Client journey

Intro to SIL(self inventory lab ) IMS (insight mapping system)

* Warm leads -
  + Receive newsletter via Flodesk
    - Call to action is book a session ( choice is 1, 3 or 6 sessions) via acuity or Join live Q/A
      * how will they receive my Zoom link? Do I send it individually? Can this be sent via flow desk or do I send it to everybody via my Google calendar?
  + When somebody books a session they need to fill out a client intake form
    - There is in option in acuity at the time of booking or do we use an AI tool and its emailed to them prior to having a live acuity link? How do we capture what we need prior to booking the appointment?
  + Are we giving the freebie away during this soft launch or is this for the new year launch?
  + Will we require somebody to fill out a profile intake form to join the Q&A?
    - If not, then post Q/A call to action is email to book and create a profile?

**\* something to keep in mind:**

* Client needs access to a member portal (does this become a digital journal) .This is where their information lives and they will continue to look to see what their goal is, what their HD is, what their limiting belief is and they will build on their IFS throughout their journey within the self inventory lab and while working on the insight mapping system. Their parts will be given a name by me but there are so many versions of parts that may show up that we need to keep track, a spot for the questions to ask each part. Is this filled out by me or does the client go back in and fill it out like a digital journal?

Repository of exercises based on package booked

Client buys 1 session

1. fills out client profile form
2. Pre session - An email or PDF is sent explaining human design, it will list their specific energy type, authority and strategy. It will explain what being self led means. Explanation of IFS and a high level description of the manager role and the firefighter role and how they are protecting yet keeping client small.
3. Pre session questions -
   1. Look at client intake form

* In session we will discuss their goal, what limiting belief is in their way. I’ll tie the insight mapping system together in explanation.
* One name per protector will be given based on Limiting belief and the goal in session

3.Post sessions will be the HD self, the names or protectors discussed in session and questions to ask their parts and one action step will be sent via email as a pdf.

Client buys 3 session package

1. fills out client profile form
2. Pre session - An email or PDF is sent explaining human design, it will list their specific energy type, authority and strategy. It will explain what being self led means. Explanation of IFS and a high level description of the manager role and the firefighter role and how they are protecting yet keeping client small.
3. Session 1 of 3:
   * In session we will discuss their goal, what limiting belief is in their way. I’ll tie the insight mapping system together in explanation.
   * We explore HD and how to step into BEING your design
4. Post session will be an emailed PDF of all the action steps and examples of how to be self led
5. Session 2 of 3:
   * Pre session- an email with high level of IFS and who each part is
   * In session we Identify and Uncover Obstacles Using IFS- name their parts

6. Post session email will be the names of the parts and how they are showing up for them specifically as well as questions to begin asking the parts

7. Session 3 of 3:

* + Pre session- email sent to come prepared with how getting to know their parts is going
  + In session- We discuss how to step into self led now that we know the parts in the way
  + Post Session- Action step/road map via email as a PDF is sent that is working towards their goal

\*\* When is their client profile updated? Is it by me? Is it by them?Is it by AI?

Client buys 6 session package Spread out over 12 weeks

-fills out expanded client profile form

-No prep as all of these are working sessions.

1. Session 1: Introduction to Insight Mapping System and Set the Intention
   1. Introducing the Insight Mapping System.
   2. Set the intention for the container, explain Human Design and IFS, and clarify the desired outcome (clarity, growth, action).
   3. Post session- email the PDF of a cheat sheet of what the inside mapping system is
2. Session 2: Clarify the Goal
   1. Define short-term and long-term goals.
   2. Focus on areas like career, money, identity, self-worth?
   3. Post session- email of a summary of the goal that we're working towards
3. Session 3: Explore Human Design
   1. Dive into the client’s Human Design chart: explore energy type, strategy, authority, and how to integrate these into their daily lives.
   2. Guide the client to visualize themselves achieving their goal while using Human Design elements.
   3. Post session : email a PDF of a full human design breakdown an action steps to start being self lead
4. Session 4: Identify and Uncover Obstacles Using IFS
   1. Work through any limiting beliefs, fears, or blocks using compassionate inquiry.
   2. Introduce the Human Design Self as the guide to interact with these parts.
   3. Ensure that clients learn to recognize and inquire into their parts (managers, protectors, firefighters) compassionately.
   4. name each part
   5. Post session email will be the names of the parts and how they are showing up for them specifically as well as questions to begin asking the parts
5. Session 5: Release the Burden and Create Alignment
   1. Help parts let go of their burdens through visualization exercises, journal prompts
   2. Guide the part back to a less heightened role so the Human Design Self can lead
   3. Integrate the parts into a Self-led system, incorporating Human Design guidance for daily decisions.
6. Session 6: Integration and Action Plan
   1. Develop an action plan integrating Human Design and IFS insights to achieve the client’s goals.
   2. Focus on practical steps (journaling, meditations, daily check-ins) to maintain alignment and guide actions.
   3. Reinforce the concept of Self-leadership for ongoing practice.
   4. Post session road map and action syeps