



# TT COACHING

Coaching Skills  
Development Program  
with a Focus on Holistic  
Approaches

Tomislav Tomic

INTRODUCTION

# TT COACHING



## INTRODUCTION

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# INTRODUCTION

Understanding TT Coaching and  
its fundamental concepts

# What is TT Coaching and what does "holistic coaching" mean?

TT Coaching is a program that teaches you how to guide your clients through the coaching process by applying holistic principles and a holistic view of life.

The foundation of the program is the idea that we're essentially spiritual beings who came here to experience the physical plane. As such, we're already whole. The coaching process isn't meant to "fix" us but to help us recognize and express our true (whole) selves, connect with the spiritual Force within us, let go of all that doesn't belong to us, and anchor our goals in our authentic story.

The program is based not only on the idea that our mind, body, and spirit are interconnected and form an inseparable whole but also that the same principle of interconnectedness applies to all other areas of our lives. Unlike coaching styles that focus only on a specific solution/outcome, TT Coaching always looks at the big picture of the client's life. Therefore, during the coaching process, we systematically review how a change in one area of life affects the client's life as a whole.

TT Coaching isn't only about how to achieve certain goals but also about how to spice up the way to get there and become a new, more evolved version of yourself.

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# The basic philosophy behind the TT Coaching program

## FEATURED IDEA FROM THE PROGRAM

"The soul writes the script. You're the actor and director. The soul script isn't your destiny, but a general tendency related to certain experiences that your soul (read: the real you) wants to explore in order to evolve and experience life from a unique perspective.

Your task is to "download" this script and shape it in your own way. If the script wasn't already written, how else would you feel the pulsating desires within you?

If the script wasn't already written, why would you come to earth with certain innate talents and preferences?

Do you really believe that you - on the level of your personality/ego - create your heart desires yourself?"

- Tomislav Tomic





## FEATURED IDEA FROM THE PROGRAM

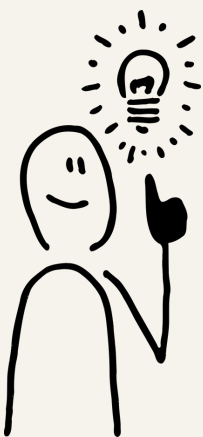
Close your eyes and try to feel the stream of Love flowing unceasingly through you.

You don't have to imagine it. It's already alive and active within you. Just observe it gently.

The more you observe it, the faster and easier it will be for you to recognize it at different times of the day and in different situations. Make it the basis of your confidence because it's the only permanent thing in your life.

Everything else is just temporary "stations." Perhaps pleasant stations. Perhaps interesting stations. Perhaps sexy. But, in essence, they are just transient stations.

- Tomislav Tomic





## FEATURED IDEA FROM THE PROGRAM

Your soul's purpose is not tied to a particular job or activity. It's essentially about the vibration in which you feel most "at home." Certain activities and types of work can enhance that vibration, but remember that the heart of the story is the vibration of “home”.

Follow that vibration, nurture it, embrace it as much as possible, and trust that everything else will fall into place at the right time.

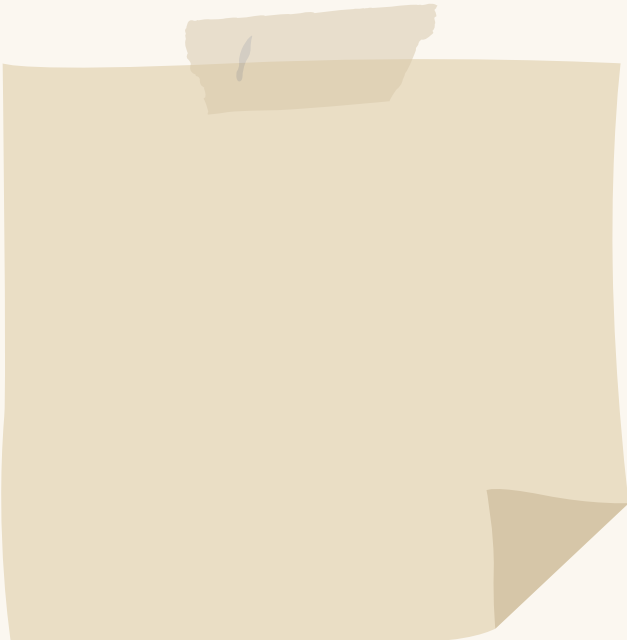
- Tomislav Tomic



NOTES:



A series of 15 horizontal lines for writing notes, spanning the width of the page.



# "50/35/15 MODEL" WHY/WHAT/SOMETHING

## TT Coaching holistic approach to goals

It's relatively easy to manifest SOMETHING you truly desire. Understanding WHAT you truly desire deep down in your heart is much harder. And even harder is becoming aware of WHY you really desire that.

WHY you desire something is directly connected to the essence of your soul's purpose. It's what you came here on Earth for in this lifetime and represents the highest level of your expression in various aspects of life.

WHAT you truly desire is connected to your vision. This is when the energy of your soul's purpose (WHY you desire something) is downloaded into your conscious mind, creating an image or concept that represents your soul's purpose in a particular aspect of life.

SOMETHING you truly desire is associated with specific goals to embody your vision (WHAT you truly want) into an experience that is somehow visible and tangible to you.



When SOMETHING you truly desire (BODY / PHYSICAL ASPECT) is in harmony with WHAT you truly desire (MIND / VISION), which is in harmony with WHY you truly desire that (SPIRIT / PURPOSE), you have created a channel through which you can uniquely express your spiritual essence in the physical dimension.

And that is the essence of a holistic approach to goals - the magical dance of mind, body and spirit.

That's why in the TT Coaching program, we use the "50/35/15" strategic model, where WHY / PURPOSE (50%) is the focus of the coaching process, followed by WHAT / VISION (35%) and SOMETHING / GOALS (15%).

With this approach, we guide the client on a holistic path, regardless of the type of goal.

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# Who is a holistic life coach and what is their essential role in the coaching process?

## FEATURED IDEA FROM THE PROGRAM

### The Profile of the Holistic Life Coaches

Holistic Life Coaches usually view body, mind, and spirit as inseparable entities and see/feel that all aspects of our lives are interconnected.

Their common characteristics include a love of empowering, encouraging, and inspiring people to become aware of and activate their true potential, open themselves to all available possibilities (known and unknown), and release inner barriers that hinder them on this path.

They feel that on a deeper level, we're all one and believe that we are guided by an invisible hand of the Universe, provided we're open and consciously create space in our minds for it.

They see their clients as whole beings who don't need to be "fixed" but must create the inner and outer conditions for their authentic selves to fully unfold.



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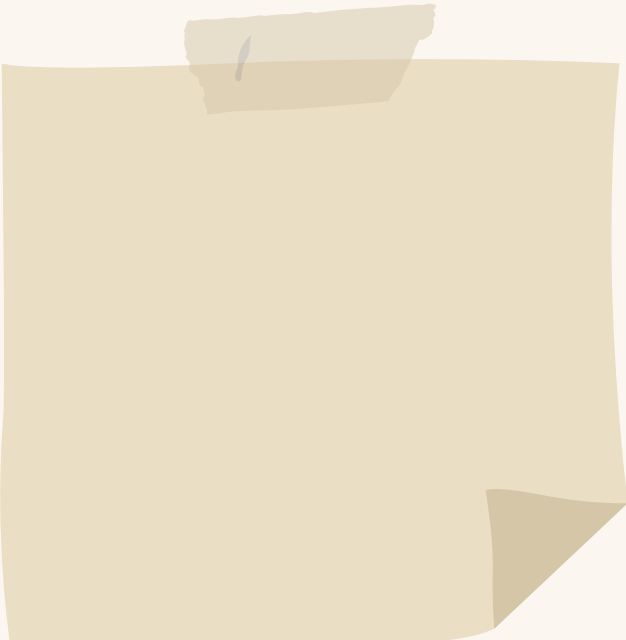
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# From mentoring and giving instructions to coaching

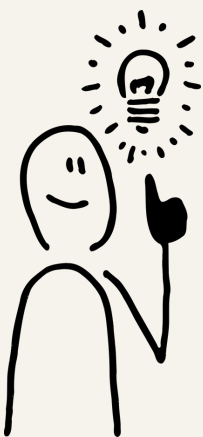
## FEATURED IDEA FROM THE PROGRAM

When you were a child, if you wanted someone to discuss your pressing problems or desires with, you usually received philosophical insights, mentoring, or advice. Rarely were you provided with an "unbiased space" to facilitate the change you desired.

However, the core of holistic coaching is about creating an energetic space of unlimited possibilities where clients feel safe to explore their desired reality. Otherwise, they'll be strongly influenced by their old thought patterns and past memories.

One of the most important goals of any aspiring coach should be to master the art of creating an "unbiased space" when coaching their clients.

- Tomislav Tomic





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