



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

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.



## **Training Schedule:**

### **LEVEL I: September 28th-December 1st Vision Quest . 4 Elemental Modules**

- September 30th AIR Module
- October 14th FIRE Module
- October 21st WATER Module
- November 4th eARTh Module

### **LEVEL II: December 3rd - January 20th Super Soul Flow . 8 Modules**

- November 18th Lessons 1 + 2
- December 2nd Lesson 3
- December 9th Lesson 4
- December 30th Lesson 5
- January 6th Lesson 6
- January 13th Lesson 7 + 8

### **LEVEL III: February 2020 North Star Mastermind . 4 Modules**

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

### **LEVEL IV: March 1 - August 31st, 2020 CCFC Team Biz Coaching**

- March 1-on-1 Coaching Call (1-on-1 calls are with either Whitney Freya or Angela Murray)
- April, June, Aug. Group Coaching Calls
- May and July 1-on-1 Call





**ALL CONTENT** is located in the Creatively Fit Coaching Classroom at  
<https://whitneyfreya.teachble.com>

## One-on-One Coaching Calls

*#1 Coaching Call with Whitney Freya*

*#2 Coaching Call with Whitney Freya in November/ December.*

*#3, #4, #5 Coaching Calls will be with Whitney or Angela during Level IV*

*Everyone does their FIRST call with Whitney Freya (ideally before September 28, 2019).*

**Whitney's link:** [https:// www.timetrade.com/book/XH3TK](https://www.timetrade.com/book/XH3TK)

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

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

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

**Private FB Group** is located at <https://www.facebook.com/groups/ccfcfall2019/>



Join me for PAINTING

*meditation!*

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

Kick Off + AIR Call: Tuesday, October 1st . 2p PDT . 5p EDT

FIRE Call: Thursday, October 17th . 2p PDT . 5p EDT . 10p London

WATER / Shamanic Painting Call: Tuesday, October 29th . 2p PDT . 15p EDT *\*\*This is a special TWO HOUR call!*

eARTh Call: Friday, November 15th . 2p PDT . 5p EDT — ANGELA

Super Soul Flow #1 + #2 Tuesday, November 25th . 2p PDT . 5p EDT

Super Soul Flow #3 + #4 Monday, December 11th . 2p PDT . 5p EDT

Super Soul Flow #5 + #6 January 10th . 11a PDT . 2p EDT — ANGELA

Super Soul Flow #7 + #8 January 21st . 2p PDT . 5p EDT



your...

# north star!

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: February 5th . 2p PDT . 5p EDT

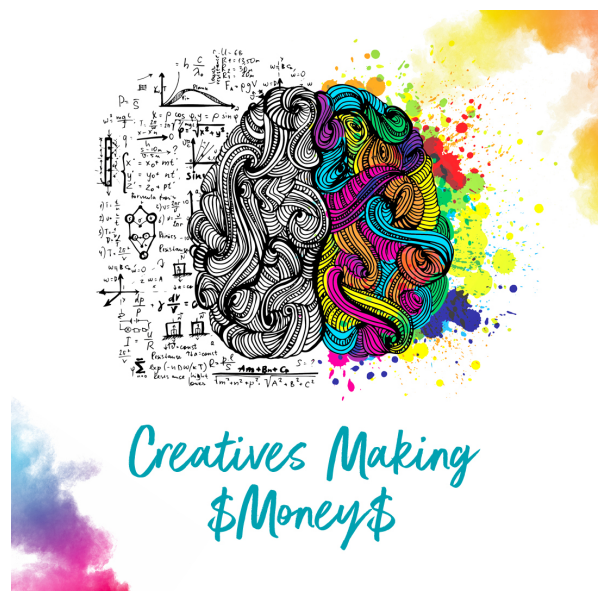
*\*\*This is a special TWO HOUR call!*

NORTH STAR #2 February 14th . 2p PDT . 5p EDT—ANGELA

NORTH STAR #3 February 26th . 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 TBA. March 2019 is 1-on-1 calls, April GROUP...etc.

- You will receive a “6 Month Plan” from Whitney & Angela after completing a survey so that it is tailored just for you.
- You will have access to the “Creatives Making Money” Course with 30 Biz Building Prompts to launch or grow your business, your presence as an artist, and / or your presence as an influencer of change and positive creativity!



# Additional Training Requirements

1. Create your own 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. If you do not have one already, you will create a separate FB page for YOU as a Life Artist, an artist, Creatively Fit Coach, etc.

3. You will be assigned an accountability partner for Vision Quest, and another for Super Soul Flow.

3. VISION QUEST: You will create one teaching video around painting a symbol. You will see examples in Vision Quest.

4. SUPER SOUL FLOW: You will lead your accountability partner through a SSF meditation.

5. You will hold a Rise Above Painting Workshop in February 2020. 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!

