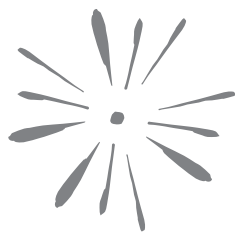


SPARK CHANGE

JENNIE LEE

A GUIDE FOR COACHES & THERAPISTS



USING *SPARK CHANGE* WITH YOUR CLIENTS

Welcome, coaches and therapists!

Spark Change: 108 Provocative Questions for Spiritual Evolution was written by a longtime spiritual coach/yoga therapist, Jennie Lee. For over two decades, she has refined questions to help her clients get unstuck. These powerful questions require accountability, and they create inner empowerment. People have reported having visceral responses to the questions, “aha” moments, and genuine desire to take action.

In *Spark Change*, you’ll find 12 themes for reflection, with nine questions connected to each theme. These questions allow people to think differently and see possibility where they maybe didn’t see it before, inviting lasting change from the inside out. Using these questions with your clients, you’ll provide a platform for people to get clearer about the changes they need to make and engage them to be more hopeful that they can accomplish these changes.

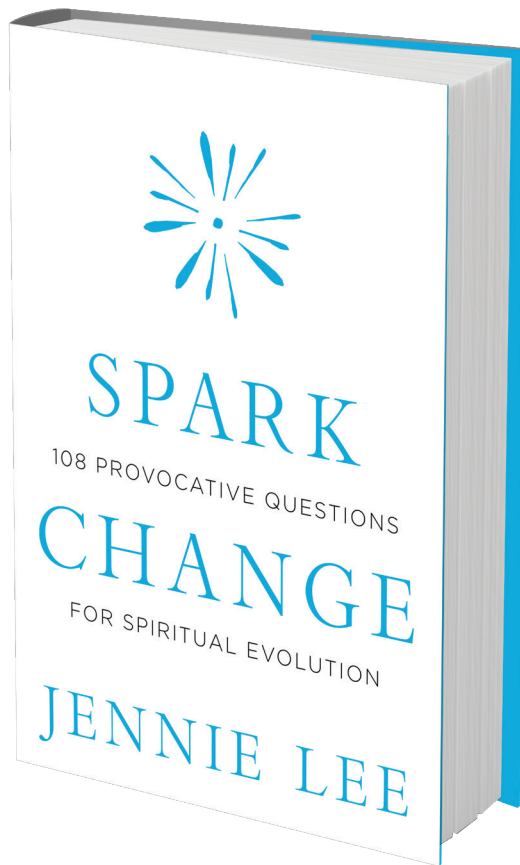
The questions prompt people to accept responsibility for their reactions to life’s circumstances, making them agents of their own destiny. This helps them become more courageous. The questions will help you help your clients move toward a greater awareness and expression of their highest, truest self.

And don’t forget . . . even coaches and therapists get stuck sometimes too. By using the 108 questions in your own life, you will be even better equipped to help others.

Here are just a few ways you might use *Spark Change* with your clients:

- ✧ Leave the book in your lobby or on your desk facing forward to spark their curiosity.
- ✧ Ask them to open randomly to a question to begin the day’s conversation.
- ✧ Offer paper and pen for them to answer a question in writing. Set a timer for three minutes and see what comes up.
- ✧ Write the 12 chapter themes on a whiteboard and ask your client to pick the word that most resonates. Then choose a question from that chapter to discuss.
- ✧ Find a question that you think is fitting for their circumstance and weave it into your session.
- ✧ Ask for a commitment to work through the 12 chapters, one month at a time for a year.
- ✧ At the end of a session, offer a question for your client to reflect upon until you meet again.
- ✧ Or assign a question and ask them to bring in their reflective writing for discussion at your next appointment.

These are just a few ways to use *Spark Change* in your coaching or therapy practice. Be creative and have fun with it! These powerful questions are sure to ignite lots of new inspirations for you and your clients.



Jennie Lee is the award-winning author of *True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment* and *Breathing Love: Meditation in Action*. She is a recognized expert in the fields of yoga therapy and spiritual living. As a certified yoga therapist, she has taught classical yoga and meditation for more than 20 years and coached private clients in the practices that integrate life spiritually, mentally, emotionally, and physically. Her writing is featured regularly in national magazines such as *Light of Consciousness* and *Yoga Therapy Today*, and online at Yogapedia, Yoga Digest, mindbodygreen, and many more. She also writes inspirational screenplays and facilitates international wellness retreats. For more, see jennieleeyogatherapy.com.

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