

Do you feel most *creative*  
when connecting and  
*coaching* others?



## Creatively Fit Coach Training October 2018 Group Calls . Individual Coaching . Dates

Welcome to The Creatively Fit Coaching Training. I am honored and excited to gather together to CREATE more of what we WANT and share our abundance with others!

*YOU are here to help change the world...if that does not feel totally comfortable to you, it will in a couple of months!*

You are here because you are passionate about our individual + collective creative potential. You are here because you want to create or expand your business coaching + teaching OR you are here because you want your own creative immersion + personal transformation.



*In this document* is the outline of the training the dates and times of our monthly Group Calls with Whitney Freya + Master Coach, Angela Murray, and all important links and numbers. SAVE THIS FOR REFERENCE THROUGHOUT THE TRAINING.

The “Warriors of the Rainbow” would show the people that The Great Spirit is full of love and understanding, and teach them how to make the Earth beautiful again.”

## Training Schedule:

### **LEVEL I: February 4th-March 30th Vision Quest . 4 Elemental Modules**

- February 4th AIR Module
- February 18th FIRE Module
- February 25th WATER Module
- March 11th eARTh Module

### **LEVEL II: April 1st - January 20th Super Soul Flow . 8 Modules**

- April 1st Lessons 1 + 2
- April 8th Lesson 3
- April 15th Lesson 4
- April 22nd Lesson 5
- April 29th Lesson 6
- May 6th Lesson 7 + 8

### **LEVEL III: May 13th - May 31st North Star Mastermind . 3 Modules**

- You will teach a Rise Above Painting Meditation Workshop this month!

### **LEVEL IV: June 1 - November 31st, 2019 CCFC Team Biz Coaching**

- June 1-on-1 Coaching Call (1-on-1 calls are with either Whitney Freya or Angela Murray)
- July 11th 11a PST Group Coaching Call
- August 1-on-1 Call
- September 10th 11a PST Group Coaching Call
- October 1-on-1 Call
- November 5th 11a PST Group Coaching Call

**ALL CONTENT** is located in the Creatively Fit Coaching Classroom at <http://whitneyfreya.teachable.com>. Content specific to your training group will be made available February 4th.

**All Group Calls Meet on Zoom & are recorded.**

Click this link to join us live: <https://zoom.us/j/994902680>

You are here to AWAKEN and share your AWAKENING with your world. You FILL UP your “chalice” and then serve others from your overflow. Through your NORTH STAR you remember your true path.

**Private FB Group** is located at <https://www.facebook.com/groups/winter2019ccfc/>

### ONE-ON-ONE Coaching Calls with Whitney Freya & her Master CCFC, Angela Murray

*You will speak with Whitney, or Angela Murray, CCFC Master Coach, once during September OR October, November OR December + January. Then, again in the CCFC Team, in March, May + July 2019. 6 total!*

*Everyone does their FIRST call with Whitney Freya (ideally in September 2018). Pick a time now via this link (and use this link for any future calls): <https://www.timetrade.com/book/XH3TK>*

*ANGELA's link: <https://calendly.com/livinglifeincolour/30min/>*

### Dates of Group Calls for Creatively Fit Coach Training:

Kick Off + AIR Call: Wednesday, February 6th . 2p PDT . 5p EDT

FIRE Call: Thursday, February 21st . 2p PDT . 5p EDT . 10p London

WATER / Shamanic Painting Call: Thursday, March 7th . 2p PDT . 15p EDT ***\*\*This is a special TWO HOUR call!***

eARTh Call: Thursday, March 21st . 2p PDT . 5p EDT — ANGELA

Super Soul Flow #1 + #2 Friday, April 5th . 2p PDT . 5p EDT

Super Soul Flow #3 + #4 Thursday, April 18th . 2p PDT . 5p EDT

Super Soul Flow #5 + #6 Thursday, May 2nd . 2p PDT . 5p EDT — ANGELA

Super Soul Flow #7 + #8 Wednesday, May 8th . 2p PDT . 5p EDT





The North Star is when you “remember” your deepest truth!  
 During this month we will coach you through creating your CCFC business & you  
 will lead your 1st Rise Above Painting Workshop!

NORTH STAR #1 / Shamanic Painting: Thursday, May 16th . 2p PDT . 5p EDT

*\*\*This is a special TWO HOUR call!*

NORTH STAR #2 Friday, May 24th . 2p PDT . 5p EDT—ANGELA

NORTH STAR #3 Thursday, May 30th . 2p PDT . 5p EDT

### 6 MONTH BIZ COACHING . CCFC Team

We meet every month for six months, alternating GROUP calls + 1-on-1 calls.  
 Dates & Times are on page 2 of this document: June 2019 is 1-on-1 calls, July  
 GROUP...etc.

You will receive a “6 Month Plan” from Whitney & Angela after completing a  
 survey so that it is tailored just for you.



## Additional Training Requirements

1. *Create your own [zoom.us](https://zoom.us) account: This is free. Your 1-on-1 calls with Whitney or Angela can be held on YOUR Zoom account so that you can record the meetings.*
2. *VISION QUEST: You will create one teaching video around painting a symbol. You will see examples in Vision Quest.*
3. *SUPER SOUL FLOW: You will be matched up with a partner in the training group or a current CCFC to lead each other through the meditation.*
4. *You will hold a Rise Above Painting Workshop in May 2019. You will have an outline, Whitney or Angela or another CCFC will join in LIVE via Zoom to support you, and you will have graphics and images to use to promote the workshop via email, FB event, & social media.*

*Each of these requirements are to empower you, to give you confidence, experience, and learning opportunities. You will EXPERIENCE being a Creatively Fit Coach before the training is over! AND Whitney is always ready to tailor your requirements to best fit your needs.*

*Welcome to an incredible journey. We are all so excited you are here!*

*Thank you all for joining the TRIBE!*

