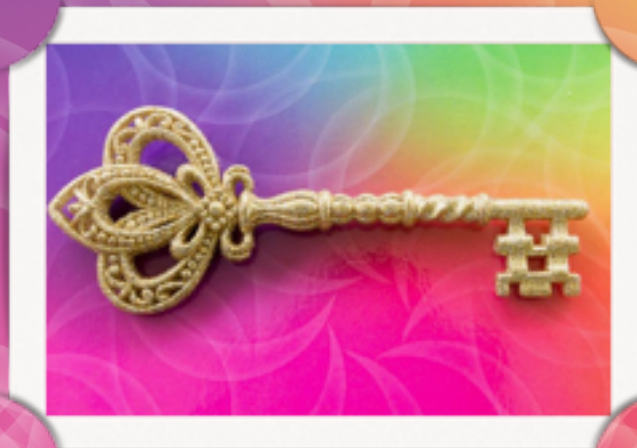


KEY TO CREATIVE WORK

Written by: Erika László



Super Conscious World

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KEY TO CREATIVE WORK

How To Be a Successful Mentor, Coach and Consultant

Practical Guide for Coaches and Consultants, Especially for SuperConscious

Mentors, to Be Credible in a Joyful Vocation

Written by: Erika László

Table of Contents

ACKNOWLEDGEMENT	10
INTENDED AUDIENCE OF THE MANUAL	12
YOU AS A MENTOR/COACH/CONSULTANT	14
HAVE A CLEAR UNDERSTANDING OF THE METHOD YOU ARE USING	14
HOW TO EXPLAIN WHAT THIS METHOD IS.....	16
NOTE IF YOU HAVE EXPECTATIONS	20
BE AWARE OF THE 5 MOST FREQUENT EXPECTATIONS	21
SET GOALS IN FRONT OF YOU	24
UNDERSTAND THE 4 FUNDAMENTALS OF SUCCESS.....	25
IMAGINE YOU ARE SUCCESSFUL.....	28
BE AWARE OF POTENTIAL BLOCKS AND FACE THEM	29
BE AWARE OF THE VALUE OF YOUR INTELLECTUAL WORK	30
SET YOUR COACHING/CONSULTING FEES	32
BE CLEAR ON WHY YOU DO WHAT YOU DO.....	34
UNDERSTAND THE IMPORTANCE OF MOTIVATION.....	35
UNDERSTAND YOUR OWN MOTIVATIONS	37
BELIEVE IN WHAT YOU DO.....	40
BE ABSOLUTELY SURE OF YOURSELF	41
UNDERSTAND YOUR ROLE!.....	42
YOU NEED TO BE AN EXAMPLE.....	43
ALWAYS TREAT YOUR CLIENT – AND EVERYBODY – WITH LOVE	44
DRAW YOUR LIMITS	45
HOW TO BE NEUTRAL?.....	46
HOW TO STAY NEUTRAL WITH A LIKEABLE CLIENT?	48
LEAD THE SESSION WITH CONFIDENCE	49
BELIEVE THAT EVEN A SINGLE SESSION CAN HELP A LOT	50
WHO CAN YOU HELP?	51
UNDERSTAND THE CONSEQUENCE OF COMBINING METHODS	53
<i>Abusing the Trust the Client Has in You.....</i>	<i>57</i>
<i>Being Secretive, Speaking Mysteriously</i>	<i>57</i>
<i>Blaming the Client, Calling the Client to Account.....</i>	<i>58</i>
<i>Dispraising Other Methods, Specialists.....</i>	<i>58</i>
<i>Embarrassing the Client</i>	<i>59</i>
<i>Getting Hurt if a Client Goes to Another Mentor</i>	<i>59</i>
<i>Giving Unsolicited Advice and Being Smart</i>	<i>60</i>
<i>Interfering in Someone Else's Business and Then Telling It to Them.....</i>	<i>60</i>
<i>Judging, Gossiping or Making Comments About Others</i>	<i>61</i>
<i>Knowing Everything All the Time</i>	<i>62</i>
<i>Not Practicing What You Preach.....</i>	<i>62</i>
<i>Providing Frightening, Judgemental Information</i>	<i>62</i>
<i>Showing How Special You Are</i>	<i>63</i>
<i>Telling Someone What to Do.....</i>	<i>63</i>
<i>Voicing Your Opinion that What You Think Is the Only Good Way</i>	<i>64</i>
FOLLOW THE 5 RULES OF CONSULTING.....	67
YOU'D BETTER AVOID GIVING SPECIFIC ADVICE.....	71
AVOID THE 4 TRAPS OF CONSULTING	73
<i>Ask Also Your Client.....</i>	<i>74</i>
<i>"I Don't Understand – I Don't Know".....</i>	<i>75</i>
<i>How to Handle Future-Related Questions?.....</i>	<i>77</i>
<i>How to Handle Questions Relating to Other Individuals?.....</i>	<i>78</i>
WHAT SHALL YOU SAY WHEN ASKED HOW MANY SESSIONS WILL BE NECESSARY?	80
WHAT TO DO IF YOU ARE NOT FEELING WELL?	81
WHERE SHOULD YOU MEET YOUR CLIENTS?	82
HOW TO GET PREPARED FOR A PERSONAL CONSULTING SESSION	83
HOW TO GET PREPARED TO A CONSULTING SESSION VIA THE INTERNET (E.G. SKYPE) OR ON THE PHONE ...	84
WHAT TO DO WITH AN UNPLEASANT CLIENT	85

WAYS TO CREATE A FRIENDLY ENVIRONMENT	87
<i>How to Talk?</i>	88
<i>Body Language</i>	89
<i>Body Language and Intonation to Build Rapport</i>	90
<i>Body Language of the Client</i>	91
<i>The Client's Agreement with You Is Important</i>	91
<i>Recognise and Handle Resistance – "Except...; Only, But..."</i>	92
<i>The Role of AND and BUT in Communication</i>	94
<i>It's Not the Client's Fault if They Don't Understand Something</i>	94
<i>There Is No Absolute Truth, Only Viewpoints</i>	95
<i>Respect the Opinion of the other Person!</i>	95
<i>The Most Important Phrase When Talking about Opinions</i>	96
<i>Consulting Is Not about Your Story</i>	97
<i>Give the Client Some Time to Understand What You Are Saying</i>	97
<i>What if the Client Doesn't Let You Talk?</i>	97
<i>What If the Client Can't Describe What They Want?</i>	98
<i>How Can You Make the Client Realise What They Want?</i>	98
<i>What to Do If the Client Complains that There Is No Change</i>	100
<i>What To Do If the Same Problem Reoccurs</i>	103
<i>What Should You Tell the Client about Why Everything Cannot Be Solved at One Blow?</i>	107
<i>How Things Can Be Reprogrammed</i>	107
INTRODUCTION	109
WHAT TO DO IF THE CLIENT HAS NEVER BEEN TO ANY CONSULTING BEFORE	110
MAKE IT CLEAR WHAT THE CLIENT CAN EXPECT FROM YOU	111
WHAT TO DO WITH A SCEPTICAL CLIENT?	112
<i>Sceptical Clients Are Uncertain if the Method Can Work for Them.</i>	112
<i>Somebody Told Them to Come, but They Didn't Really Want to (and They Let You Know)</i>	112
<i>The Client Has Never Been to Any Session and Doesn't Believe It Could Help</i>	114
<i>If the Client Has Been to a Lot of Places but Nothing Happened</i>	115
<i>Everybody Told Them the Same Things as You</i>	116
<i>If the Client Has Bad Experiences</i>	117
HOW TO START	119
HOW TO HANDLE IF THE CLIENT WANTS TO SOLVE MULTIPLE PROBLEMS (AT A TIME)	120
REPETITION IS THE MOTHER OF ALL LEARNING	121
MAKE AN IMPACT ON THE CLIENT'S EMOTIONS AND IDEAS, RATHER THAN THEIR MIND.....	122
HAVE THE CLIENT IMAGINE	123
QUESTIONS PROMOTING IMAGINATION AND DIVERTING FROM THE CONSCIOUS LEVEL.....	124
TEACH THE CLIENT TO FOCUS AND TO CREATE	125
HOW TO EXPLAIN CONSCIOUS CREATION	126
MAKE CHANGES TO HAVE MORE AND BETTER.....	127
HOW TO START THE SESSION WITH A RETURNING CLIENT	128
STATEMENTS TO REASSURE AND ACKNOWLEDGE	129
USE OF THE SUPERCONSCIOUS™ CHAKRA CARDS™	130
HANDLING GRIEF AND LOSS.....	131
<i>What to Do if the Client Reports Strange Symptoms or Feelings</i>	134
<i>Summarise What Has Happened</i>	136
<i>Emphasise the Positive Things and Focus the Client's Attention to It</i>	136
<i>Give the Client Homework</i>	136
<i>Don't speak about your own problems to your client!</i>	141
<i>Don't Let Anything Else to Distract Your Attention, Focus on the Client!</i>	141
<i>Never Call the Client to Account!</i>	141
<i>Don't Talk behind the Client's Back!</i>	142
<i>Transforming a Stressful Situation</i>	144
<i>Purchase of Real Estate</i>	146
<i>Financial Problems of a Consultant</i>	148
<i>Facilitating Decision-making</i>	150
<i>Fear of Flying</i>	152

If you feel no love, sit still. Occupy yourself with things, with yourself, with anything you like, only not with men.

Leo Tolstoy
(1828-1910, Russian writer, philosopher)

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Thanks to many of my clients and students who had trust in me.

Thank you so much, I have learnt, and I keep learning a great deal from you!

I am grateful to my partner, my husband, for letting me write whenever I get inspired. :)

Thanks for the invisible inspiration and the joy that writing means to me!

I'd like to thank all of you for contributing to setting up this manual!

With all my heart, I hope it will help your work as a mentor and will benefit you and your clients.

Erika

INTENDED AUDIENCE OF THE MANUAL

This book is primarily intended for our SuperConscious™ Mentors.

You may, therefore, sometimes find references to the SuperConscious Self-Coaching™ (SSC) chart system.

However, if you don't use SuperConscious Self-Coaching™ but another method to help your clients, you will still find this book as a great help to your work.

Although for some of the references I use, you won't be able to receive any information from the SSC charts, you will get specific, practical ideas and advice in other situations when you work as a mentor.

Yet, if you can feel that it is not enough for you and you would like to get more information about the SuperConscious Self-Coaching™ system to have a better understanding of yourself and raise your consciousness, and if you want to get help for the changes, I suggest that you should contact a SuperConscious Mentor™ or apply for a class.

Our website includes a list of our members, and you can also register to the classes.
(www.scc.world)

Note if You Have Expectations

- Highly specific expectations and attachment to a specific outcome can block your positive creation (the client's positive creation), as well as the faith in yourself and the method.
- When you want something too badly, you are still creating. In this case, however, you are creating the exact opposite of what you want; instead of attracting, you keep it away from yourself with your convulsive attachment.
- The convulsive attachment will not help; the energies of acceptance and release are the ones that promote the realisation of anything.
- Often, we do not even notice how much we are attached to one particular outcome.
- Be aware of your expectations, and see if you cling convulsively to an outcome.
- Recognise these "at all costs, by any means" issues with your clients, too, call their attention to it, and transform these fear-based energies.

Set Goals in Front of You

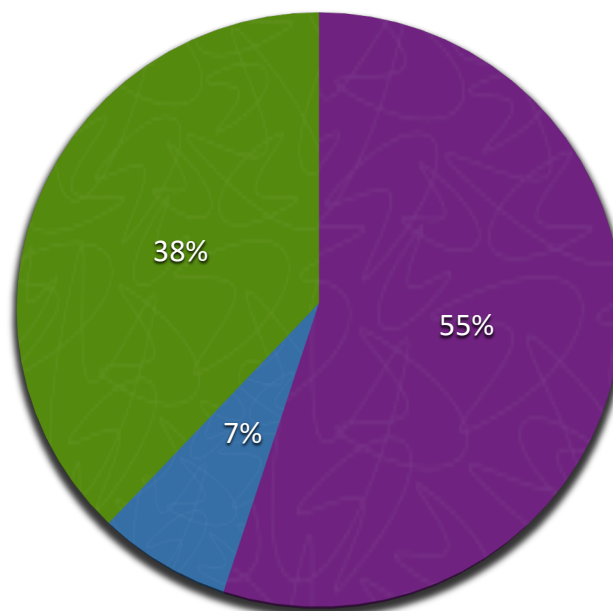
- What kind of goals would you like to achieve as a mentor/consultant/coach?
- What is your goal you want to achieve the next month? In the next six months? In a year's time?
- What are the circumstances you want to work in? At what kind of place?
- What are the clients like who you would like to see?
- It is a good idea to imagine that the people who will come to you are exactly those who need you, and who are open to what you can offer them. (This also applies to other professions such as insurance agents.)
- How many clients would you like to work with? What would be the ideal number of clients for a week/a month?
- How much income would you like to get for a month/a year?
- Take some quiet time to imagine the ideal situation (place, income, the number of clients), and see if you have any resistance or beliefs that prevent you from creating this.
- Don't forget that your wishes can only come true if YOU consider them real and if YOU believe them!
- If you don't believe it (yet, you write it down as the optimal number) that from the next month you will get ten clients per week in a new office, then writing it down was in vain, it will never work, and you have just increased your frustration towards yourself.
- Determine an exact number for you, and write it down in your diary (or you can just visualise it - whatever feels better for you), and from time to time (once in six months or a year) review your diary, and change the number if you think it's appropriate.
- Always appreciate your progress, celebrate and reward yourself!

COMMUNICATION

How to Talk?

- The message you want to communicate comprises three important components:
 - body language, i.e. gestures, facial expressions
 - intonation, i.e. the accent of the expressions, the voice itself
 - content, i.e. words you are using
- Body language and intonation are more important than words, making up 93% (!) of the entire message.
- Just think about the many different ways you can say “I love you”...you can also say

■ Body language ■ Content ■ Intonation, tone



it in a way that means “I hate you” to the other person.

- The tone you are using should be calm and deep, it is important to avoid gabbling, make sure you talk slowly.



ABOUT THE AUTHOR

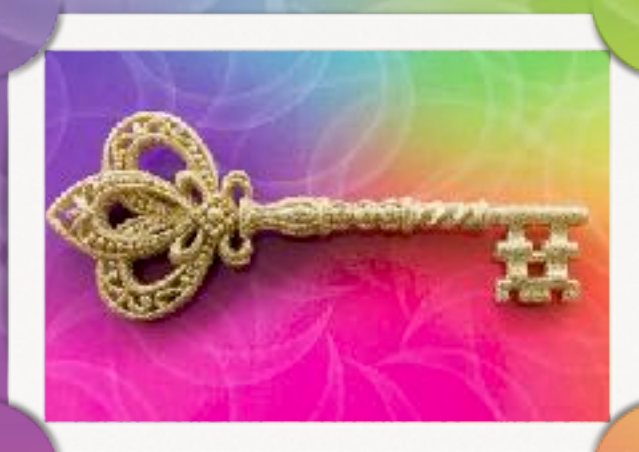
Erika László has long dedicated her life to helping people reach their goals and accomplish their dreams by making them aware of their superconscious.

She has held various classes all over the world for several years, both in English and Spanish. She is the creator of SuperConscious Self-Coaching™ and co-founder and co-owner of SzuperC Ltd. (Hong Kong) and SuperConscious community. She is also the creator and author of the card system and book SuperConscious Chakra Cards™ and founder of the classes Conscious Money Creation™ and Conscious Communication™.

For further information please visit www.laszloerika.hu or www.scc.world.

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