



**The Sun** is a comprehensive coaching training program designed to equip you with the knowledge, skills, and experience necessary to become a **powerful and impactful coach**. This unique program delves beyond traditional coaching techniques, incorporating the wisdom of the **five elements** and **ancient healing practices** to create a **holistic approach** to coaching that addresses your clients on **physical, emotional, mental, and spiritual levels**.

### **The Sun Curriculum:**

Our curriculum is divided into three core pillars:

#### **1. Unveiling the Essence:**

- **5 Elements Work:** We'll explore the **five elements** (earth, water, fire, air, and space) and their associated **essences**. You'll gain a deep understanding of how these essences manifest in individuals and situations, allowing you to tailor your coaching approach accordingly.
- **Essence Work:** Essence can be used metaphorically to refer to the core characteristics or defining vibrations of an individual. This aligns with concepts like personality, identity, and core values. It's the fundamental aspects that make someone who they are, shaping their thoughts, behaviours, and emotions. This usage acknowledges that individuals are complex and multifaceted, but it suggests that there are central elements that contribute significantly to their unique being.
- **Shadow Work:** We'll delve into the concept of the **shadow** - the unconscious aspects of ourselves that can hinder our growth. Through self-exploration and guided exercises, you'll learn to integrate your shadow, leading to greater self-awareness and authenticity.
- **Narrative Storytelling:** The power of stories is undeniable. We'll explore how to use **narrative storytelling** as a coaching tool to help clients connect with their experiences, identify patterns, and envision their desired future.

#### **2. The Architecture of Healing:**

- **Understanding the Structure of Healing:** We'll break down the **different layers of healing**, including physical, emotional, mental, and spiritual. This knowledge will equip you to support your clients on a holistic journey towards well-being.
- **Mandala Work:** Mandalas are powerful tools for self-discovery and integration. You'll learn how to use mandalas in your coaching practice to help clients gain insights into their inner landscape and facilitate deeper healing.
- **Mother-Womb-Child Connection:** We'll explore the profound impact of the **mother-womb-child connection** on our lives. You will understand how to create a

womb around you always, that protects, connecting with the spirit mother and helping the wonderful inner child to grow its wings.

### 3. Exploring the Unseen Realms:

- **Spirits and Ancestral Healing:** We'll delve into the world of **spirits and ancestral healing**. You'll learn about different cultural perspectives on these realms and explore ways to support clients in connecting with their ancestors and seeking guidance from the spirit world.
- **Ghosts and Demons:** We'll address the concept of **ghosts and demons**, exploring their potential influence on individuals and how to navigate these energies ethically and effectively in a coaching context.
- **Primal Strength:** We'll explore the concept of **primal strength** - the innate power and resilience that resides within each of us. You'll learn how to help clients tap into this strength and overcome challenges with greater courage and confidence.
- **Trauma Healing:** We'll equip you with knowledge and tools to support clients who have experienced **trauma**. You'll learn about different trauma modalities and how to create a safe and supportive space for healing within your coaching practice.

### The Sun Experience:

The Sun program is more than just a training course; it's a **transformational journey**. You'll engage in **interactive workshops, group discussions, individual exercises, and self-reflection practices**. Our supportive learning environment fosters **collaboration, personal growth, and the development of your unique coaching style**.

### Who Should Attend The Sun:

- **Aspiring coaches:** If you're passionate about helping others and seeking a comprehensive foundation in coaching principles, The Sun is an ideal starting point.
- **Existing coaches:** Looking to **enhance your skills** and **expand your perspectives**? The Sun will equip you with advanced tools and techniques to elevate your coaching practice.
- **Individuals seeking personal growth:** The program's focus on self-exploration and healing can benefit anyone seeking to gain a deeper understanding of themselves and unlock their full potential.

The program might will also include **case studies** to **demonstrate the application of different concepts** like essence work, shadow work, or other program elements within coaching scenarios. This can help participants **visualise and strategically experience** how these concepts translate into real-world situations.

**By participating in The Sun, you embark on a transformative journey of self-discovery and empowerment. You'll not only become a skilled and effective coach, but also gain valuable insights into your own life and well-being.**

**Administrative details :**

When : On Mondays - 7pm to 9pm

Where : Online on Zoom

38 Sessions per year online and a 7 day retreat - every year

Duration of the program : 3 years.

Cost : Rs.3500/- per month

Payable : Every month before 5th.

There are several other programs that are conducted by Pavithram. Please refer to the website. By paying an additional Rs.1500/- along with the monthly subscription every month. You are welcome to attend any program conducted and facilitated by Pavithram free of Facilitation cost (Accommodation, travelling and food expenses need to be paid at actuals)

For more details on check on [www.pavithram.info](http://www.pavithram.info)