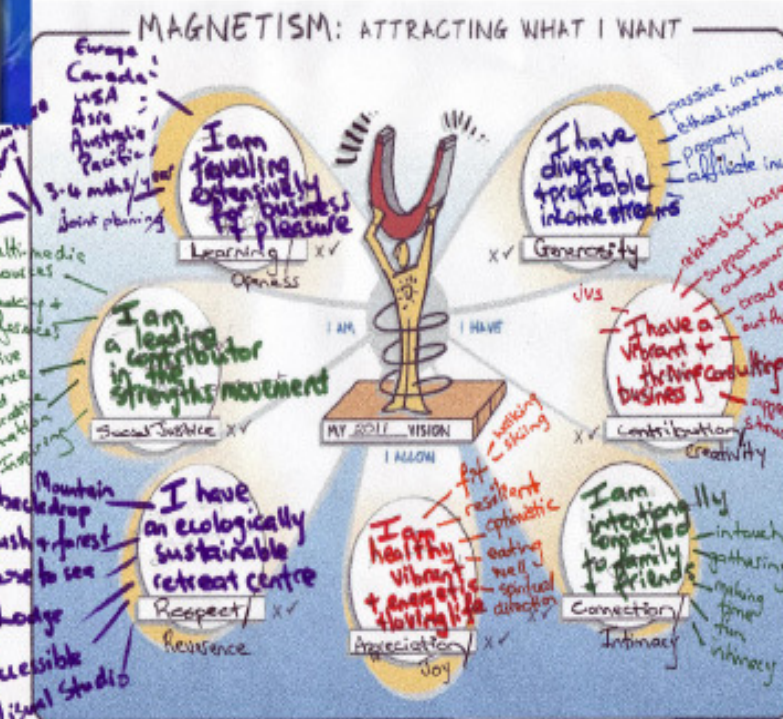
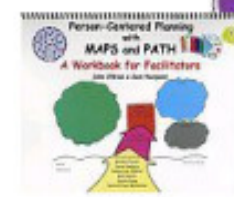
• ESSENCE

healthy living  
doing good stuff  
good foundation  
peace  
smiling  
connected  
kindness  
fired up  
inclusive education ✓  
earning trust  
in the river ✓  
good day sunshine  
laying it out  
team / crew  
a strong, flexible,  
good woman  
earning & trust  
gratitude  
physical ✓  
balance ✓  
extreme + control  
self-sustaining  
technology  
up high

## RENAISSANCE MAN

### SPACE

- time for art, beauty, space



800.555.1804



SHED-IT!

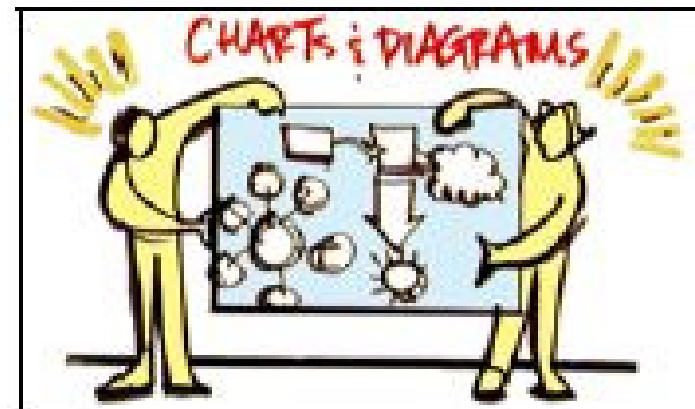


## THE BENEFITS OF WORKING VISUALLY:

While Graphic Coaching is pleasing to the eye ... this methodology is **WAY MORE** than just *pretty pictures!* That's because it ...



- **Increases Efficiency Over More Traditional Coaching Methods by Engaging Clients via the Learning Modality Most People Prefer;**
- **Sky Rockets the Process of Making Critical Decisions;**
- **Enhances Retention & Understanding Of Key Themes And Main Ideas;**
- **Increase Clarity And Comprehension (People Literally See What They Mean);**
- **Boosts Learning For Visual And Kinesthetic Learners (and still gets the auditory types too);**
- **Heighten Thinking Levels (Enables Higher and More Complex Levels Of Dialogue And Discussion);**



**In Order To Make A Critical Decision About Any Complex Topic, It Helps To See Your Data!**

- **Boosts Learning For Visual And Kinesthetic Learners (and still gets the auditory types too);**
- Heighten Thinking Levels (Enables Higher and More Complex Levels Of Dialogue And Discussion);
- **Revitalizes Energy And Interest Levels... Makes Sessions More Enjoyable and Interesting;**
- Lowers Misunderstandings And Helps Resolve Conflict (clients feel acknowledged and heard when their ideas are recorded verbatim);
- **Helps Clients See How They Are Being Interpreted by Their Coach (and perhaps others);**
- **Creates A Visual Memory (that can be referred back to);**
- Equips Participants With A Unique and Tangible 'Takeaway' Of Their Experience (Paper Or Digital)
- **Ensures Easy Sharing And Communication Of The 'Gestalt' Of Their Session (should your client wish to share their insights with others ... like spouses, biz associates, health care or financial professionals, etc).**

**In Order To Make A Critical Decision About Any Complex Topic, It Helps To See Your Data!**



**People Who Have Difficulty in Expressing Themselves in Words Often Find Pictures and Diagrams Helpful and Are Stimulated to Participate by Seeing Them Used.**

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- **Makes You Stand Out From the Crowd (and makes sales conversations more engaging and increases client closing rates ... clients literally see what they are purchasing).**

"Research has shown that visual language used in meetings shortens meeting time by 24%. Visual language aids the decision-making process, 64% of participants made decisions after seeing visual displays".  
**Millie Sonneman, Hands on Graphics**



**People Who Have Difficulty in Expressing Themselves in Words Often Find Pictures and Diagrams Helpful and Are Stimulated to Participate by Seeing Them Used.**





# Whew ... Did You Get All That ?!

Whew, that's a lot!



# FREE RESOURCES

*Lots of free stuff on my sites:*

[www.shift-it-coach.com](http://www.shift-it-coach.com) & [www.makemark.com](http://www.makemark.com)

o Articles

o Blog ... tons of info!

o Portfolio ... click thru to Flickr

o Facebook - Christina Merkley

o Twitter - ChristinaMerk

o YouTube Channel - SHIFT-IT Coach



# NEW WEBSITE LAUNCH TODAY

[www.visualcoaches.com](http://www.visualcoaches.com)



AS SEEN ON TV!  
[watch video](#)

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**Christina Merkley**  
Visual Coach Pioneer



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At the Crossroads  
Focus on Me  
Declaration of Intent

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## **CONTINUED PROFESSIONAL DEVELOPMENT:**

### **FUNDAMENTALS OF INTERACTIVE-VISUALS®**

Foundational visual skills for consultants, facilitators, trainers, coaches etc. In-person (May, Victoria, BC, CND) and online (fall, 9 weeks).

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### **CERTIFIED VISUAL COACH®**

For coaches, therapists and other helping professionals. This FIG course is pre-requisite (as is SI Online Group). Certification in Visual Coaching, my 17 tools, plus support in considering your own Signature System and visual tools. Supportive global community.

---

### **MAGIC MARKER MASTERMIND®**

Skill and business incubator for Visual Practitioners (scribes, facilitators and coaches). Outer and inner work. Mentoring with me. Community.

---

**PRIVATE COACHING** In person and telephone options.



# Become a CERTIFIED VISUAL COACH!

- Use SHIFT-IT Visual Coaching Process (17 visual tools) With Your Own Clientele
- Develop Your Own I.P. into System or Tools
- 10 Training Webinars and 24 Hours of Client Work
- Marketing & Biz Dev. Support
- Int'l Community of Visual Coaches



2 pre-requisites

# Become a CERTIFIED VISUAL COACH!

2 pre-requisites

Application Only

COMBO PACKAGE

Save \$1500

\*\*\* Must Apply by  
January 15th



Only one cohort per year, act now or wait a year! Fees may increase (they have every year).

# POST SESSION: Q&A



YOUR QUESTIONS?





THANK YOU!!!

Drop us a line at:

[admin@shift-it-coach.com](mailto:admin@shift-it-coach.com)

[www.shift-it-coach.com](http://www.shift-it-coach.com)

