

# Ready to Coach in a Peak State

Choose the agenda, the mood, and the energy you want to infuse and guide your group with before you meet. Reverse engineer the experience you are going to facilitate. Create a ritual to arrive in a peak state.

**CARE**  
**PREPARE**  
**AGENDA**  
**RITUAL**

## A few days before

- |                                                                                                           |                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Check your forum                                                                 | <input type="checkbox"/> Post topic on forum                                                                                                               |
| <input type="checkbox"/> Orient to where your group is in the course, curriculum, community, conversation | <input type="checkbox"/> Teaser for LEAD IN topic (ex. Ask question, survey, humor, pain point)                                                            |
| <input type="checkbox"/> Ask yourself, what does my group need from me next? How can I guide them?        | <input type="checkbox"/> Are you coming?                                                                                                                   |
| <input type="checkbox"/> Choose a TOPIC with meaning for your Lead In                                     | <input type="checkbox"/> FB message your thread or members on the next sessions TOPIC                                                                      |
|                                                                                                           | <input type="checkbox"/> Schedule your 15 minute ritual right before your session starts; cut and pasted your ritual into the calendar event's description |

## Lead In Tips

(The Lead In is the first five minutes of the live session you are leading)

- ☐ Orient to where we are in the core competencies + club conversation
- ☐ What to Screenshare
- ☐ Choose the mood/emotion/bhavana/feeling essence
- ☐ Review the topic and agenda
- ☐ Discuss 1 group guidelines
- ☐ Use mental rehearsal



AGENDA  
FOR  
SESSION

|                          |       |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ |





## 15 Minute Before Coaching Ritual

Arrive in Peak Performance



### Mindset Rituals

Be clear on your intention. You are showing up to serve. To listen. To provoke. To loosen truth from hidden crevices. To connect. To inspire. Get your stoke on. You get to serve.

☐  
☐

Review Agenda, Topic, Lead In

Set Intention

☐  
☐

Invoke/Pray/Meditate

Chant/Mudras



### Rituals with Stuff

☐  
☐

Light a candle

Light incense or scent

☐  
☐

Pull an oracle card

Handle Stones



### Physical BODY Rituals

☐  
☐  
☐  
☐  
☐  
☐

Movement

Music

Cold shower/plunge/face wash

Bathe/shower/oil massage/foam roll

Tapping

☐  
☐  
☐  
☐  
☐  
☐

Connect with Earth + Sky

Go outside and play for a hot minute

Clean Desk/ Clear Computer Desktop

Make an appropriate beverage

Snort Pee

MY 15  
MINUTE



RITUAL

☐

---

☐

---

☐

---

☐

---