

Starter Session Kit

TABITHA BIGBEE-HIGHLAND: JOY GUIDE

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What is a Joy Guide?

I'm so glad you decided to contact me! Every person who comes across my path is a new gem of awesomeness and I can't wait to discover who you are. Here's a little more about what I do as a Joy Guide.

- ▶ **Joy Guiding?** Sounds like a made up thing? Well, it kind of is. I created a descriptive title that isn't "Life Coach" because I'm actually not here to coach you on how to live your life. I'm here to guide and support you on your journey in practicing techniques that will lead to a more joyful, peaceful life.
- ▶ **What does that even mean?** Is this just talking with a friend about problems? No. Far from it. It's intentional conversation guided by a curriculum designed by long-time Guide, Kathy Indermill (my Guide!) who has seen incredible success with numerous clients over the years. She in turn mentored me in this curriculum that leads people in learning new thought processes.
- ▶ **What are these processes and how do I learn them?** As we grow our brains makes paths that guide our thoughts and emotions for us. Many times those pathways were useful when they were forged, but we grow out of them and they stop being useful. Through noticing we can gradually reroute those pathways in a new and more useful direction. It's called neuroplasticity and you are fully capable of it!
- ▶ **What is my role as the Guide?** I'm your mirror. I am trained to reflect your habits back to you so that you can see them as they truly are in order to start making changes. To change something you must first notice it. I'm here to encourage, support, and cheer you on in your journey! I guide you through the curriculum and homework while supporting you to notice themes in your behaviors, reactions, self-talk, etc. I will also keep notes to benchmark changes in your habits and provide all 8 sessions notes to you at the end of our sessions for you to review any time it is useful.
- ▶ **What is your role as the Guided?** Show up. Be honest. Be real. Have a real desire to allow change. Want to put in the work to notice and grow.
- ▶ **What's the time commitment?** Sessions are 2 hours. At most once a week, at least every other week, for no less than 8 sessions. 8 sessions is the minimum to fully experience benefit. If 8 weeks isn't enough (which it frequently is not) then we simply press on! It's an exciting and rewarding exploration of self that knows no bounds
- ▶ **How do we meet?** In person or some form of video chat. It's so important to see your facial expressions and body language for clues about behaviors. A laptop and a good internet connection are essential. Coffee or tea are optional.
- ▶ **How much are sessions?** An 8 Session package is \$1500, but I've got a unique pricing system to share with you. My goal is to make this highly valuable curriculum available to many people.

Get Started...

Three simple steps that lead to our First Session.

Let's first find out if I'm the right Guide for you. I don't pretend to be the perfect fit for everyone, and it's important that this be healthy and nourishing for both of us. How do we determine if we are a good match? Read on!

- 1) The Pact of Expectations: this outlines both my expectations for you as well as for myself. Before committing to the sessions we will agree to uphold these expectations. Please read carefully and make sure you happily agree to the pact before moving to the Pre-Session Questions.
- 2) Pre-Session Questions: these are meant to give you a taste of the Joy Guide homework and me a glimpse into who and where you are on this adventure of living. I trust you to be honest so this will be helpful to both of us. Enjoy the self discovery! Take as much time as you need to answer. And no pressure because you already know all the answers to these questions! (Hint: you're actually the only one who knows the answers.)
- 3) When you've finished the Expectations Pacts and Pre-Session Questions just e-mail it back to me and I'll contact you regarding your First Session:
tabitha@tabithabigbee.com

Pre-Session Questions

Together through intentional conversations we will explore the basic attachments and beliefs that currently make you, you. To make sure this is what you are looking for and to give me an idea of who you are at this moment please answer the following questions. There are only right answers when they are honest. Feel free to use your own document! When you're finished simply e-mail your results to me.

- ▶ **Motivation/Intentionality:** Do you have a strong desire to "show up" and be real? Are you motivated to thoughtfully complete homework?
- ▶ **Time/Place:** Are able to commit the necessary time? Are you willing to spend time making "noticing" part of your life outside of sessions?
- ▶ **Consistency/Regularity:** The conversations with yourself have to be consistent over time (e.g., most everyday), and our meeting should be once a week.
- ▶ **Willingness:** Are you willing to be present with "what is" (thoughts, feelings, physical sensations), and share these with another person?
- ▶ **Discomfort/Fear:** How do you handle feelings of discomfort and being outside your comfort zone? Are you willing to push through discomfort and fear to reach a joyful life?
- ▶ **Self-exposure/Vulnerability:** This process exposes you for both of us to see. Can you handle exposing your best and worst with honesty?
- ▶ **Strong Emotional Reactions:** The sessions and practices can bring up feelings you didn't even know you had. Can you allow yourself to feel your emotions fully?
- ▶ **Are there any other thoughts you have that you would like to mention?** Everything about your process is of interest to me so don't hold back:

Expectations Pact

Expectations make or break our experiences with life. Read through the following asking yourself if you are able to truly commit to the following expectations of both you and me.

Pre-Session:

- ▶ We will find quiet, distraction free places (with reliable internet) to meet digitally. Or a private place to meet in person without disturbances.
- ▶ We will both have tested our technology to make sure it's working.
- ▶ We will have confirmed our meeting time.
- ▶ You will have completed any homework.
- ▶ I will have prepared notes and goals for the session.
- ▶ We will take care of basic needs before the session even if that means postponing 10 minutes to use the bathroom, get a drink, nibble a snack, let the dog out, or charge your laptop.
- ▶ If you need to cancel in order to take care of yourself please do. I want you to be able to be present.
- ▶ If you need to cancel please let me know as soon as you can and we will reschedule.

Session:

- ▶ Everything is always 100% confidential.
- ▶ We will be on time and present.
- ▶ We will take a pause to arrive in the moment together.
- ▶ If technology fails us, it's no big deal, we'll just start over and let it go. If it fails us completely we'll re-schedule.
- ▶ If you need a break for any reason just say, I need a break, and we'll take a moment for needs.
- ▶ 100% honesty from both of us.
- ▶ Silence is ok.
- ▶ I will not rush you or cut you off before you're done. I may interject if I feel you spinning wheels or word vomiting.
- ▶ It's important for me to see your body language and facial expression.
- ▶ I believe in God and use His name when I speak. You are welcome to use any name/word to refer to the energy that guides us all.
- ▶ A sense of humor is required.

My Personal Journey to Becoming a Joy Guide

It was spring of 2013. I knew I wanted a change, but I wasn't entirely sure what that change was or even how to do it. I was working at a wedding dress store; successfully creating and managing the social media and blogging for the brand. I was mostly financially stable and mostly happy, but I knew there was more. It occurred to me that I could probably do the same for other brands, and be my own boss. But how? I was cramped by fear, indecision, excuses, and uncertainty.

Through a series of fortunate events I was introduced to Kathy Indermill who forever changed the way I go through life. She walked me through several months of sessions that focused not just on clarity of what I truly wanted, but also how to navigate the ups and downs of life through noticing. Rather than focusing on just one aspect of my life (business) she taught me practices for peace and freedom in every area. We refer to this as "Green Zone Coaching" which is what I will share with you, too.

Kathy coached me on so much more than refining the clarity of my dreams. She gave me tools that change how I guide myself through all of life's circumstances; a skill set that applies to every aspect of my life from interpersonal relationships, to business, to acceptance of self. Through the process I saw the dreams I had defined come true and the relationships I wrestled become more peaceful.

Sooner than later a new dream for my life began to emerge as I found myself less and less satisfied with the work I was doing. I wanted to affect real change in people's lives not just their websites.

Which is what led me to Joy Guiding. I asked Kathy if she would mentor me in the coaching she had gifted to me. Once again she changed my life when she said, "ABSOLUTELY!". The following months/years of mentorship, self-work, and practicum showed me over and over again that Joy Guiding is exactly what I want to be doing.

I am created to love people. I have always loved people and because of that I want everyone to experience living with joy, peace, and freedom. Stress, drama, negativity, fear, loneliness, anger, and grief are always going to be part of the human experience, but you get to decide how deep the suffering goes. Do the ups and downs of life take you for a ride or are you in charge of how steep the coaster is?

I'm not perfect (spoiler alert: no one is), but I'm here showing up every day, and noticing what life gives me and the opportunities it offers me to grow. Which is exactly what you and I will practice together when you start your own journey with Joy Guiding. I can't promise it will be easy, but I promise it will be rewarding, and has the power to change you forever if you let it.

I'm here to be your guide, support, and encourager through the process. Ready when you are...