



Lesson 8:

Teaching Clients How to Receive

Improving effectiveness by involving our clients.

What are three benefits your clients will experience when you help them learn how to receive?

What are three benefits you will experience when you help your clients learn how to receive?

What are three tools you can share with your clients to help them become better receivers?

What is one way to encourage belly breathing?

What is one way to encourage a client to drop their weight?

Which tool would you most like to try in your next session?

