

# Essential Emotions Coaching FAQ

## History & Development

- Who developed this course?
  - Refer to Essential Emotions Coaching Course>Intro>Welcome>History
- Is it science based? How can we explain to mental health specialists how this is researched?
  - Yes, refer to Coaching Guide>Experts & Further Reading
- How do I integrate other modalities?
  - We feel like the Essential Emotions process integrates well with many different modalities. We trust that you will intuitively know how to best integrate them together.

## Essential Emotions Books & Tools

- Where do I purchase the Essential Emotions Tools?
  - Watch the Intro>Getting Started video for instructions and learn how to get your discount.
  - The program does not include the book but it does include a 10% discount on any products from [essentialemotions.com](http://essentialemotions.com)
- What is the Coaches discount code?
  - Use code “coach” for 10% of your Essential Emotions products only at [Essentialemotions.com](http://Essentialemotions.com)
- How can I access the App?
  - Purchase the basic Essential Emotions app for \$14.99 in the App store
  - The advanced portion of the app (\$60 value) is included for 1 year from the date you purchased the course.
    - Login to the advanced portion of the app in the top right corner of the app with the same email and password you created when you purchased the Coaching Certification.
    - After your 1 year app subscription expires, you can purchase another monthly or yearly subscription on [Essentialemotions.com](http://Essentialemotions.com)>Shop>Essential Emotions App Subscription
- What can I do when an essential oil description is not in the book?
  - Make sure you have the most updated edition of the Essential Emotions book.
  - Check the app for current updates.
  - If the oil is not listed in the current book, search for an alternative oil with similar properties or is from a similar part of the plant.

## Course Logistics

- How long will this coaching certification take?
  - 30 days is the quickest
  - 90 days is average
  - We recommend you complete your certification within 180 days.
- What happens if I don't complete it in 180 days?
  - You will continue to have lifetime access to the course and can complete your certification at any time.
- Where can I find the worksheets and downloads?
  - [Essentialemotions.com](#)>Login>My Courses>Essential Emotions Coaching>Coach Downloadable Resources
- How many coaching sessions do I need to do and with how many people?
  - You need to complete 10 (unpaid) sessions to certify. You need to choose at least 3 different people to practice with, to ensure diverse processing experiences.
- Can I practice with fellow coaches?
  - Yes! There is a Facebook post dedicated to coaching trades (in the featured posts). This is a great opportunity to practice with your fellow coaches to get more comfortable. This will count towards your 10 practice sessions.
- When can I start doing coaching sessions for others?
  - You don't need to wait to complete the course to begin your 10 required sessions. Once you have your oils, sample vials, Essential Emotions book, and have familiarized yourself with the Breakthrough Worksheet, and watched a demo of the process, you can start doing your own sessions.
- When do I have to start doing sessions for others?
  - When you feel ready! We suggest doing your first sessions with anyone you'd feel comfortable with and who knows you're new to this coaching process. You just need to complete your 10 sessions in order to become certified by the deadline. We encourage you to start sooner rather than later.
- Can I complete my 10 coaching sessions online or do they have to be in person?
  - The coaching sessions can be done either online or in person.
- Do I need to track my sessions?
  - Yes, in order to certify you will have to keep track of your sessions to submit at the end of the course. You have a Client Tracker spreadsheet in the [Essential Emotions Coaching Course](#)>Coach Downloadable Resources>Client Tracker

## Session Questions

- What do you do in a session if you don't have the oil(s) that come up for the client?
  - While it is ideal, it is not absolutely necessary to have the oils on hand for the process to work. In fact, if you are doing a session online, it is unlikely that the client will have those oils, especially if they are brand new to oils.
  - Refer to the Coaching Guide>Oil section
- What if I have difficulty getting someone to talk about their emotions?
  - Refer to your Coaching Guide>Process>Identify>Emotion
- What if they aren't connecting fully to the emotion so they can release it?
  - Refer to your Coaching Guide>Release>Look Deeper
- How long do you plan for a session?
  - The length of each session is paced by the client. Typically, sessions range from 30 to 60 minutes.
- Do we need a coaching "contract" or coaching agreement before starting?
  - Some coaches find it helpful to help define responsibilities and expectations. However, it is not necessary. This is based on each coach's comfort level. A sample coaches agreement is available on the Essential Emotions Coaching Course>Coach Downloadable Resources>Coaching Agreement
- What do we do if we ask our client at the point in the Release process, "Are you open to begin the process of letting go of this emotion?" and they say NO?
  - As stated in the Coaching Guide>Release section>Look Deeper
- How do you know when a physical issue is truly emotional, as opposed to a physiological response?
  - Refer to the Coaching Guide>Process>Body
  - Refer also to the Coaching Guide>Experts & Further Reading to broaden your understanding of the energy of mind-body science.
- I tend to get emotional while talking about emotions and holding space for someone. How do I manage that?
  - Refer to the Coaching Guide>Successful Coaching Principles>
    - Be the Guide
    - Hold Boundaries
    - Let Them Show Up
    - Be Intentional & Unattached
- Can we hug or comfort the client?
  - It is typically inappropriate to hug the client or go into caretaker mode through comforting. Everyone has different boundaries and interpretations of being touched. As a general rule, sessions should be hands off. One of the most powerful aspects of this process is to allow the client to sit with their uncomfortable emotions so they can be felt and released.
  - If you are working with a close loved one, you may wish to demonstrate appropriate affection at the end of their process, as long as they give their consent.

- The person in my session felt disappointed. What do you suggest I do?
  - Validate their feelings and express your continued support.
  - Ask them what specifically left them feeling frustrated or disappointed with the process. Recognize that it may have been something you inadvertently did that made them feel uncomfortable or disappointed with the session. This is not usually the case, but it is important to stay open and humble to how you may have led the session.
  - Alternatively, you may want to look up a related emotion like “Frustrated” in the Emotions Guide in the book and look through each oil associated with it. Then, read the Oil Descriptions to help you fine tune what their underlying emotion could be. You could revisit the first part of the Breakthrough Worksheet to dial into the emotion of “Frustrated” and go through the process again.
  - You can also invite the client to sit with their emotion for 24 hours and report back if they have additional clarity.
- If the person has no experience with oils, should we start with any explanation about CPTG or how to use the oils?
  - Let them know that this setting is not the time to give a proper education on the power of essential oils, but that after the session you’ll let them know details about an upcoming class.
- What do you do if there is a second party in the session who is energetically interfering with the person you are working with?
  - We do not advise spectators in the process as it interrupts the clients flow. However, parents may want to attend with a young child (a minor), which is highly appropriate. At times, however, this might feel imposing for you and/or the child.
  - If there appears to be tension or it is creating an obvious block, you may want to ask the person who is interfering if they would allow privacy with the client. If the interfering person needs to be there, set boundaries by asking them to let the child talk for themselves as much as possible. Use your intuition to respectfully guide the session.

## Certification Details

- How do I apply for certification?
  - Refer to the Essential Emotions Coaching Course>Intro>Getting Started>How to Certify
  - Complete Coaching Guide>Certification Checklist
  - Essential Emotions Coaching Course>Next Steps>How to Certify
    - [Certification Application](#)
- Where do I upload my recorded session?
  - On the certification application click “add file”
    - If you are having trouble uploading the video please email it to [Coach@essentialemotions.com](mailto:Coach@essentialemotions.com)
- How long does it take to receive my certification?
  - It can take up to 2 weeks to review your application and will be sent to you via email. We encourage you to print out and display your certificate!
- When will I be added to the coaches worldwide directory on [essentialemotions.com](http://essentialemotions.com)?
  - You will be added within 2 weeks after your certification application is approved.
- What should I include in my bio when submitting my application?
  - First & last name
  - Where are you located? What languages do you speak?
  - What is your passion?
  - What got you to where you are now?
  - Is there something unique about your offering as a coach?
  - Do you have a target audience you feel especially drawn to working with?
  - Ideal word limit 100-150 (maximum 200 words).
- Is there a renewal to keep my listing active?
  - Your certification remains valid and does not expire.

## Marketing My Coaching & doTERRA Businesses

- Where can I access marketing graphics to advertise myself as a Coach?
  - Before you are certified you can advertise yourself as a coach-in-training only.
    - You can find the approved images on the Essential Emotions Coaching Course>Resources>[Marketing Images](#)
  - After you are certified as an Essential Emotions Coach:
    - You will be emailed approved images (along with your certificate) to advertise yourself as a Certified Coach, along with instructions on how to appropriately use the Essential Emotions logos and trademarks.
    - You can also access the images for Certified Coaches only [here](#).
- How much should I charge for my sessions?
  - You should not charge for your sessions until you have received your official Essential Emotions Coach certificate.
  - \$40-80 per session is the general range. Perhaps start on the lower end (\$40-50) until you feel more confident and then go up as your skills improve.
  - Many practitioners integrate their existing modalities into their Essential Emotions coaching sessions and can thus charge on the higher end.
- Can I enroll my client in doTERRA in the post-session follow-up call?
  - The purpose of the coaching session isn't to enroll your client with a doTERRA membership. However, at some point they will be best served by purchasing a wholesale kit as opposed to just using the 1-3 oils that came up in their session. At the end of the session, you will want to send oil(s) samples home with them, encouraging them to use these oil(s) along with their Breakthrough Worksheet. Let them know you will be following up with them within a few days to see how they're doing. If you are teaching regular oils classes, you can mention that you would love to invite them to an oils class in the near future.
  - The post-session follow-up call should center around their integration process. You can reiterate the efficacy and power of essential oils for mood management and emotional release, particularly with consistent use, and that doTERRA has starter kit options that would greatly support their emotional and physical health goals. Most people will not purchase oils without further education, and this is an appropriate time to let them know when and where to get that education. If you aren't actively teaching classes, you could schedule a one-on-one with them (online or in person) to present an Oils Basics class, or direct them to one of your uplines' classes and attend it with them.