

# The 4-Level Secret To Breakthrough Transformation

*with Christine Hassler*

## ONLINE TRAINING WORKBOOK



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## YOUR OFFICIAL ONLINE TRAINING GUIDEBOOK

### 4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session, so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can implement the systems and techniques revealed in this session.

### Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you and that you are not driving a car or any other vehicle. Be in a comfortable position and a right setting, so you are not distracted or anxious.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit more comfortably. Additionally, stretching begins the process of “going inward” and brings added focus to the body.
- Get yourself a cup of tea or coffee. Drinking it promotes the increased activity of the anterior cingulate gyrus in the specific areas of the brain that are involved in planning, attention, monitoring, and concentration.

Thank you for joining our online class. We hope you enjoy it!

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## Part 1: Self Assessment Exercises

### SECTION I: UNDERSTANDING YOUR COACHING VALUE

This section is for your own information and self-awareness and does not relate directly to the presentation and content presented.

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***“I promise you, whatever happens in your life that surprises you and fills you up, is because you took some action and did something.”***  
***- Christina Berkley***

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#### **Which of The Following Personal Aspects Would Be The One Most Valuable to You?**

Rate from 1 to 5 in order of importance.

- Be congruent to who I am in all areas of my life
- Improve my coaching knowledge and skills
- Stick to my unique style when I work with other people
- Improve my confidence to charge higher rates
- Be able to make people come back to me over and over again

### SECTION II: DEFINING YOUR BLOCKS

#### **Which Of The Below Best Describes Your Experience?**

Please define blocks you think you relate to.

1. I feel I can't be fully myself around other people.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

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2. I feel I express and share myself enough to impact the world through my coaching.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

3. I have enough money to develop and build my coaching business.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

4. I feel I've tried a lot of systems, but nothing has worked for me in the long run.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

5. I feel like many of the available marketing strategies don't support my desirable daily routine and lifestyle.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

6. I find it hard to network and connect with potential clients.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

7. I struggle to get someone excited to work with me.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

8. I feel I have a lot of hesitation or limiting beliefs around building my coaching practice.

**YES, THAT'S ME!**

**SOMEWHAT/ SOMETIMES**

**NO, THAT'S NOT ME**

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## SECTION III: AREAS TO DEFINE YOUR COACHING

### Why is it important to define your strategy to develop your coaching practice?

Before you proceed with the Online Training, please fill in the quiz below. On a scale from 0 to 10, please rate where you are right now. 0 being you're nowhere near where you want to be, 10 being you are exactly where you want.

<b>Where you are now 0-10</b>	<b>If you were to rate yourself on...</b>
	How powerful am I during a coaching conversation when I am trying to create impact?
	How am I impacting the client on a emotional level?
	How am I impacting the client on a spiritual level?
	How am I impacting the client on a behavioral level?
	How am I impacting the client on a mental level?
	How confident am I going into a coaching conversation to create a transformation for my client?
	I am clear on what I have to offer and how to make that offer
	I am satisfied with my current state of coaching practice
	I have the skills, talents, and resources to define and develop my coaching practice
	I have a strategy that enables me to find and enroll clients fast
	I'm able to make finding clients a lifestyle that is easy to optimize in all areas of my life

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As an exercise, try answering these questions in one sentence.

**How do I feel about where my coaching practice is at?**

**Why is it important to identify my own style and scope of coaching?**

**What is my desirable lifestyle? Who am I in the marketplace? What do I stand for?**

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**What makes me stand out so more people can resonate with me and come to me to have powerful conversations?**

**What is my biggest challenge? Why do I sometimes slow down instead of keeping up?**

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***“There are billions of people in the world who are so hungry for this kind of transformational work.”***

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This part is for you to take notes while you listen to the online training. It is directly related to the workshop with Christine. Fill in the blanks as you progress. The workbook is editable if you use a digital version so just start typing in the space provided. Otherwise, write it down in the empty space. These will be the takeaways that will help you get the best experience out of the class.

## 4-Level Secret

*List the 4 levels below:*

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

**First Level:** \_\_\_\_\_

We have to look at ourselves \_\_\_\_\_  
We should not look at only one or another level.

When there are suppressed \_\_\_\_\_, it is going to manifest somewhere else.

It will be hard to create \_\_\_\_\_ if you can't make clients deal with the situation on \_\_\_\_\_ level.

You have to create the \_\_\_\_\_ for people to connect on \_\_\_\_\_ level, for the clients to be \_\_\_\_\_.

*“We want to help them transform, heal them from the past.” - Christine Hassler*

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## Second Level: \_\_\_\_\_

This level is about about \_\_\_\_\_ system, about the \_\_\_\_\_ we create.

3-5% of behavior is \_\_\_\_\_.

95% of actions come from \_\_\_\_\_.

What a coach can do is to help \_\_\_\_\_ behavior and thoughts.

The coach must show how to shift \_\_\_\_\_ to start making the right decisions.

## Third Level: \_\_\_\_\_

This level is about straight-up \_\_\_\_\_ - R \_\_\_\_\_ Vs. R \_\_\_\_\_.

We act out of \_\_\_\_\_ and \_\_\_\_\_.

Certain actions come because of \_\_\_\_\_, or \_\_\_\_\_, or \_\_\_\_\_.

As a coach, it is important to show the client how to act from a different place: instead of acting away from \_\_\_\_\_, start acting toward the \_\_\_\_\_, toward the \_\_\_\_\_.

This way, the action is \_\_\_\_\_ motivated rather than \_\_\_\_\_ driven.

## Fourth Level: \_\_\_\_\_

Opening up to the fact that we are \_\_\_\_\_ - to the fact that there is \_\_\_\_\_.

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**What signs do I need to look for while talking to a client to identify which level they are most challenged with?**

On \_\_\_\_\_ Level:

- You have to realize that the art of coaching is **being present, creating the safe space, being curious and asking a lot of questions.**
- If you notice that the client deflects or you see another physical way in which the client starts to move away or hold back, those are a good signs of an **emotional repression.**
- When the client is challenged on this level, they would try to avoid emotions and resist them by showing signs of **deflection, avoidance, eyes moving or swelling up, running, changing the subject.** These signs mean that there is an old wound, old hurt.
- People generally **feel uncomfortable with expressing emotion;** they don't want to be seen as weak, being called out of control.

*Your goal is to make it okay for the client to be seen vulnerable!*

On \_\_\_\_\_ Level:

- The most important thing to recognize the issue on this level is to **listen carefully.**
- People are **convinced** that their story is very accurate.
- When you spot that there is a **strong belief, an old story that became a thought, became a program,** that's when you realize there is an issue.
- Your goal is to look for cues of **what the client is believing is true that is not true at all** - this is the key indicator we are looking for on this level.

*This is where a lot of negative thoughts are present.*

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On \_\_\_\_\_ Level:

- The definition of insanity is **doing the same thing over and over again and expecting a different result** - this is the kind of thinking/behavior you are looking for here.
- The client has an issue on this level when they come and say they are **tired, feel depleted, have no “me-time,”** talk about day-to-day aspects of life.
- The client has an issue on this level when they feel they are **not heard, not understood, don't feel there are good boundaries** in their life.

*Here is where you have to work on changing actions.*

On \_\_\_\_\_ Level:

To spot an issue on this level, you have to look for a couple of indicators:

- First indicator: when people **have a lot of fear and a lot of anxiety, they can't feel connected.** With a lot of fear and anxiety, people don't feel connected to something bigger or deeper, nor to their intuition and their wisdom. They don't feel connected to themselves on a soul level. This also results in them **not feeling supported by anything bigger.**
- Second indicator: people have an issue on this level when they are **controlling about everything around them.** In this scenario people plan everything, feel they can't trust anyone, organize every detail. This is usually the case with people who had a tough life.

*Your goal is to make the client feel they are not the victim and open their heart to connect with their inner wisdom.*

*Your goal is to show how to transform this state so they can make an impact and serve people.*

*This is where we look for miracles, for change in perceptions.*

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To summarize, write down which cues you should be looking for to identify in each of the 4 areas the client has an issue. Fill in the table with characteristics and signs for each level.

4 Levels of Coaching			
Emotional	Mental	Behavioral	Spiritual

**Use this space for any notes, thoughts, and questions that may be coming up now.**

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*Your ability to listen and ask very powerful questions is the key.*

## What are powerful questions?

- You have to be a powerful listener in order to ask powerful questions.
- Being a great coach is not about giving the great advice or knowing all the answers. In reality, it is to ask questions that make the client think: 'Oh! It's a very good question!' or 'Huh, I never thought about it!'
- Reflect back on the answers of your clients and ask simple open-ended questions, so they interrupt the thought process in the head of the client. This way you model curiosity in the client's head so the client becomes less judgmental.
- To the answer 'I don't know' ask 'Well, if you knew the answer, what would it be?' 100% of the time the client will come up with something.

## What are the types of questions I should be asking?

Ask more open-ended questions. Ask the client:

'Take me back in \_\_\_\_\_. What was you thinking? What was going on?'

Make the client paint a picture for you. You need to get your clients out of their heads and into their feelings to create transformation.

This way you do two things:

- you get into their model of the world
- you help them achieve the state change by taking them back to the experiences - positive or negative

## What I am listening for so I can ask open-ended questions?

*You have to be listening and watching!*

- Look for the emotion that comes when you are talking about a topic. Don't be afraid to interrupt your clients with powerful questions if you see some emotion around a topic. Ask if the clients would like to share more.
- When the client makes a definite blank statement (e.i. - "All men cheat"), always ask the question: 'What makes you think this? What's the evidence to this?' - this disrupts their thinking and makes them question their belief.

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**What are the objections I have coming to my mind? What are those “Buts” that I think can happen during the conversation?**

It's all great, but \_\_\_\_\_

It's all great, but \_\_\_\_\_

It's all great, but \_\_\_\_\_

***“The art of coaching is being present. It's creating a really safe space and being very curious and asking a lot of questions.” - Christine Hassler***

**What is that one thing I can change to start being more present with my clients?**

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## SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

**What does my ideal conversation with the client look like?**

**How do I imagine my life changing 3 months from now if I learned Christine's secret and used it regularly in my coaching?**

**What would it mean to me if I became better at tapping into the right triggers the client has? Why is it important for me to have that transformation with my client?**

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***“Modern day coaching creates a space where we realize that we have to, out of integrity, be able to hold a space for our clients to be emotional.”- Christine Hassler***

**What would it be like if I were able to serve more people and make the impact I’ve always wanted to make through my powerful coaching?**

**How would it feel if my fears were shattered and I could create a lifestyle that makes me find and enroll clients easily and effortlessly?**

**What can I do today to start using the right methods and have everything available for me regarding success, contribution, and abundance?**

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## What Students Are Saying About Christine Hassler



**“I’m just so grateful for the opportunity to work with you as you shine a light for me ”**

I am so excited about your course! After Secret Sauce and now one-on-one coaching with you, I am going to get involved with everything you do because every interaction has made such a massive impact on my growth.

This year has been such a huge year of self-awareness, growth and real transformation and I'm just so grateful for the opportunity to work with you as you shine a light for me on my gifts, my patterns, what I need to heal to be the highest expression of myself and bring that best self forward into the world. Working with you has been truly transformational and words just can't express the depth of my gratitude.

~Tonya

**“Working with her has been one of the most fruitful gifts.”**



Christine’s healing wisdom, intuition and compassion is transformative in countless ways. Working with her has been one of the most fruitful gifts. She coaches from a sacred space of love, free of judgment and listens with purposeful intention. The processes I went through and the techniques and tips I learned from Christine have completely changed my thought patterns and perspective on life. Her work is authentic, practical and incredibly inspiring. Christine shows up fully and authentically for her clients. She carries you through each experience with honesty and dignity. She is a special, trustworthy one-of-a-kind master coach and person! My gratitude for the work we did grows each day.

~Christine

**“Her coaching expertise was consistently above and beyond anything”**



Christine Hassler’s coaching expertise was consistently above and beyond anything I expected. Whether I was working on answering a specific question, or just stuck and looking for guidance, her intuition, business savvy, and creative joy helped to steer and inspire me in extremely helpful directions. She is a godsend!

~Greg