



Art Guidance Cards

For a New Perspective

The Art Guidance Coach Training Manual:

Learn the Guidance Cards Coaching Technique and
Gain Confidence in your Skills with Art Guidance Cards



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Table of Contents

1.Introduction and Explanation.....	1
What are Art Guidance Cards?.....	1
Art Guidance Cards and Life Coaching.....	1
Art Guidance Cards and Counselling.....	1
Art Guidance Cards and Journaling.....	1
Art Guidance Cards and Healing with Art.....	2
Why Introduce Art Guidance Cards with Clients.....	2
2.Client’s Key Personal Focus Areas	3
Why Personal Focus Areas are Important.....	3
How to Recognize Personal Focus Areas.....	3
Personal Focus Areas:	3
Healing.....	3
Transition	3
Communication	4
Relationships	4
Blocks.....	4
Exceptions: When a Client’s Situation does not fit into the five Areas.....	4
Assist Clients with Formulating their Questions/Intention.....	4
3.Client Types and Art Guidance Cards	5
Choosing Clients Suitable for Art Guidance Coaching	5
Is Art Guidance Coaching used for Spiritual Guidance?.....	5
Art Guidance Cards and Intuition.....	5
Benefits for Clients.....	6
FAQ: Answers to Client Questions.....	7
4.Client Preparation For Art Guidance Cards Sessions.....	7
Sample Client Prep Form.....	7
5.Grounding Exercise.....	8
How to Conduct a Grounding Exercise.....	8
6.Coach Preparation For Art Guidance Cards Sessions.....	8
How to Choose an Art Guidance Card from the deck.....	8
Coaching Through Each of the 5 Perspectives.....	8
Card Perspective #1: Exploring the Situation.....	8
Questions to ask your client:	8
Things to tell client:	9
Card Perspective #2: Shifting Perspective, Gaining More Insight.....	9
Questions to ask your client:	9

Things to tell client:	<u>9</u>
Card Perspective #3: Shifting to New Possibilities, Understanding and Hope.	<u>9</u>
Questions to ask your client:.....	<u>9</u>
Things to tell client:	<u>10</u>
Card Perspective #4: Shifting to the Positive, Focusing on Opportunities, Locating Support.	<u>10</u>
Questions to ask your client:.....	<u>10</u>
Things to tell client:	<u>10</u>
Card Perspective #5: Shifting to New Goals, Taking Action, Renewed Resolve.....	<u>11</u>
Things to tell client:	<u>11</u>
Questions to ask your client:	<u>11</u>
Read Description of Card: Giving the Client Meaning on the Chosen Card.	<u>11</u>
Debriefing your Client: Summarizing and Processing the Art Guidance Card Experience.	<u>11</u>
Journal Entries: Capturing Thoughts and Feelings for Insight.....	<u>12</u>
Homework: Continuing the Learning, Processing Deeply.	<u>12</u>
7. Tips for the Art Guidance Coach.....	<u>12</u>
Grounding Yourself	<u>12</u>
Sharing Energy	<u>12</u>
Protect Yourself with Boundaries	<u>13</u>
What to Expect from the Client (and yourself).....	<u>13</u>
During the session: What Questions to Ask	<u>13</u>
How to enhance the client's inner voice.....	<u>14</u>
Why use Journaling exercises.....	<u>14</u>
Why use Affirmations.....	<u>14</u>
Why use a Description of the Card.....	<u>14</u>
8. After the session.....	<u>14</u>
Why Debriefing is Important	<u>14</u>
How to Recognize and Share Shifts with the Client.....	<u>15</u>
How to Conclude the Session.....	<u>15</u>
9. Professional Conduct Guidelines	<u>16</u>
Important Art Guidance Coach Information	<u>16</u>
10. In Conclusion.....	<u>16</u>

1. Introduction and Explanation

What are Art Guidance Cards?

Art Guidance Cards were created by Karin Bauer with the intention for facilitating a client's inherent healing processes and reaching higher levels of awareness. The cards themselves consist of Karin's original, intuitive and transformational artwork, personal growth titles, written affirmations, descriptions, and journaling questions. Art Guidance Cards are not just cards – they are a method and proven technique that help access your own and your client's own inner knowing.

Unlike other cards, the Art Guidance Cards method was carefully developed to uniquely empower your client to discover their own powerful perspective. As an Art Guidance Coach, you will be part of the client's exciting journey of uncovering new possibilities, assist them to make new choices, and take new action in their lives. Art Guidance Cards are intended to assist your clients with unraveling their path through the transformational art and affirmations as a guide; however the cards are designed to leave interpretation open to you and your client. The Art Guidance Coaching process allows for individualized creativity, exploration, intuition and personal development. Which ever level your client is at, you will be able to meet and advance your client's inner growth progress with Art Guidance Cards Coaching.

Art Guidance Cards and Life Coaching

Similar to Life Coaching, Art Guidance Cards Coaching is based on assisting the client with shifting inner awareness, setting new goals and taking further action. Art Guidance Coaching is a body-mind-spirit approach intended to resolve uncertainty and stuckness. Due to the added benefit of viewing transformational artwork, the client's left-brain decision-making (which may have gotten the client stuck in the first place) shifts to a more creative, right-brain problem solving method. The client is encouraged to tap into their bodily sensations to access the wisdom held by their body. Taking it a step further, clients are guided to make an intuitive connection with their innate knowledge already present within themselves. The connection to this deeper knowledge is what often helps the client to get unstuck. A positive result of connecting deeper with oneself can already be quite a transformation – but it doesn't have to end there. For clients who want more concrete or tangible goals, you can translate these new revelations into homework that includes concrete actions.

Art Guidance Cards and Counselling

Counselors and therapists find the Art Guidance Cards very helpful. Through professional therapy techniques and processes the client and therapist can further explore what a client is truly feeling. The visual images on the cards give clients a focus while allowing feelings to be authentic and real. With Art Guidance Cards, therapists and counselors can utilize a creative, non-threatening healing tool for all ages, from children to the elderly. Change and healing will result from opening the channel of emotion and verbal expression.

Art Guidance Cards and Journaling

Journaling has long been a valid and well-researched method of exploring and resolving thoughts and feelings. For many years, both counsellors and coaches have given clients assignments that include journaling on life issues or feelings that were uncovered and/or needed further attention. Journaling can be very therapeutic and eye-opening in the process of self-discovery. Therefore, journaling has been included as an effective coaching feature in the comprehensive Art Guidance Cards Program.

We have an online Art Guidance Cards session available on our website ArtGuidanceCards.com. With each rotation of the card, coaching questions and specific journaling questions encourage the user to feel deeper into their situation.

Art Guidance Cards and Healing with Art

You may have heard about (or perhaps utilized) Art Therapy before. It is a recognized, professional counseling method that helps people express themselves through art mediums. Through the process of viewing art, a person can increase awareness of self, cope with symptoms, stress, and traumatic experiences and enhance cognitive abilities. A person does not have to be artistic or creative to benefit from Art Therapy or the viewing of healing art. As

an artist I have found that art opens the doors to my heart and soul.

You may encounter clients asking questions about the artwork on the Guidance Cards. Don't be worried or intimidated if you don't know everything about the artwork on the cards. Questions are fine, as a person with an inquiring mind and openness to learning is always welcome! As the Art Guidance Coach, you can share a little bit of history, but just be aware, that "understanding" art and healing with art cognitively doesn't mean as much as understanding it with your heart. And so, it is even better to allow your client to experience an Art Guidance coaching session with you, rather than explaining everything there is to know about it.

As for the history on the cards, it all began when I realized that I've used art instinctively as a healing modality in my own life. I began to discover my spiritual side through the paintings that became the images for the Art Guidance Cards. These paintings were created on large canvas with oils, acrylics, and pastels. Many pieces were painted using my hands and fingers rather than with brushes.

Why Introduce Art Guidance Cards with Clients

Let's take a look at the world as a whole. At the moment there are 7.5 billion people in the world. We live with differences in cultures, languages, religions, attitudes, and lifestyles. But what do we all have in common? We are human, we have feelings, thoughts, desires, struggles, behaviors, and needs. And even beyond all that, we are all far more connected on this earth than we consciously realize. The most amazing thing is that despite all our differences and commonalities, we can connect with our hearts and souls. There is no division when we connect with love.

Deep down, don't we all want to be happy, healthy, and live life with ease? I truly believe that we do, no matter what we're presenting with. If you know someone who is struggling, stuck, blocked, uncertain, disempowered or in a stressful situation, you have the tool to assist. Your Art Guidance Coaching session will empower your clients to help themselves. It is important not only to one person, but will contribute to the healing of the world.

Art Guidance Coaching works on the premise that we all have the inner wisdom to resolve our own challenges. As an Art Guidance Coach you can help your clients assess their situation, and then help them find strategies to overcome the blocks standing in the way. I believe most people struggle not because they aren't trying hard enough. What I discovered is that most people struggle because they are missing these four important key elements:

- 1) an outlet to express, acknowledge and validate feelings
- 2) an effective tool to become aware and "see" unconscious blind spots, beliefs, behaviors or patterns
- 3) an ability to find new possibilities and take action on what needs to change
- 4) consistent, guided support, over a period of time to change old habits and re-program unhealthy patterns

When provided with these four key elements through coaching and counseling, most people resolve their issues. With the Art Guidance Cards Program your clients will receive all four of these key elements: the cards as an effective tool for problem solving, an outlet to express feelings through the coaching and journaling sessions and support with taking action. You can provide your clients with a single session -- or -- a comprehensive program over a period of time with consistent, weekly guided support, if that's what they need. It is up to you as the Art Guidance Coach to determine with your client what type of program is most suitable and effective.

If your clients want to purchase their Art Guidance Cards deck, that is great! Please send them to the website ArtGuidanceCards.com

2. Client's Key Personal Focus Areas

Why Personal Focus Areas are Important

The five personal focus areas are set up as a guideline to give you and your client something to focus on. Knowing the client's focus area will give both you and the client clarity and direction. While it's okay to suggest categories for clients, just remain open. Your clients will lead you where they need to go, you are simply providing them with support and suggestions in their journey.

Often when faced with a difficult decision or situation, clients can also lose focus and try to stay with their pattern of confusion. Confusion can be a way to stay comfortable and not risk too much emotionally. Once your client has chosen and agreed to work with you on a specific focus area, but ends up jumping from issue to issue, try to discern whether your clients are avoiding their main focus; if that's the case you can then always bring them back to their chosen personal focus area and help them overcome their hurdles.

How to Recognize Personal Focus Areas

Whether someone is struggling with addiction, grief, divorce, illness, relationship problems, low self-esteem, depression, anxiety, or other issues, we are all human and thus struggle with human pain. How emotional pain shows up varies – one person may be prone to cope with pain by lashing out, while another may cope with pain by withdrawing or becoming depressed. These behaviors are merely symptoms of inner turmoil and emotional pain. In this sense, we all have experienced our share of emotional pain, and we all can benefit from healing.

When a client shows up for the Art Guidance Cards session, many times the personal focus area of “Healing” is a wonderful place to start for them. Especially clients who present with a wide variety of issues that cross over into other focus areas of “Relationships, Communication, Blocks, and Transition”

However, in my experience as a counselor and life coach, I've had clients show up with a lot of confusion, because they realized they have too many areas in their life which are out of balance. They need clarity and help to work on these areas.

Personal Focus Areas:

Healing

Is the client looking for guidance with processing a hurt, illness, transition or crisis? Does the client want to find a way to heal? Is the client mourning a loss or is he/she recovering from a loss?

If the client wants to feel closure and inner peace, he/she may also want to feel hope, joy, love and happiness again. The healing journey is often about wanting to connect with the spiritual self, intuition and/or spiritual guides. The client may talk about his/her spiritual journey unfolding, however may struggle with giving into it instead of fighting it.

The Guidance Coach's role may be to allow the space for healing; to be very supportive; to help the client move forward and not get stuck in the healing process. Always ask your client what role they would like you to have in their journey; then explain what you feel comfortable with and lay out clear boundaries for professional conduct.

Transition

Is the client going through a transition such as a birth, death, divorce, break-up or move? Is the client questioning the “self”, his/her beliefs, values, or personal preferences? Does the client need direction while transitioning? Transition can also be about a powerful change such as a spiritual awakening or a new personal awareness. The client may have consciously invited a change in his/her life so that he/she can be more authentic with who he/she truly is. Whether the client's transition is by conscious choice, or feels as if he/she has not chosen the transition, the Guidance Coach can help guide the client through the challenges a transition can bring.

The client may want help in finding something “that is truly me” and need some kind of direction. Transitions include questions about work/job transition, career choices, training/schooling, or considering a new business.

The Guidance Coach's role may be to assist the clients to embrace the transition, channel their emotions of fear or uncertainty, and discover new possibilities and positives in their lives.

Communication

Is the client looking for guidance to communicate better or more effectively? Is the client having difficulty being heard or understood? Is he/she experiencing misunderstandings and communication challenges with others? Perhaps the client wants to understand him/herself better, discover or communicate his/her own values and preferences. The client may also want to express feelings freely and lovingly and needs guidance in how to begin.

The Art Guidance Coach's role may be to assist the client in learning new and more effective ways of

communication. You may be modeling your active listening and communication skills, the art of gentle presence, loving kindness and a win/win type of thinking.

Relationships

Is the client looking for guidance in improving a relationship with a partner/spouse, family, friends or co-workers? Does the client want to be emotionally closer to loved ones? Is he/she wanting to have better boundaries with people who drain him/her? The client may want to feel love and be loved unconditionally. Often, clients may need stronger boundaries.

The Art Guidance Coach's role may be to guide the client in working on creating or strengthening loving relationships in life. You may also focus on building healthy relationships or leaving unhealthy relationships. This includes for the client to have a healthy relationship with him/herself.

Blocks

Is the client looking for guidance to overcome fears that block him/her from reaching goals? Does the client's inner voice have a tendency to come up with excuses and blocks that keep him/her stuck? A client may need guidance to get unstuck and to move forward. Clients may be creatively or artistically blocked, stalled out or bored. Blocks or stuckness may also be centered around career, finances, income, debt, home, location, or other areas where a person may feel unsuccessful or held back.

The Art Guidance Coach's role may be to guide the client towards creating more success and creative flow. You may determine what exactly has made the client feel or become stuck, and then coach the client towards taking action on getting unstuck.

Exceptions: When a Client's Situation does not fit into the five Areas

You may on occasion come across a client where it does not seem obvious which focus area he/she fits into. They may be presenting with goals or questions that seem outside of the five focus areas. If that's the case, you can ask them some questions around the history of their concern. This may clarify their goal and you may find that it does fit into one of the five focus areas.

Assist Clients with Formulating their Questions/Intention

Sometimes it's hard for a client to figure out where to start. As the coach, you can help the client ask a question or set an intention for the session. This question/intention then becomes the focus. The client may have a question that is too rigid or based on a specific outcome. If this is the case, you can redirect the client's question and set it to a more open-ended intention for him/her. Using the Client Prep form is a great way to get your client thinking about what they would like to focus on in their coaching session.

3. Client Types and Art Guidance Cards

Choosing Clients Suitable for Art Guidance Coaching

Many coaches build their practices around a client type and end up coaching certain types of clients. For example, some coaches work with entrepreneurs, or CEO's, or women in transition, or professional career people, and so on.

As an Art Guidance Coach, you will soon discover that all kinds of client types and personalities work well with Art Guidance Cards. You may encounter an entrepreneur, stuck in a rut with their business. You may meet a professional who wants to switch careers. You may coach a CEO of a big company who needs some fun and lightness. You may reach a person who is depressed. You may bring some enlightenment to a spiritual seeker. You may unblock an artist, musician, writer or dancer to find flow and inspiration. You may engage a quiet child or rebellious teenager in a creative activity by showing them the art. In this way, Guidance Coaching really leaves the door open to reaching the person who needs you right now. The possibilities are endless! You can still build a reputation within a certain group of people, however, you are not locked into a specific client type or need. This lets you be flexible, and makes Art Guidance Cards a more spiritually or intuitively guided experience.

If you have been coaching a specific group or have had some distinct experiences with specific client types, I

encourage you to be open to offer an Art Guidance Cards session to these clients, too. The important thing here is to let go of pre-judging whether someone will like the Art Guidance Cards or not. In my own experience I discovered that the best motto is just to “engage in an experiment” by offering the cards to others. I was surprised by just how many people were quite eager to try the Art Guidance Cards. I used to think that maybe the linear thinkers would have a difficult time using the images on the cards and maybe that they would need something more “concrete” – however, this proved to be just the opposite! I found that the ability of working with abstract images isn’t necessarily based on what type of thinker you are, rather more so on how open to trying you are. Some people are just not as open to trying something that’s “different”, and others are not very accepting to outside help. I also discovered that people who are not in the place to receive a message from an Art Guidance Card right now, may be later on.

Is Art Guidance Coaching used for Spiritual Guidance?

They may ask “Is this a Tarot card?” or “Do you read the card for me?”. If that happens, you can put your client at ease. No, that is not what they are like or are used for. There may be spiritual elements but these are open to interpretation, just like the art images on the cards.

You can also point out to your clients, that all topics on the Art Guidance Cards address life themes everyone knows and can relate to, for example “Healthy Boundaries”. As you're working through each theme with your clients you will also be able to guide them to take action in their life. By taking step-by-step action, they will see their life transform and evolve.

Art Guidance Cards and Intuition

Many people today are seeking a deeper connection with themselves. We are bombarded with intellectual information almost constantly. Television, radio, books, computers, jobs, etc. all require left brain thoughts and decisions. While we often use intuition without knowing it, intuition is something that many people in today's world are trying to learn more about.

When we were born, and as children, we often used intuition naturally and spontaneously. As an adult, unless it's practiced consciously, our intuition may be less easily accessed. Intuition can also become suppressed by our mind questioning our gut feelings. Missing out on developing intuition can have disastrous consequences. Without developing or using intuition, a person may make decisions that later haunt him/her, because the decision was just not authentic or integral of who they are.

When it comes to the Art Guidance Cards, a question I'm often asked is "How do you distinguish your intuition from your mind? Is it possible your intuition can mislead you or be harmful to you with what it tells you?" My answer to this question is this: Your intuition, or gut feelings are there to protect you, making sure you're safe and in integrity. It is your mind's agenda that can lead you off base by over-thinking or dismissing your gut. If you're questioning or not quite trusting your intuition, your intuition will often try to get your attention! Your intuition may speak to you in the way of a "gut feeling" or even through a dream.

This is where Art Guidance Coaching comes in. Each Art Guidance Coaching session begins with a grounding exercise. In each session, as a Art Guidance Cards Coach, you will first guide your client to connect with his/her real self and inner wisdom. You should also do this grounding exercise for yourself, to be centered and ready for the session. Once your client feels grounded and relaxed, you will show him/her the Guidance Card's art image. Because the image is abstract, the body and soul can begin to communicate more freely. Even people who have never been able to make "much sense" out of symbols or abstract art usually begin to see something interesting in these images. For many, it is like going back to a more imaginative, intuitive way. You can also tell your clients, that the more they work with the images, the easier it becomes!

Intuitive development with Art Guidance Cards can be fun, easy and educational. Children, teenagers, and adults alike find the intuitive process of learning about themselves with Art Guidance Cards enjoyable, intriguing, healing and gratifying. If your client is interested to get in touch with his/her intuition but is uncertain, just ask him/her to try a single card session with you. Most likely, they will be amazed and impressed with what emerges.

Benefits for Clients

Here is a list of possible benefits your clients can gain by working with you as their Art Guidance Coach.

- Provide new insight into life or situation
- Guide to explore and express a situation creatively
- Find intuitive answers and tap into your own inner wisdom
- Discover joy and fulfillment with life, career and business
- Get unstuck and see new perspectives
- Create new solutions based on who you truly are
- Open up your true potential - emotionally, spiritually and intuitively
- Embrace soulful answers in all areas of your life
- Improve and open up communication with your partner, child, or friends
- Get out of a rut personally or career wise
- Gain more clarity in all areas of your life
- Be in control of your journey, life, or problems
- Feel happier, resolved, on track
- Experience new transformation and evolve
- Be supported with transitions in life
- Feel empowered
- Get your flow happening again
- Improve your communication
- Get to know yourself better
- Feel more creative, inspired, in tune
- Be uplifted, joyful, rejuvenated

FAQ: Answers to Client Questions

Are Art Guidance Cards based on any religion?

No. Art Guidance Cards are not based on any religion. You may find some topics "spiritual", however, all topics are open to your own interpretation.

Are the Art Guidance Cards like Tarot cards?

No. Art Guidance Cards are a powerful, personal growth tool and method. Art Guidance Cards were designed by a professional counselor and life coach, and are based on proven methods of counseling and coaching.

What are Art Guidance Cards based on?

Art Guidance Cards are based on the psychological concepts adapted from counseling, life coaching and art therapy techniques. Art Guidance Cards are utilized by therapists and certified life coaches to support people discover their own answers and inner guidance.

What is Art Therapy?

A counseling method that helps people to express themselves and gain relief through engaging in art mediums and/or viewing of art. Through the process of viewing art, a person can increase awareness of self, cope with symptoms, stress, and traumatic experiences and enhance cognitive abilities.

What is the meaning for each card?

Each card's meaning is up to your own interpretation. The written part will show you a suggested description and is offered for further contemplation and insight. However it is open to your own interpretation.

Are Art Guidance Cards used to diagnose illness or give psychological advice?

No.

Disclaimer:

Art Guidance Cards are not used for diagnosis of any physical, psychological or mental illness. Art Guidance Cards are not to be used in place of psychological advice or psychiatric treatment. If you're having symptoms of any kind of illness, seek a physician in your area or a professional health care provider.

If any of these statements are against your country's laws or rules for professional conduct, please use your discretion.

4. Client Preparation For Art Guidance Cards Sessions

Sample Client Prep Form

Dear client,

In order to prepare for our Art Guidance Coaching Session, please fill in the Prep Form and email it back to me. This will also help us formulate your question/goal to focus on during our coaching session.

Explain your situation or question a little further. If there was one thing you'd like to change about your current situation, what would it be? Please describe.

What blocks have been standing in your way to resolve the situation you're inquiring about? (e.g. lack of support, uncertainty, fears, feeling stuck, low energy, etc.) Please explain what's holding you back.

Let's set an intention for this session. What goal would you like to achieve for yourself with this Art Guidance Cards session? Please describe.

Would you like to experience a real change - spiritually, emotionally and mentally?

Thank you, well done! I'm excited for you! You've taken the first step towards moving forward!

When you've completed the above questions, email them back to your coach, preferably one day before your session.

(End of Sample Client Prep Form)

5. Grounding Exercise

How to Conduct a Grounding Exercise

In my experience, doing a grounding exercise with the client before the session has proven to be very effective. Clients often come to the session with their minds busy, their bodies stressed, and their emotions buried. In order to reach the body's wisdom and uncover unconscious emotions, it is a good idea to ground the client first.

Get your client to sit comfortably. Ask them to close their eyes, relax and tune in to themselves. Guide the client through breathing exercises by taking deep breaths with them. Ask them to release their thoughts and to do a body check, starting at the head, face, throat, chest, moving down to the stomach, legs, all the way to their feet. Ask them to notice what they feel. This grounding exercise can be short, five to ten minutes, or longer if you have more time. Then, when he/she is ready, invite the client to begin the session.

6. Coach Preparation For Art Guidance Cards Sessions

After the Grounding Exercise ask client what his or her question or issue is.

Client's Question/Issue is: _____

How to Choose an Art Guidance Card from the deck

Here's how you can assign cards: Allow the client to shuffle the cards to bring their own energy into the cards. The client can pick a card randomly. You can also spread the cards on a table then pick a card randomly with your eyes closed. By synchronicity the exact card for this moment will come to your client.

Coaching Through Each of the 5 Perspectives

Card Perspective #1: Exploring the Situation.

Questions to ask your client:

- When you look at this picture, what do you see?
- Use your imagination. You might see symbols, animals, faces, or anything else.
- How do you feel about what you see? All your feelings are valid. Where in your body do you feel this emotion?
- Is there anything that stands out for you in this picture, a colour, shape or line?
- Where in this picture do you see your question or issue?
- If you were in this picture, where do you see yourself in this picture? What does it mean to you?
- Any other impressions, thoughts or feelings?

Things to tell client:

- With this card we will view your situation.
- Go with the first thought that comes to you. Don't censor your words.
- Let your intuition guide you. There are no right or wrong answers here.
- Remember to stay present in your body.

Card Perspective #2: Shifting Perspective, Gaining More Insight.

Questions to ask your client:

- What do you see now? What has changed?
- How do you feel about your situation when you see it from this angle?
- Are you beginning to see your situation differently with this new angle? If so, how?
- If you could see yourself in this picture, where do you see yourself now? What are you doing?
- Where do you see others? What are they doing in relation to you? What does that mean to you?
- Do you have any other impressions?

Things to tell client:

- You will now see a new perspective.
- Let's focus on what is different.
- Continue to stay present and be in tune with your body.

Card Perspective #3: Shifting to New Possibilities, Understanding and Hope.

Questions to ask your client:

- What do you see now? How do you feel now?
- Where in the picture are you now? What are you doing? What could you be doing? What meaning does this have for you?
- Are there any helpful people or opportunities present here, that you might not have thought about? If so, where are they in this picture? What does this tell you?
- Are you starting to see some other possibilities or answers to your question?
- Do you have any other impressions, thoughts or feelings?

Things to tell client:

- You're doing well!
- This perspective is to give you another way of looking at your situation. Notice what has changed and gain more understanding.
- Offer client any of your observations, if appropriate.

Card Perspective #4: Shifting to the Positive, Focusing on Opportunities, Locating Support.

Questions to ask your client:

- Once again, what do you see now?
- Is your situation changing?
- If there were any good things or positive aspects in your current situation, where do you see them here? What do they look like? Where are you in relation to these good things? What do you see in the picture that could help you embrace these good things?
- Is there anyone else in this picture?
- What do you like about the picture?
- What does that tell you?
- Do you have any other impressions, thoughts or feelings?

Things to tell client:

- Remember, there are many angles to be looking at a situation.
- Check in with yourself to get a sense of how you're feeling.

- If you look long enough, you may see something positive emerge from your situation. Let's focus on the positive aspects of your situation.

Card Perspective #5: Shifting to New Goals, Taking Action, Renewed Resolve.

Things to tell client:

- We have arrived at the final card perspective. Your Guidance Card has been rotated full circle. This is how you first saw the image.
- However, going through this process, this picture may no longer look the same to you. Let's explore this a bit further and see what you gained from this card.

Questions to ask your client:

- Remember what you saw in this picture when you first described your situation?
- Does the image still look the same to you? Do you still feel the same about the picture as you first did? How do you feel about your situation now? Does your situation feel differently?
- What answers have you received? Do you see a new path before you? Let's set some new goals and a plan for new action, if you're ready. Tie in the client's observations into their goals.

Read Description of Card: Giving the Client Meaning on the Chosen Card.

This is the description of the card. It is offered to shed some light on the situation as it relates to their personal focus area. Again, ask if this description has meaning for the client. Find out if the client has anything to add to this description.

Read Affirmation: Affirming the Positive.

Here is the Affirmation on the Guidance Card. Ask your client to read it, find out if this Affirmation fits. As a part of the client's homework, you can ask to incorporate this Affirmation into the daily routine.

Close session with a Grounding Exercise, summarize, get closure before leaving the session.

Debriefing your Client: Summarizing and Processing the Art Guidance Card Experience.

A vital part of the Guidance Card session is to debrief your client. Here you may first of all summarize the session with your client. You can refer back to your notes and show the shift "from what the client first saw" to "what the client saw at the end".

Also, you can ask:

- What did you find most helpful in our session today? Did you notice any shifts? What shifted for you?
- Are you feeling more clearly about your situation? Do feel you can take action on your new goals?
- Was there anything that didn't work for you? Are you left with any questions?
- What goal do you want to work on next? What would you like to do for homework?
- Do you want to do a self-guided journaling session with the same card?
- Do you want to experience another Art Guidance Card?

Be sure to let the client know that strong reactions to the Art Guidance Card are normal. Remind the client, that Art Guidance Cards can be powerful. The image will possibly stick with them for a while, and that they may have more

insights coming later, during waking hours or even in dreams. Ask them to pay attention to what comes.

If the client knows what to work on next, you can select another card for him/her. Ask: What would you like to work on next time? Let client know that this is a process. They will have shifts, but to build new habits and patterns, doing the full Art Guidance Card program with you will be even more effective.

Journal Entries: Capturing Thoughts and Feelings for Insight.

After your session is complete, you can instruct client to do this same session with journal entries. This could be part of client's homework. It is a good idea for the coach to receive a copy of the client's journal summary. That way, in your next session you can discuss the client's insights.

Homework: Continuing the Learning, Processing Deeply.

Possible homework assignments may include:

- - Keep exploring the possibilities we uncovered today with a self-guided journaling session.
- - Continue the process of journaling your thoughts and feelings, especially the ones that may surface later.
- - Email you any new developments, insights, questions or goals.
- - Record your dreams over a period of time.
- - Take action on the goals we set.

7. Tips for the Art Guidance Coach

Grounding Yourself

Grounding your clients is a great way to get them ready. Grounding yourself is important to get yourself ready. Before working with your client, I recommend engaging in a short grounding exercise or meditation for yourself. This will help relax your mind and let you tune into your body and intuition. More insights and connection to your higher self can be established when you tune into yourself.

Sharing Energy

Guidance Cards are meant to get the client in tune with their mental, emotional and physical states. The body holds infinite wisdom, and by focusing on the body, the mind can relax and let the emotional and spiritual wisdom to surface.

If you are familiar with energy work, or are sensitive to other people's energy, you will already have an idea of how to work with a client's energy. However, if this is very new for you, I suggest to practice tuning into your client's emotional being. You can do this by closing your eyes, imaging your client and what they are feeling. You may sense their emotions in a particular part of your own body, for example, you may experience a tightness in your chest, or feel queasy in your stomach, or sensations on your head.

Whenever you pick up energy from your clients, be sure that you distinguish it from your own energy. It is often helpful for the client to share this energy with them. Many times I've had clients tell me, yes, that is exactly what and where they are feeling their emotions too. If I was off, they would tell me too, and it is okay to be off.

Protect Yourself with Boundaries

It is very important before engaging in sensing the client's energy to be clear in what your own energy is today. You can do this in a variety of ways. You can journal, meditate, visualize and practice breathing exercises. Anything that will help you get centered and in tune with yourself will be a benefit to your sessions with your clients.

Be sure to protect yourself from other energies or strong emotions, especially if you are sensitive to them, it can hit your own buttons and pull your session and client in the wrong direction. To protect yourself from other energies or strong emotions, you may want to meditate and ground yourself, and imagine a protective shield around you.

What to Expect from the Client (and yourself)

Before you begin a session, it may be a good idea to think about what your expectations are. Of course it's easy to say, don't have any expectations, and just be totally open, but that isn't always the reality. If you have expectations, find out what they are and see if these are helpful or not to your sessions. All good intentions for the clients can turn into disappointment if you're having certain expectations of an outcome for them. Equally, you may want to find out what, if any, the client's expectations are. You can then discuss openly what to do with these expectations.

Don't expect the client to: make huge changes, have big shifts, get all the symbols, understand their own feelings, figure it out right away. Just allow them to be themselves and allow the process to unfold.

Don't expect yourself to: be perfect, have all the right questions, give the right answers, control the outcome, make a huge impression. Just be yourself and go with the flow.

During the session: What Questions to Ask

Here are some more sample questions you can ask your client during the coaching session:

- What do you see in the picture? What do you feel when you see this picture?
- What is your first impression of what you see?
How do you feel about the colours, shapes, and lines? What do they represent?
- What does your gut or intuition tell you about this picture?
- Where in the picture do you see your situation?
- Where in the picture do you see yourself? If you see yourself, what are you doing?
- Where in the picture do you see other people? If so, who are they?
- Do you see any symbols, animals, faces, etc. in the picture?
- Anything else that stands out for you?
- Do you see any helpful people in this picture? If so, where and who are they?
- Do you see any opportunities in the picture? If so, where and what are they?
- Do you see any unexpected things?
- As the picture rotates, what has changed?
- Do you feel differently about what you see as it rotates?
- How do you feel now? What do you see now?
- Do you feel differently about the colours, shapes or lines as the picture rotates?
- Are you discovering new avenues or opportunities? If so, what are they?
- If they see a symbol, e.g. a circle, ask: What does a circle represent to you? What does a circle mean to you in your current situation or in the future?
- If they strongly dislike a colour, ask them what colour this colour represents. Then ask what colour they would prefer to see. Which colour would feel better and why?
- If they feel disturbed about anything in the picture, ask them what it is it reminds them of. Keep them talking, releasing any feelings that come up and have them journal about it.
- Keep the client going until they can see something helpful or positive in the picture at the end.

How to enhance the client's inner voice

As the coach, you will want to enhance the client's inner voice as much as possible. Reinforce their gut instincts, and allow the client to keep talking about their thoughts and feelings. If they have a difficult time talking about their feelings, encourage them and allow them to feel what they feel.

Why use Journaling exercises

The journaling exercises are meant to enhance a client's inner process. Journaling helps by going a little deeper and exploring feelings without judgement or intended outcomes. Whatever needs to be processed during or after a session can be done by journaling.

Why use Affirmations

Affirmations are a great way to change your "inner talk" with yourself to something more positive. When you read affirmations you will become more inspired on a daily or weekly basis. Each Art Guidance Card comes with a unique affirmation.

Why use a Description of the Card

The meaning of the card is used as a helpful reminder. These meanings are not written in stone, and are only to be used as suggested meanings. They can be helpful also if a client gets stuck or bogged down and wants some reassurance. Often the meaning of the card fits well with the client's situation, especially if the coach has carefully chosen a Guidance Card for the client.

8. After the session

Why Debriefing is Important

You will need to debrief your clients after the session is finished. It is an important aspect of the process to gain closure to what they have just experienced. Clients may have the need to share their thoughts about how the session affected them. Your job as an Art Guidance Coach is to listen with empathy and reassure them if they have any emotions they need to process.

When your clients are new to Art Guidance Cards sessions, it might surprise them if they experienced a strong emotional reaction to the picture, colors, or words on the card. You can share with clients that the cards are very powerful in serving as a reflection of what's already inside them. The awareness of a certain feeling may 'suddenly' become very apparent. Reassure the client, not to be alarmed if this happens. Instead, encourage him/her to use this new awareness and find the gift in the experience.

The client's current life situation will be an influence on how the image is perceived today versus next week or last month. An Art Guidance Card picture in itself is not something that can 'make you feel' a certain way. For example, if the client says the image is perceived as 'scary' or 'mellow' or 'confusing' or 'reassuring', encourage him/her to uncover where in his/her life they are feeling this emotion currently or recently.

The client's mind might automatically tell him/her if the Art Guidance Card feels unsettling, that it 'should' be interpreted as negative or bad. You can remind the client, uncovering a strong emotional feeling isn't always comfortable or fun, but necessary. The good news here is that when they do experience a strong feeling through the Art Guidance Card session, it is a breakthrough (congratulations)! Ask the client to stay with this feeling for a while, instead of pushing it away. What is this feeling really about? Encourage being honest and remind clients they are on the road to healing!

After the session is finished, coach your client to take action. A good idea is to journal about feelings. Ask to write down thoughts, feelings, and experiences. A bigger breakthrough of resolving the situation may be closer than they think. Opening the door to buried emotions is an opportunity go deeper. Take the time to do this! Make space for emotional healing. A single session is usually not enough to explore and heal complex personal growth issues. As human beings, we need to work on goals or issues consistently and over a period of time.

Take time for self-care. This process can be uplifting as well as draining. Therefore, ask your clients what they can

do for self-care until the next session.

If the client didn't get that "amazing shift", don't panic. You may need to explore further and for that there are more Art Guidance Cards waiting.

Ask your client to make a commitment. "I strongly encourage you keep going and make a commitment to continue unraveling your personal path."

How to Recognize and Share Shifts with the Client

With every session, it is advisable to summarize what you heard your client say. You can refer back to your notes in your Coach Prep Form for this. Point out where you noticed him/her taking a risk and moving forward. The client's shifts may present themselves as shifts in attitude, expressing newly found courage, hope, gratitude, excitement, resolve, or more happiness. The client's shifts may also be in letting go of pain, fear, blocks, shame, guilt, blame, inertia, sadness, or confusion.

The client may begin to shift into setting new goals based on their integrity, finding their authentic voice, and wanting to get rid of old baggage that held them back. Here's where you can really be excited with your client, focusing on all the positive results you've noticed your client express. Focus on the client's voice, how they showed up and how they are at the end of the session. Your client may have shifted quite a bit in their voice and energy during the session. As you get to know your client over time, you will more easily recognize their jewels and shifts clients are having through the sessions.

How to Conclude the Session

At the end of the session ask your client "What was helpful for you in today's session" and let the client tell you what was helpful, worked well, and gave him/her new insight. Also be open for constructive feedback and use it to learn about your own coaching style.

You may ask your clients what things they would like to work on until their next session. This could be something related to what emerged from the Guidance coaching session. For example, if they recognized they have been holding back with a goal, now is the time to ask them to take that first small or larger step towards it. Ask them to remember the colours of the picture to help guide them – if a certain colour gave them strength, ask them to keep imagining this colour. You can be very creative with this homework, weaving in parts of what emerged from their session in their homework. When you next speak to your client, remember to follow up on their homework! You might be amazed what the client discovered from the session afterwards. The learning goes on all week.

Because the learning can continue after the session, be sure to point out to your client to pay attention to their dreams, any afterthoughts, new or lingering feelings. Ask your clients to be very mindful and journal all these things in their journal so they can share it with you next time.

9. Professional Conduct Guidelines

Important Art Guidance Coach Information

Please protect and respect the intellectual property of Karin Bauer's Art Guidance Cards and the Inner Guidance Journal. The Art Guidance Cards consist of Karin Bauer's written materials and images of Karin Bauer's original artwork. Please be aware that all images, logo, name, and written materials are the copyright and ownership of Karin Bauer. Images, logo, and written materials are not permitted to be copied or printed without the express permission of Karin Bauer.

Permitted printable Material. Pages that are allowed to be printed clearly have Print Buttons right on our website. If your clients would like to keep a card image/affirmation for further study, they have the option to purchase the Art Guidance Cards decks themselves. You may also purchase additional Art Guidance Cards decks and give/mail the deck or individual cards from the deck to your clients as gifts.

Art Guidance Cards promotional materials. If you want to include Art Guidance Cards promotional materials in your marketing or advertising campaign, we are more than happy to provide you with appropriate wording.

Professional Conduct. The Art Guidance Coach technique was created by Karin Bauer for the sole purpose of

coaching persons to find new perspectives. This program is not intended to diagnose, or, remedy any type of physical or mental illness, or medical condition. If your client is presenting with a problem that is outside the scope of your coaching expertise, or, the client is not appropriate for this coaching program, please refer the client to a qualified, professional health care provider, psychologist, or physician. We are in no way held responsible or liable for any of your clients. If you are uncertain of a client's suitability of participating in with Art Guidance Cards program, please assess the client before engaging in a session. Please use your discretion when choosing and accepting clients for your coaching practice.

Confidentiality. Depending on your country or state's laws (please check), you may need to advise your clients that you will keep any personal information they reveal confidential.

10. In Conclusion

As an Art Guidance Coach, with the materials, tools and process already mapped out for you, you can be equipped to guide your clients. It's a great tool and method to add to your existing practice. You will be right by your client's side to help him/her work through the card, set goals, explore his/her questions, and resolve issues. Your client also has the ability to journal his/her answers.

I hope you will have fun with this process, as you can use your creativity, intuition, and spontaneity. Imagine your clients are eagerly awaiting their next Art Guidance Card, curious and excited!

As you can see, Art Guidance Coaching is unique; it will draw out intuition and create new perspectives. Art Guidance Cards engage anyone from a CEO, business manager, parent, to a child, teenager, or person with special needs. Art Guidance Cards coaching is NOT a cerebral approach based on "bigger, better, faster, more stuff"; it is a gentle, thoughtful, spiritual and powerful approach to elicit those crucial "aha moments". Those moments when a person opens a new channel and begins (or confirms) traveling on a more enlightened path.

Art Guidance Coaches also use the Art Guidance Cards to recognize and encourage the client's innate inner wisdom. Art Guidance Cards can provide a mirror for the soul and a visual tool to coax the wisdom to rise to the surface. This process allows a person to transform unconscious thoughts, behaviours and feelings to consciousness. To witness this process as an Art Guidance Coach can be inspiring and amazing. With Art Guidance Cards as your tool it's easy to provide passionate, inspired and energized coaching sessions! Have fun and enjoy your clients and sessions!