



The Insight Exchange

Elizabeth Saigal, Ph.D., CLC., CPQC.

Overview

Our Insight Exchange meets several times a month to experience life coaching tools and community support.

I believe that just like you don't need a fitness trainer to work out and get physically fit you also don't have to have a life coach to get mentally fit.

The Insight Exchange offers you the experience of coaching techniques so that you can take these skills with you and incorporate them into your life as needed. It provides a supportive environment that removes some of the impediments to your success. And, it delivers techniques that allow you to be more intentional and accountable for reaching your goals. You benefit from shared experience and a range of perspectives as brought forth by group members, though any decision on a course of action is yours.

In addition, you gain space to access your inner wisdom resulting in shifts in awareness and insight. You also benefit from increased inspiration and the clarity and confidence to move forward with your plans. Members let go of the things that are no longer serving them and embrace new ways of being. These meetups are a way to connect with your essence, purpose, and mission.

Images by [kalhh](#), [Gerd Altmann](#), and [PublicDomainPictures](#) from [Pixabay](#)



Power Hour: virtual co-working

This meeting is dedicated to sharing an intention to make meaningful progress right now in an area of your life. This could be connecting with your being by taking specific goal-orientated action. The steps you take or initiate during this time are directly related in some way to your overall vision for your future.

Power Hour virtual meeting structure

Orientation - 10 minutes

Introductions, the Pomodoro Technique, Planning time, Shared intentions

Power hour

Two Pomodoro rotations of thirty minutes focused on your intended task(s) with a five-minute break for centering, check-in, and self-care

Debrief - 15 minutes

Sharing, connection, and close-out

At the beginning of each meeting, every member will have an opportunity to record and share exactly what they intend to engage in during the Power Hour.

At the end of each meeting, members will again have the opportunity to record and share their experience including breakthroughs, and shifts in awareness.

In the core part of the meeting, everyone will create the experience that they have described. This connection provides powerful accountability so if there is something that you have been putting off doing or neglecting to do you can leverage the power of the group to get it done.

Optional questions to consider as you plan Power Hour task(s):

1. Specifically, what do you want to get done or initiate? (write your goal in positive language that adds rather than negates)
2. What will you gain if you get this done? What will you lose if you don't?
3. How does this goal relate to your long-term vision?
4. How will you measure your progress?
5. What do you want your experience working on this goal to be like?
6. What dedicated self-care action will you take?

Optional questions to consider regarding your intention for the Power Hour:

7. What did you get done?
8. What did you learn/ find out / discover / adapt? This can be anything related to your goal or the experience of engaging with it.
9. In continuing to carrying it forward, what are your next steps?
10. What possible obstacles could you encounter?
11. How will you adapt your plan (embed flexibility) to meet challenges?
12. What additional group, mentor, or personal support can you include?



Tapping for Transformation

The Tapping for Transformation meeting is your opportunity to learn about and apply this Emotional Freedom Technique to the areas of your life where strong negative emotions are showing up. Tapping is described as psychological acupuncture that can miraculously relieve physical pain and emotional distress.

Tapping for Transformation virtual meeting structure

Orientation - 15 minutes

Introductions, an overview of Tapping, Q and A

Tapping – 40-70 minutes

Planning Tapping focus, Guided tapping, and feedback

Debrief - 5 minutes

Sharing, connection, and close-out

You will find out about the Tapping points and protocol. Every member will have an opportunity to identify how Tapping can be personally applied. As a group you will Tap on one or more specific areas of focus. You will have the opportunity to give feedback on your experience.

Tapping can be applied to expanding your *growing edge* - any area of stress or tension. These are the places where you feel stuck, that you are avoiding, or where you are experiencing conflict. Anywhere that you feel negative emotion.

Optional questions to identify areas of tapping:

1. Identify one challenge ahead of you. This can be a place where you are stuck or feel the tension of your growing edge. One cue can be where you are feeling the most negative emotion right now.

2. What are all the possibilities you have to move forward (Yes.. And ..)

3. Pick one optimal possibility:
 - a. What thoughts come up? (Self-talk that contradicts / encourages)
 - b. What feelings come? (Contraction / expansion)

4. With this same possibility
 - a. What would you ideally like to be thinking?
 - b. What would you ideally like to be feeling?

5. What do you commit to?

6. What do you like/dislike about Tapping?
 - a. What else would you like to know about Tapping?
 - b. How else could you use this tool/technique?



Law of Attraction for Your Desired Change

Law of Attraction for Your Desired Change is a round table meeting where we discuss universal laws and principles of the law of attraction. This increases commitment for what you want, clarity about what is getting in the way, and confidence about getting it done.

Law of Attraction for Your Desired Change virtual meeting structure

Orientation - 15 minutes

Introductions, an overview of the Law of Attraction, Q and A

Application of LOA - 40 minutes

Ask, Align, and Act

Debrief - 5 minutes

Sharing, connection, and close-out

What is your *inspired vision*? There is extraordinary power in speaking out your desires and having others be a part of your prayer. This is an opportunity to elaborate on your dreams. The aspects of your life that you are ready to grow into. The possibilities that you want to explore.

Optional questions to consider during the meeting:

1. Identify and describe one (BIG) thing that you want.
2. To what extent do you believe that you can have it? (Mind, Heart, Stomach, Self-talk, Emotions)
3. Flash forward and imagine yourself having received that thing. What is your experience?
4. How are you thankful for having this thing? consider:
5. What you have gained?
 - a. How your life has changed? (Wheel of life)
 - b. How has your essence been engaged?
6. What could you discover or do to move closer to having this thing?