

- 1. Small changes take care of big issues.** Meaning we sometimes think more is more. We want to the client to experience the value, to think it was worth it so we assume that if we make a more dramatic impact it will be more meaningful or valuable.

But your clients' systems can only take so much change at one. What we've given you here in the Deep Dive is actually quite sophisticated. Remember that your clients need time and spaciousness to integrate the transformation that's occurring within them.

When there is a big emotional release in a session, consider checking in with your client with a simple email or phone call within 24 hours. This is not to be confused with a coaching or therapy session, it's simply a 3-5 minute check in to see how they are integrating the shift.

- 2. Anyone can learn to do anything.**
- 3. There's no such thing as failure, only feedback.** Failure is part of gaining experience. Without mistakes no learning happens. Experience provides the opportunity for gaining wisdom! It is only when we label and judge personal experience – rather than understand and use it, that we short-circuit the opportunity to learn. Feedback is what enables us to adjust our behavior in the direction of success. We only fail when we stop trying!
- 4. In order to grow, you have to let go of the thing you are attached to that's stopping you.**
- 5. You can only take your clients as far as you are willing to go.** This is why this is both a professional skills training AND a personal growth training. You get to be both coach and client. This accelerates the learning which is why in TCM certification we continue in this format. You learn by both giving and receiving, by the doing and the experiencing.