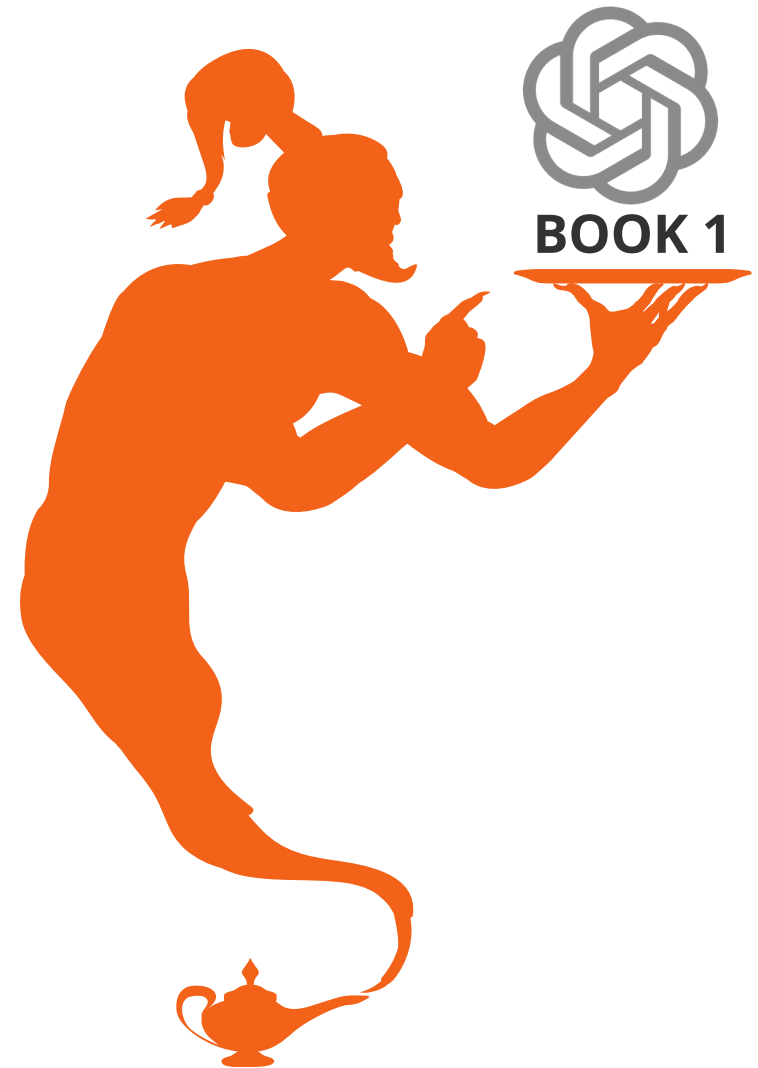


Coaches, Healers & Practitioners

*A Quick Start Guide
to harness the potential of
ChatGPT in your business.*



Hi There!

Welcome to your Quick-Start Guide to ChatGPT! Whether you're a life coach, a health coach, a leadership coach, or any other kind of coach, we believe that ChatGPT is an essential tool for your business which can enhance your practice in ways you've never imagined.

This guide will show you how to quickly leverage ChatGPT to improve your marketing, streamline admin, conduct market analysis, generate engaging social media content, and much more.

We believe in equipping you with the wisdom that isn't taught elsewhere - valuable insights that empower coaches to get the best possible results and stay ahead of the game.

We are on a mission to help more coaches fully own their wisdom, deliver tangible results for their clients and create a thriving business.

Are you ready to explore a world of possibilities with ChatGPT?

Let's get started!

Gabby & Deb

Co-Founders of Coach Training Campus



Who are Gabby & Deb?



Gabby Button is a business veteran with over three decades of experience in various executive and board member roles, which began with a career in accounting. Her passion for people development steered her towards the fields of training, coaching, and consulting. Gabby has worked with individuals and businesses around the world, assisting them to push boundaries and achieve a wide range of goals.

She believes in simplifying complex ideas into actionable steps, and making learning practical, fun, and future-focused. She remains at the cutting edge of online training methodologies and has embraced the role of an 'AI whisperer'. Seeing clients achieve transformational results is her biggest joy.



Deb King is an award-winning master coach with a two-decade long coaching career. She has helped thousands of individuals worldwide to unlock their potential and realize their dreams. Deb guides coaches and wellbeing leaders to find paths that invigorate their personal lives and businesses.

She leverages her experiences in sales, marketing and business along with heart leadership and energy mastery to fast track creating genuine joy and aligned success. Transformational leaders work with her to improve their client results and diversify their revenue streams.



About Us

The Coach Training Campus is your go-to hub if you're a coach, healer, or practitioner seeking to break free from the limitations of traditional business training.

We offer a fresh, research backed effective roadmap to speed up your journey to success, make a meaningful impact, and enjoy the freedom you've been seeking.

Whether you are starting out, aiming to grow, or looking to reignite your passion - we can get you on the fast track to your goals.

Through our programs, memberships and communities you have access to powerful education, ready-to-use tools and templates, personalised coaching, insightful mentoring and supportive communities.

With us, you unlock exclusive research, insights, education, and actionable steps, all designed to fast-track your path to coaching and business success.

A promise we confidently guarantee!



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AI and Coaching - The Future

Welcome to the wonderful world of Artificial Intelligence (AI).

AI is like a tidal wave, washing over virtually every field of human endeavor, reinventing how we approach problems, and changing how we do business and it is transforming the coaching industry.

Think of ChatGPT (CG) as a super intelligent virtual assistant that wants to help you out however it can! Not here to replace us, but to make our lives easier and more productive.

It's like having an extra brain that can generate human-like text at lightning speed. If you're a coach, imagine the time you could save by generating innovative coaching ideas, creating marketing content, streamlining your administration and a range of endless other possibilities.

CG, developed by OpenAI, is all about enhancing our capabilities. It's a tool, like a swiss army knife, once you know how to use it - you have solutions for so many things! We can use it to make our coaching and businesses more productive and efficient.

So, let's dive in and discover the basics of how CG can accelerate your coaching business.



**The Future of Coaching is here ...
are you ready?**

What is ChatGPT?

You could ask CG directly and you might get an answer that seems a bit complex for most of us.

Feel adventurous? Go ahead and try it out!

But for now, let's simplify it. Picture this: you have your very own Einstein (but smarter), always on standby, ready to help.

An assistant with the intellect and knowledge of history's brightest minds, greatest writers, and unparalleled innovators. Capable of effortlessly making sense of complicated concepts.

This assistant is extraordinarily patient, constantly ready to help, and tuned into your needs, regardless of your level of expertise.

That's the essence of ChatGPT.

It's as if you have an infinite amount of Einsteins packaged in a 24/7 digital assistant, endlessly dedicated to helping you in exploration, innovation, creation, learning, and growth - or think of it like stumbling upon a genie while strolling on the beach - except, instead of three wishes, this genie gifts you a lifetime of insightful answers. Talk about a lucky day!

**ChatGPT is like having a
genie in your computer,
but instead of 3 wishes,
it's unlimited!**



How ChatGPT Can Accelerate Your Coaching Business

Here are a just a few of the ways CG can help you. From streamlining market research to unleashing creative potential, it saves you time and headaches, empowering you to create, innovate, and find success in your coaching business journey and beyond!

Improve Your Coaching Delivery

Assists with brainstorming and planning coaching sessions based on client goals and progress, enhancing the coaching experience for you and your clients.

Understand Your Market & Your Clients

It can help analyse your market, create avatars, identify trends and provide valuable insights based on your current clients.

Help With Admin & Decision Making

Provides invaluable assistance in administrative tasks and in navigating commercial, client, and buying decisions, ensuring informed choices that drive both coaching and business success



Improve Your Marketing & Your Sales

Use it to generate marketing copy, social media posts, blog articles, email newsletter and even come up with new sales strategies! You can create a months worth of content in under an hour!

Create New Offerings To Sell

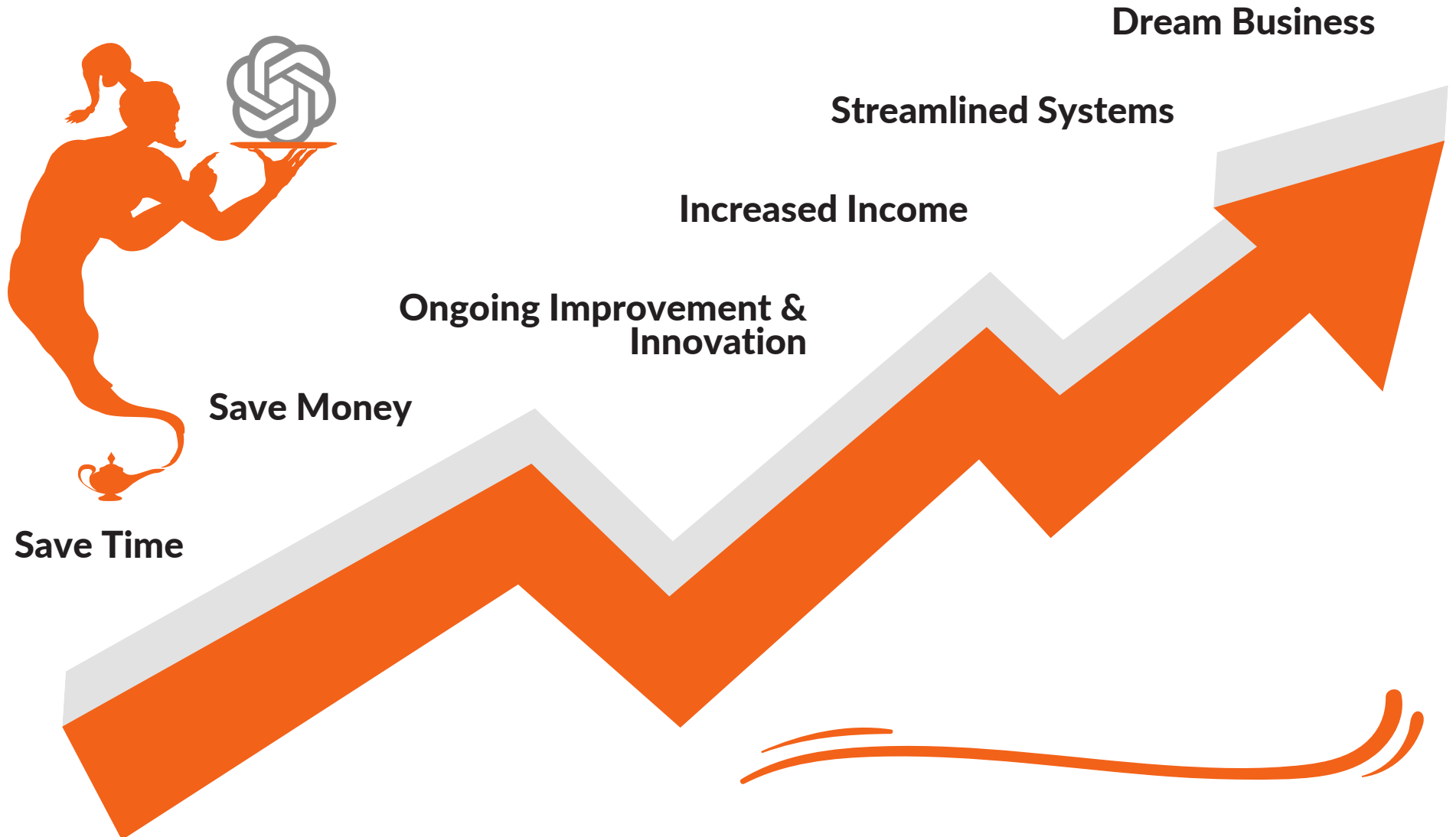
Assisting in the development of new offerings like training programs, ebooks, courses, and more by generating ideas, outlining content, and drafting sections.

Simplify Client, Team & Supplier Communication

From crafting amazing emails and proposals to responding to challenging questions, it saves you time and spares you from unnecessary stress and frustrations.

What Outcomes Can You Achieve?

Harnessing the power of AI, particularly through CG can help you reach your business goals faster. It doesn't matter if you want to create a global empire worth billions, or a micro business that earns money even when you're sleeping, ChatGPT can help you!



Where Do You Start?

First up go to <https://chat.openai.com/> and set up an account.

Then, it's all about how you talk with it! The better you get at asking questions and giving feedback, the quicker and more helpful the responses will be.

Just like with a real person, having a clear and structured conversation is key.

Start by asking clear, direct questions. Instead of asking something broad like, "How can I improve my business?" try asking a specific question like, "What are some ways I can get more clients for my coaching business?"

Next, remember to give feedback.

If CG gives you an answer that's not quite right, don't worry. Just let it know what you were looking for, and it'll get better over time.

For example, you might say, "I was hoping for more ideas on marketing strategies for social media."

With a little practice, you'll get the hang of it and see how CG can be a great tool for your coaching business.

Chatting with ChatGPT is like training a puppy - clear commands and consistent feedback will have it fetching the right answers in no time!



The Ever Evolving World of AI & Premium ChatGPT

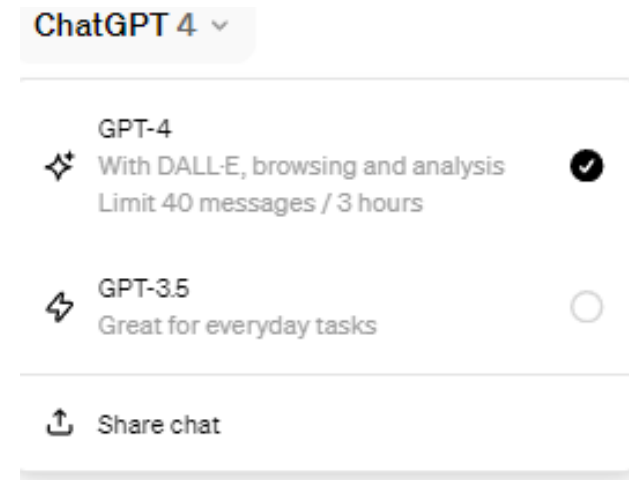
Changes are inevitable and rapid with CG. By the time you are reading this, things are likely to have been upgraded (its very exciting as it continues to improve and gets integrated with tools to create images and videos), this is the latest as of today:

As a free user, you'll enjoy the amazing abilities of CG, where you can experience the power of AI - but you'll generally only have access to one model of CG which won't be the latest – still impressive, but not the latest.

Opting for the PLUS subscription takes you to the next level. (But don't worry everything in this guide will work if you are on the free version.)

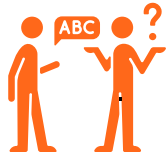
With PLUS you will have access to the most recent CG models, as well as priority access, increased usage limits, and the first look at fresh features. As of April 2024, PLUS access will cost you around \$20US a month and includes:

1. Priority Usage: Faster response times and prioritised access to new features
2. GPT-4 Access : This is the latest version offering a deeper understanding of complex queries, multilingual capabilities, and the ability to process both text and image data.
3. ChatGPT Plugins: This feature allows Plus users to extend the capabilities by adding plugins from various providers.
4. AI Picture Generation: Generate pictures quickly and easily.



There's a Free Version and a Paid Version known as ChatGPT PLUS .. they are both great but PLUS keeps you ahead of the game.

Have You Heard This Jargon?



When it comes to CG you will hear lots of jargon and technical terms! But there is no need to panic.

The goal of CG is to make the interaction as easy and human like as possible, so don't worry if some of **these** terms seem a bit confusing. There's no need to memorise them!

This section is simply to help you understand what these terms mean so that when you hear them, or read them, you don't get bamboozled and think you need to pay someone a truck load of money to unbamboozle you!

Prompt: Simply put, a prompt is like a question or a starting point for a conversation. It's the message you type in to get a response. For instance, if you ask, "What is a limiting belief?" that's your prompt. It's the launchpad for CG to start giving you answers. Much like asking a question in a real conversation, the prompt you use will guide the type of answer you'll receive.

Model: CG keeps upgrading. The Model refers to the version you're interacting with, for example, GPT-2, GPT-3, GPT-4, etc. all have different capabilities.

Output: This is the answer or response that CG gives after it processes your prompt.

Training Data: This is the information CG has learned from. It's like the books and websites that it's read to understand language and answer questions. ***(It's important to know CG has only been trained on data up to 2023 as at the date of this publication)***

Context: This is the information CG has from your current conversation. If you've been chatting for a while, CG uses the past messages to make sure its responses make sense.

Browsing: If your model of CG has web browsing capability, it means that it can directly access the internet. This enables CG to pull in real-time data or updates, significantly enhancing its ability to provide current and accurate responses. ***(Without this CG is limited to what was in its training data as above.)***

Beta: Refers to a CG model that's almost ready but still needs testing. The beta version is often made available to a select group of users to try out and provide feedback.

Plugins: Plugins are additional features or tools that can be added to enhance CG's functionality. For instance, a plugin might allow CG to connect with a calendar app, enabling it to schedule appointments based on your conversations.

ChatGPT Plus: Refers to a paid CG account that offers access to more advanced models and features.

What Are The Potential Traps When Using ChatGPT?

Excessive Dependence: CG can be as addictive as your favorite TV series and as intoxicating as a new lover. But if loved ones are sliding meals under your door, or if your friends think you're dating someone named ChatGPT, it's time to hit the "power off" button! Nothing can replace a good chat with a human, a big hug or a walk in the park!



You should keep in mind that CG is far from perfect! So beware of these potential traps.

Potential for bias: CG is trained on a large amount of data from various sources, so it will reflect the biases present in that data, including cultural, political, or demographic biases. It doesn't have opinions of its own, but it might generate a response that appears to express a viewpoint, which is actually a reflection of the data it was trained on.

Accuracy of information: Never assume that CG is 100% accurate, especially when it comes to complex, specialised, or rapidly changing fields. It's always a good idea to cross-check important information from multiple reliable sources.

Lack of human judgement: While CG can generate human-like text, it doesn't possess human judgement or understanding. It may not fully grasp nuanced, emotionally charged, or deeply personal situations the way a human would. It's important to seek human help for serious or sensitive issues.

Interpretation of Prompts: CG might not always interpret your prompts as intended. Particularly with ambiguous or unclear prompts, it might respond strangely off-topic!

Lack of Emotional Intelligence: While CG might respond like a human, it doesn't experience emotions and may not fully comprehend the emotional context or impact of your conversation. This can be particularly relevant in situations requiring empathy or delicate handling of a situation.

Privacy concerns: You should avoid sharing sensitive, private, confidential or personal information with CG. The system apparently does not store personal conversation data, but it's best to be safe and just not do it!

Not a Substitute for Professionals: CG should not be used as a replacement for professional advice, including medical, legal, psychological or financial advice. While it can provide general information on a wide range of topics, for professional matters, consulting with a human expert is best.

Out of Date Information: *As of its last training cut-off in April 2023, CG isn't aware of events in the world that occurred after that time. For the most current information on ongoing or recent events, you should refer to the latest news sources or updates.*

What Is The Best Way To Communication With CG?

Imagine CG as your enthusiastic, super-smart new teammate, an assistant ready to revolutionise your approach to tasks, breathe new life into brainstorming sessions, and untangle your trickiest problems. Just as you would with any brilliant colleague, clear communication is key. And this teammate loves feedback - thrives on it, in fact! It's always ready to learn, improve, and adjust to your needs.

But here's the secret sauce: the best interactions are structured ones. That's where our eight-step formula comes into play. It's your blueprint to a great conversation, the key to unlocking the true potential of this unique partnership. Let's get started!"



The 8 Step Formula

Lets take thos 8 steps and delve a little deeper!

01

1. **What's your idea?** Grab that light bulb above your head and shine a spotlight on your brilliant idea. Knowing what you want to discuss sets the foundation for an insightful chat.

02

2. **What do you want to achieve?** What's your mission? Whether it's brainstorming for a new coaching guide, untying knots in a client's challenge, or embarking on an expedition for fresh insights, be clear about your desired destination. Ask yourself, "What's my end game here?"

03

3. **Is there any relevant background?** Toss in the story so far. CG loves a good backstory. It's the secret ingredient to crafting responses that hit the bullseye. Provide any important context or background information. The more context the better it can tailor its responses to your needs.

04

4. **Any other directions to get the output you want?** Put on your director's hat. Do you envision a list, a graph, a compelling narrative, specific headings or a sleek landing page? "Give me a headline, a catchy sub heading, background and solution in your response!" Maybe you have specific tone or audience in mind? For example, "Write it to speak to women over 50, in a friendly and empathetic tone." These specific requirements help CG shape your masterpiece to meet your needs.

05

5. **Write your prompt.** Time to spark a conversation! With all your prep done, articulate your request with clarity, specificity, and detail, ensuring CG is on the same page.

06

6. **Review the output.** When CG shares its wisdom, take a moment to reflect. If it didn't hit the mark, don't worry! This is just the first step in your exciting journey.

07

7. **Give CG feedback.** Is it the time for applause or constructive criticism? Don't be shy, CG loves learning from you! This isn't just for errors, misunderstandings and improvements, positive feedback is equally important to reinforce good responses.

08

8. **Continue to refine.** Didn't nail it in one go? No biggie! Don't be discouraged; keep refining your approach until you get the results you're seeking. This isn't a sprint, it's a fun marathon. Just as you would with your clients, keep refining your approach until you get the output that is right for you.

START



Here's an Example

Lets make this real!



What's your idea? I want CG to write an email to motivate my client to take action.



What do you want to achieve? I want an encouraging email that I can send to a client who is struggling to take action on their goals.



Is there any relevant background? Client's name is Jane, she's a young mum who is feeling overwhelmed with her responsibilities at work and home, and has not started her wellness routine.



Any other directions to get the output you want? The email should be empathetic and encouraging, focusing on small steps she can take to begin her wellness journey. It should be positive, personal, and to avoid using phrases that might feel pressuring or negative.



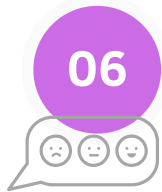
Write your prompt. *Write an email for my client who is struggling to take action on their goals. Her name is Jane, she is a young mum and she's been feeling overwhelmed with her responsibilities at work and home, and has not started her wellness routine. The email should be empathetic and encouraging, focusing on small steps she can take to begin her wellness journey. It should be positive, personal, and to avoid using phrases that might feel pressuring or negative.*

Maximise Results with AI From Structure to Success!



Image generated by ChatPLUS DALLE

Example Continued



Review the output. *Dear Jane, I hope this message finds you well. I understand that balancing responsibilities at work and home can feel overwhelming at times, and it's completely okay to feel this way. Remember, starting a wellness journey is a personal experience and it's important to go at your own pace. Wellness is not about drastic changes, but rather about making small, manageable adjustments to your daily routine. You must remember that each little step you take counts. For instance, taking a short 10-minute walk during your lunch break, adding an extra serving of vegetables to your dinner, or setting aside a few minutes each day for deep breathing can all contribute to your wellness. These small steps, when added together, can make a significant difference. Please know that I am here to support you every step of the way. Feel free to reach out to me if you need to discuss anything or just need someone to listen. Remember, Jane, it's not about perfection, it's about progress. You've got this!*



Give CG feedback. Can you rewrite the email and remove the phrase "you must" that is too pressuring and acknowledge more that as a new mum I understand her challenges..

New response: *Dear Jane, Hope you're managing to catch those special moments of calm amidst the beautiful whirlwind of young motherhood and work. I understand that balancing responsibilities at work and home can be a bit overwhelming at times, and it's completely okay to feel this way. Remember, starting a wellness journey is a personal experience and it's important to go at your own pace. Wellness is not about drastic changes, but rather about making small, manageable adjustments to your daily routine. For instance, taking a short 10-minute walk during your lunch break, adding an extra serving of vegetables to your dinner, or setting aside a few minutes each day for deep breathing can all contribute to your wellness. It's these small steps, when added together, that can make a significant difference. Please know that I am here to support you every step of the way. Feel free to reach out to me if you need to discuss anything or just need someone to listen. Remember, Jane, it's not about perfection, it's about progress. You've got this!*



Continue to refine. In this case I am happy with the result, If I wanted more changes I would simply send more feedback!



Kick Start Guide Topics

In this starter guide, we aim to spark your inspiration and enhance your results with practical strategies. You'll find example prompts to trigger fresh ideas, which you can refine and adapt to match your unique wisdom and passion.

On the following pages we have chosen 7 important areas of your coaching business and provided prompt examples to help you get started and get the most out of chatting with your new AI team mate.



- 1. Market Analysis** - Understanding your market is super important in the noisy, busy world we operate in. Your potential clients will only invest their time and money into solutions that address their significant concerns. It's important to communicate effectively with your audience, speaking their language instead of relying on jargon or modality-specific terminology. CG helps you dive into the secret world of client fears, frustrations, dreams and desires.
- 2. Marketing** - Marketing is all about the art and science of attracting potential clients ('leads' or 'prospects') who demonstrate an interest in your coaching services. CG is a brilliant assistant to support your marketing strategies and tactics.
- 3. Social Media Content** - Creating a constant flow of compelling content that keeps your clients engaged and sets you up as an authority in your field is an endless struggle. You want to be building trust, showcasing your expertise, and demonstrating how you can provide the solution your client's are seeking. This is definitely an area where CG excels. Get ready to be amazed!
- 4. Sales** - Without sales you don't have a business. Whether it is sales strategies, sales scripts, sales landing pages or sales conversations CG can help you out.
- 5. Preparing Coaching Sessions** - Coaching sessions are your secret weapon, you want them to be impactful experiences for your clients, ensuring every coaching session is purposeful and productive. CG can breath fresh ideas into your approach and reduce the time and effort in preparation.
- 6. Preparing Coaching Resources** - Professional and practical resources elevate your coaching practice and accelerate your client's transformation. CG can fast track the design and drafting of a wide range of coaching resources.
- 7. Administration** - The administration of your business can be time consuming and frustrating. CG has the potential to help you streamline your administration functions and give you back a whole lot of time.

Enjoy the ride!



Market Analysis

In coaching, understanding your client is critical. The most successful coaches know their clients better than they know themselves, they know what keeps their clients up at night, they know what their clients are writing in their journals. This means that they know how to communicate with their clients and potential clients powerfully - using language their clients understand.

CG shines as a tool for market analysis, giving you the opportunity to delve deep into the minds of your clients.

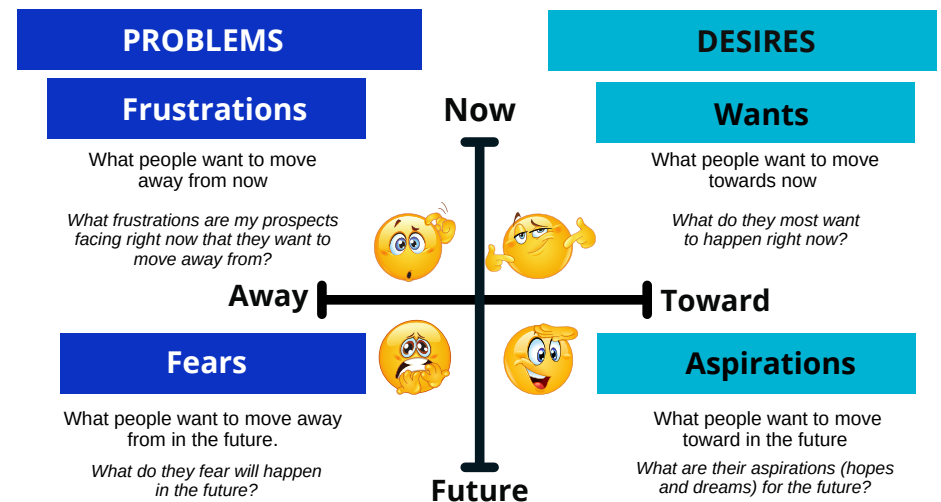
In the Wisdom Playground we have created a step-by-step process that works hand-in-hand with CG to support you to 'Know Your Client', simulate client personas and understand the desires and challenges your potential clients might face.

We guide you on how to use CG to unravel problems specific to your client base and articulate these in the language that resonates with them.

Importantly, we go beyond problem identification, also helping you determine the kind of solutions your clients are eager to invest in!

On the next page there are some prompts to get you started with market analysis. If you want to go deeper and fast track your market analysis and business growth get in touch.

Coaching success lies not just in strategy, but in knowing your client's heart and mind. Uncover fears, understand desires, and ignite success.



Quick Prompt Ideas - Market Analysis

- I work with people who are struggling with money issues. I seem to attract older women. Based on your knowledge can you create an avatar
- What are the most effective marketing channels for promoting coaching services today?
- Provide a competitive analysis of wellness coaching businesses in the New York area
- Write a report on the latest trends in the life coaching industry
- Generate a list of potential opportunities and threats for a leadership coaching business that focusses on fortune 500 companies
- Create a SWOT analysis for a startup offering online wellness coaching
- Create a list of the top challenges, fears, dreams and aspirations of women over 50
- What are the most common services women over 50 search for on the internet?
- Based on current trends, what are some of the main demographic groups seeking coaching services?
- Based on current societal trends and stresses, what might be some emerging needs or concerns of coaching clients?
- What is the average price range for personal coaching sessions in the UK?



AVATAR



Age: Late 50s to mid-60s

Marital Status: Potentially divorced or widowed

Children: Likely has grown children who live independently

Employment: May be employed or retired. If employed, she likely holds a mid-level position or may be self-employed.

Financial Situation: Fiona is aware of her financial constraints and wants to make the most of her existing resources. She may have some savings but is concerned about stretching them for the years to come.

Goals: Fiona wants to feel financially secure and independent. She's looking for ways to manage her money better, possibly to increase her savings, pay off any remaining debts, or even have more disposable income for leisure activities or travel.

Challenges: Fiona may feel overwhelmed with financial planning. She might be struggling with understanding financial jargon and might not be comfortable with online banking or digital finance tools.

Personality: Fiona is proactive and willing to learn. She's conscious of her spending and is open to changing her habits to improve her financial situation.

Marketing

Marketing is often a task that brings up mixed feelings for coaches. While it's critical for expanding their reach and attracting clients, it can also be time-consuming and overwhelming. But fear not, with CG, marketing just got a whole lot easier and more enjoyable.

CG can craft engaging and SEO-friendly bios for your social media profiles, introductions for podcast guest appearances, and compelling descriptions for your YouTube videos. You can ask it to write in either first or third person, specify the word count, and even define the tone you want - be it professional, casual, or anything in between.

But that's just the tip of the iceberg. Need to create an enticing freebie to grow your email list? CG can help you brainstorm ideas and even draft the content. It can also create compelling sales stories that showcase the benefits of your coaching service, weaving in testimonials and case studies that are relevant to your potential clients.

In fact, CG assisted us in creating this very document, demonstrating its potential to aid in content creation.

Marketing is something you can never know enough about. CG can make a massive difference, and when you pair CG with clever frameworks and concepts you super charge its ability and your growth. That's what we do in The Wisdom Playground!

It's time to improve your Marketing!



"Thanks to the Coach Training Campus, I now create great social media posts that my clients actually respond to! -
Animal Communicator

Quick Prompt Ideas - Marketing

- Write 5 catchy and controversial facebook headlines that will get attention to use on ads promoting my wellness coaching services to stressed out professionals
- Draft a compelling marketing email to promote my upcoming life coaching program which is delivered over 8 weeks and focusses on goal achievement
- Write a detailed marketing plan for a new wellness coaching service targeting young professionals
- Generate a list of catchy headlines for a Facebook ad campaign promoting a leadership training program
- Design compelling infographic text content highlighting the benefits of my coaching services which focus on helping clients to move out of stress
- Can you suggest some blog post titles that a wellness coach could write about to attract new clients?
- Suggest an image to go with this article title...
- What are some strategies for increasing engagement on my instagram page that is for sound healing?
- Can you draft a request for client testimonials to use in my marketing materials?
- I'm launching a new online coaching program. Can you help me write a press release here are the details ...
- Outline a 6-month marketing plan for my leadership coaching business?
- Write a sales landing page for my course on goal setting, here is more information



Workaholic or Wellness Advocate?

You Can't Be Both. Choose Wisely.

Burnout is a Choice.

Make a Different One Today.

Your Boss Doesn't Own Your Health.

Reclaim Your Wellness Now.

Surviving or Thriving?

Your Stress Levels Might Surprise You.

Work-Life Balance: Myth or Reality?

Let's Discover it Together.

Social Media Content

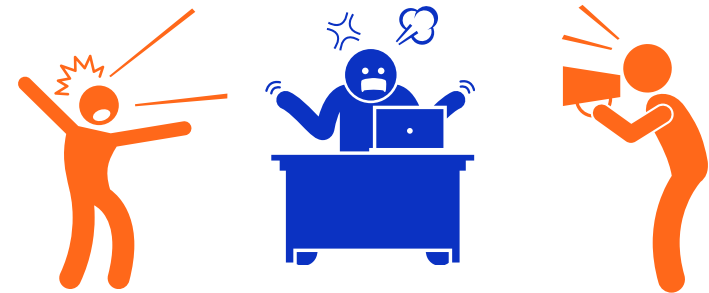
When it comes to creating engaging social media content for coaches, CG is a game-changer. It's like having a content creation powerhouse at your fingertips, providing you with a massive fast-track to generating high-quality content for over 20 platforms, be it Facebook, Instagram, LinkedIn, Twitter, or others.

You can command CG to craft content that is platform-specific, taking into account each platform's unique dynamics, audience preferences, and content formats. Even more, it can repurpose your existing content across different platforms, providing you with maximum exposure while saving you a significant amount of time and effort.

However, in an era where everyone has the power to create content, the digital space can often feel saturated with noise. To stand out, it's essential to infuse your content with your unique wisdom and expertise. This is where CG shines - it takes your input and amplifies it, helping your voice cut through the clutter and reach your ideal clients.

When choosing where to publish your content, consider not only where your ideal client spends their time but also which platforms you enjoy using. By leveraging CG, you can simplify your content creation process, boost your online presence, and connect more effectively with your audience.

Online is a noisy place. AI can fast track & improve your Social Media content.



"I am getting more engagement on my reels by using my clients language - thanks to the brilliance of the Coach Training Campus Bullseye Express Blueprint."
- Money Coach

Quick Prompt Ideas - Social Media Content

- Provide me with ideas for 10 blog posts on sound healing, include a captivating headline for each blog post
- Give me an interesting and engaging question to post on my Facebook Group about ...
- Write a series of engaging tweets promoting a new wellness program I'm launching
- Generate a captivating Facebook post to share a success story from one of my leadership coaching clients. Here's more information
- Draft a LinkedIn article discussing the benefits of health coaching for professionals and referencing my services
- Create a short and engaging script for a TikTok video promoting my coaching services
- Write a 600 word blog post for this topic... use a storytelling writing style in 3rd person, end with a call to action question
- Create a short, inspiring success story about a fictional client who overcame their struggles
- Draft a post promoting my new ebook on mindful living, highlighting its key takeaways and how it can help the reader. Here is more information
- Create a 30-day social media content calendar for my wellness coaching business. Each week should have a unique theme related to wellness and personal development. For each day, provide a brief description of the type of content (e.g., motivational quote, tip of the day, client success story, personal reflection, call to action, etc.)

Certainly! Here are 10 blog ideas on sound healing, along with captivating headlines for each:

1. *"The Healing Power of Sound: Exploring the Science Behind Sound Therapy"*
2. *"Tuning Inward: How Sound Healing Can Enhance Meditation Practice"*
3. *"Harmonizing Your Chakras: Using Sound Healing for Energy Balance"*
4. *"Sonic Serenity: Unraveling the Benefits of Sound Baths"*
5. *"The Symphony of Healing: Exploring Different Sound Healing Instruments and Techniques"*
6. *"Healing Frequencies: A Deep Dive into the Effects of Binaural Beats"*
7. *"The Vocal Vibrations: Discovering the Therapeutic Benefits of Sound Mantras"*
8. *"Sound Healing for Stress Relief: Tuning Out Anxiety and Restoring Inner Harmony"*
9. *"Resonating with Nature: Harnessing the Power of Sound in Ecotherapy"*
10. *"Sound Healing for Sleep: Unlocking Tranquility and Restful Nights"*



Sales

Without sales you will never have a successful coaching business, and CG can be an invaluable tool in this area.

It can help you in drafting persuasive sales scripts tailored to your coaching services. With a clear understanding of your unique value proposition and ideal client, it can generate compelling narratives that highlight the benefits of your coaching program, the transformations it promises, and the unique approach you employ.

If you are preparing for a sales call or a meeting with a potential client, you can also use CG to role-play various scenarios and responses. It can help you anticipate potential objections and provide well-crafted answers, improving your confidence and sales effectiveness.

CG can assist in creating powerful case studies from your client success stories, which serve as potent testimonials of the value you offer. It can turn raw data and testimonials into captivating narratives that demonstrate the transformative potential of your coaching.

For coaches who are uncomfortable with the sales aspect of their business, CG can provide gentle nudges and effective techniques to make sales conversations feel more authentic and less transactional. This can help to align sales efforts with your coaching philosophy, enhancing the overall harmony and success of your business.

It's time you hit your bullseye!



Image generated by ChatPLUS DALLE

"Last month turned out to be my most successful month in coaching, all thanks to the Coach Training Campus and the Bullseye Blueprint!

I tripled my revenue in just one month!!"

- Wellbeing Coach

Quick Prompt Ideas - Sales

- Generate a list of powerful questions that I can use during a sales discovery call to uncover a potential client's wellbeing needs
- Help me prepare for a sales call with a potential client who is seeking a career transition
- Help me create a compelling close for a sales conversation with a potential client interested in leadership development
- Assist me in designing an upselling strategy for my existing clients to join an advanced parenting coaching program
- Help me prepare for overcoming objections that a potential client might have about investing in my relationship coaching services
- Create a script for a follow-up call with a prospective client who expressed interest in my business coaching program
- Draft a proposal for a potential client explaining the return on investment they can expect from my career coaching services
- Assist in designing a limited-time offer strategy to encourage quicker sign-ups for my fitness coaching program
- Create a sequence of follow-up emails aimed at nurturing leads who expressed interest in my executive coaching program
- Generate a script for a sales video explaining why my life coaching program is worth the investment
- Design a sales page for my website that outlines the value of my relationship coaching program for couples seeking better communication
- Create a persuasive sales script for a phone call to potential clients interested in a health coaching service

Absolutely, here are some powerful questions you can consider:



1. *What prompted you to seek wellbeing coaching at this particular point in your life?*
2. *Can you describe your current wellbeing state? How does it affect different areas of your life (personal, professional, social)?*
3. *If you could wave a magic wand, how would your ideal state of wellbeing look?*
4. *What are the biggest obstacles or challenges you're facing in achieving your desired wellbeing?*
5. *How have you tried to improve your wellbeing in the past? What worked and what didn't?*
6. *Can you share an instance where you felt truly healthy and happy? What were the factors contributing to that state?*
7. *How does your current state of wellbeing impact those around you?*
8. *What specific areas of wellbeing are you most interested in working on (physical health, mental health, stress management, work-life balance, etc.)?*
9. *How ready are you to make changes towards improving your wellbeing on a scale of 1-10?*
10. *How do you see a wellbeing coach fitting into your journey towards a healthier lifestyle?*

Preparing For Coaching Sessions

CG is a brainstorming partner that's available 24/7, that can broaden your approach and save valuable time in session preparation.

As a coach you probably know "we don't learn from experience, we learn from reflecting on experience" and you understand the importance of having your clients reflect and have many great questions to ask them.

Now with CG you uncover even more useful ways to serve your clients very quickly.

CG can assist in designing personalised coaching sessions based on individual client needs. You can input information about your clients' challenges, goals, and preferences, and CG can suggest a roadmap for their coaching journey, including specific exercises, resources, or tools that might be beneficial.

CG can help in creating reflective practices for your clients. You can use it to construct bespoke journal prompts or self-reflection exercises that align with the session's goals. This enables your clients to deepen their insights, accelerating their growth and transformation.

We specialise in showing coaches how to create the highest quality premium journey for their clients and leverage the power of CG.

When you combine our leading edge practices, structures and frameworks with CG you become unstoppable!

**Join the top 1% of coaches.
Deliver exceptional coaching and
create business success
with a fresh blueprint.**

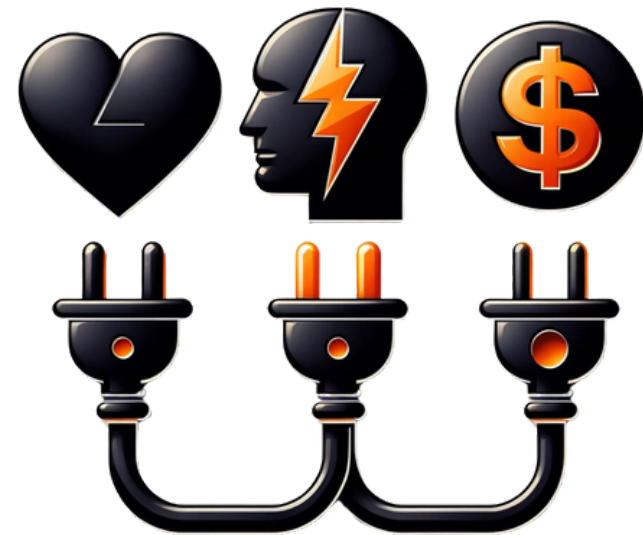


Image generated by ChatPLUS DALLE

Quick Prompt Ideas - Preparing For Coaching Sessions

- Draft a series of reflection questions to facilitate client self-discovery in a health coaching session
- Design a detailed agenda for a 1-hour life coaching session focussed on limiting beliefs
- Write an outline for a 6 coaching sessions related to well ness and stress management that build on each other, include key topics and activities for each session
- Generate a list of engaging icebreaker activities for the first leadership coaching session with a new group
- Create a step-by-step plan for a coaching session aimed at helping clients set and achieve their career goals
- Create an agenda for my first session with a new client who wants to improve their leadership skills
- I need to address my client's lack of self-confidence in our next session. What are some exercises or strategies I could use?
- My client is struggling with work-life balance. What are some resources or techniques I could introduce in our next session?
- My client is resistant to change. How can I prepare for our next session to gently challenge this resistance?
- What are some mindfulness exercises I can introduce at the start of my next coaching session?
- What would be a good way to conclude a coaching session that leaves the client feeling motivated and positive about their progress?

HEALTH RELATED SELF REFLECTION QUESTIONS

1. "What does optimal health mean to you?"
2. "Can you describe a time when you felt at your healthiest? What were you doing differently then?"
3. "What are the main challenges you face in maintaining or improving your health?"
4. "How do these challenges make you feel? What impact do they have on your life?"
5. "What motivates you to want to improve your health? How might your life be different if you achieved your health goals?"
6. "What strengths or resources do you already possess that could help you achieve your health goals?"
7. "In what ways do you believe you could improve your diet, physical activity, or overall lifestyle?"
8. "What steps have you already taken towards improving your health? How did these steps make you feel?"
9. "What fears or concerns do you have about making changes to your health and lifestyle?"
10. "What kind of support do you think would be most helpful for you in your health journey?"



Coaching Resources

High quality client resources are integral to a thriving coaching practice and to demonstrating your expertise. CG helps coaches in creating a wealth of resources tailored to their unique offerings.

Within our Skyrocket program, we teach principles and structures that enable coaches to create highly effective resources that fast track client progress, no matter what your field of expertise.

But we don't stop there. We also supply Canva templates to hasten the creation of client resources reducing the time spent on design and layout - and when you add CG into the mix you just can't go wrong.

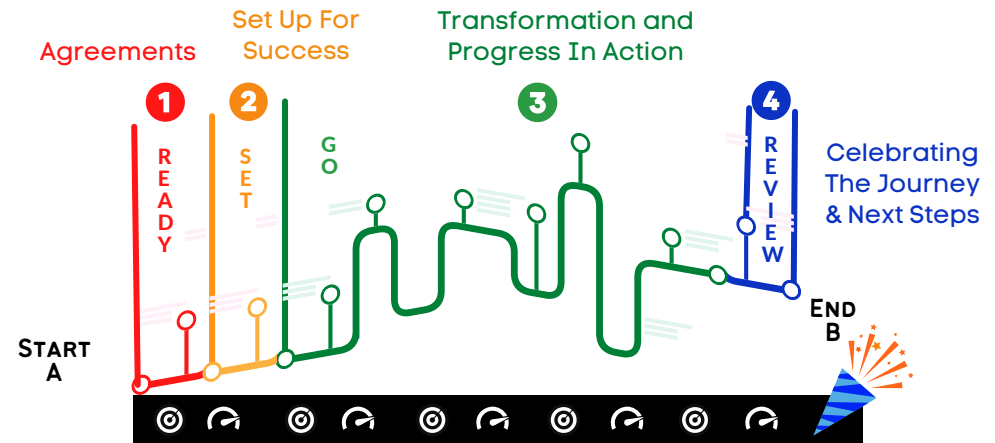
Our templated workbooks ensure your clients experience your wisdom, visually map their journey and fast track their transformation.

Best of all, our resources are designed to ensure your clients end up raving fans and fully appreciate the support, guidance and services you have provided.

CG is your invaluable assistant to swiftly create exceptional resources, and enhance the quality of your coaching services.

Get started by giving some of the prompts on the next page a go!

Your Client's Journey: Different Resources for Different Stages



"I cant believe how easy it is, and how much my clients love my new documents that support them to experience even better results. Thanks Coach Training Campus."
- Tibetan Bowl Sound Healer

Quick Prompt Ideas - Coaching Resources

- Create a life coaching workbook focussed on goal setting
- Write a script for a guided meditation for stress relief
- Draft an informative handout on the benefits of a balanced diet and regular exercise for my health coaching clients
- Create a detailed outline for a coaching manual on developing emotional intelligence
- Create a handout explaining what a limiting belief is, how it impacts life and 5 tips to overcome them
- Write a handout for my corporate wellness coaching focusing on mental health in the workplace
- Create a client-facing document explaining what to expect from a life coaching session
- Write a guide for clients on how to prepare for and get the most out of their wellness coaching sessions
- Generate a list of recommended books, podcasts, and other resources for clients interested in developing their leadership skills
- Create an outline for a 60 minute webinar on 'how to improve self confidence'
- My client is very unorganised and lacks the ability to prioritise their work load. Create a table that will help my client prioritise their daily actions. Keep it simple and provide clear instructions



GET CREATIVE ...

An unusual but effective way coaches can use CG is by generating personalised storylines. Crafting a narrative that mirrors the client's situation but with a fictional character.

Here's how it could work:

1. Define the Character and Situation: Provide CG with a brief description of the fictional character and their situation. This should mirror the client's circumstances but use fictional names ... For instance, "Imagine a character named Alex who is struggling with work-life balance in a demanding corporate job."
2. Craft the Narrative: Ask CG to generate a storyline. For example, "What steps does Alex take to achieve better work-life balance? Please write this in a story format." (You can even ask it to write the story using the framework of the Hero's Journey!)
3. Share the Story: You can then present this story to your client as a part of their materials, using it to spark discussion, reflection, and insight.

Administration

Administration is just something we all have to do when we run a business, but CG can significantly reduce your admin workload.

Who doesn't want that! CG will give you back time so you can dedicate more time and energy to doing what you love! Empowering your clients and growing your practice.

CG can be your assistant, or get your VA to use CG to enhance their output.

Just like all the other areas we have covered, the possibilities are endless. For example, CG can help keep track of your coaching revenue, expenses, and overall business health, creating tables and reports that are easy to understand and digest. No more sifting through spreadsheets or crunching numbers late into the night!

CG can also help with managing your calendar and scheduling, especially if you're working with clients across different time zones. In The Wisdom Playground, we collaborate with coaches worldwide and often have to coordinate meetings and training sessions across a variety of time zones. With CG, we get accurate time conversions in seconds, making scheduling a breeze!

When you work with us, we continue to share new ways to use CG to make your life easier and to fast track your business success.

Learn How To Use AI To Increase Your Income



Image generated by ChatPLUS DALLE

"I have now translated my training into multiple languages. Thank Coach Training Campus for the guidance."

- Life Skills

Empowerment Coach

Some Quick Prompt Ideas

Administration

- Create a simple template for tracking the progress of my clients in a health coaching program
- Given the following tasks: [list tasks], their respective deadlines: [list deadlines], and their importance to my business on a scale of 1-10: [rate importance], how should I prioritize my tasks for this week?
- Help me design a system for following up with past clients. How often should I reach out, what should I say, and what medium should I use (email, phone, etc.)?
- Draft a standard operating procedure for handling client inquiries about my coaching services
- Generate a list of tasks to do for client onboarding and create a check list
- Can you help me create a schedule for the upcoming week based on my commitments? Here are my commitments this week ... I also want to spend time on ...
- Summarise this article into a bulleted list of the most important information [paste article]
- Draft a privacy policy for my website. My business is located in Sydney, Australia
- Draft a template email to remind clients about upcoming appointments
- Create a checklist for end-of-month administrative tasks.
- Draft a standard operating procedure for handling customer complaints
- Draft a confidentiality agreement for new clients



TRACKING TEMPLATE

Client Name:

Program Start Date:

Program End Date:

Goals at Start of Program:

Sessions Log:

Session Date	Session Notes	Action Steps	Goal Progress

Client Challenges:

Client Successes:

Overall Progress Notes:

Are you experiencing poor responses?

Effective communication with CG involves understanding both the capabilities and limitations of the system. Here are some common reasons why you might not get the results you're hoping for. On the following page we will delve into CG's limitations.

Vague or ambiguous questions: Your question might lack specifics, making it hard for CG to provide a meaningful answer. For example, "How can they improve?". "They" could be anyone, and "improve" could apply to anything. A more effective question would be more specific, such as, "How can an entrepreneur improve their time management skills?" or "What strategies can a parent use to enhance their emotional intelligence?" With more context and specificity, CG can offer a more detailed and helpful response.

Memory loss: CG doesn't have the ability to remember or access information from one session to another. For example, if you say "I'm thinking of creating a course on removing limiting beliefs," and then later in the same conversation you ask "What is one powerful technique you would recommend?", CG can understand that question in the context of the earlier statement.

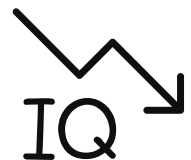
However, if you were to come back a day later and continue the conversation with "Can you expand on the technique you recommended?", CG most likely will not provide a meaningful response because it doesn't have the ability to recall past sessions. *Although as of April 2024 that does seem to be improving.*

Misunderstanding of CG capabilities: If you ask CG "Can you book a coaching session with my client next Tuesday at 3PM?", it will not be able to fulfil this request because it can't interact with external systems (at the moment!).

Complex or specialised queries: CG can go astray if you ask about something extremely complex or specialised. For example, if a sound healer asks, "Can you detail how frequencies influence the human biofield?", even though CG is trained on diverse data, it may not provide a great response due to the specialised nature of the topic. A more specific question like, "What are some general principles of how sound healing is thought to work?" could provide a more meaningful and informative responses.

Inappropriate or unethical requests: If you ask something like "Can you help me hack a website?", CG will refuse to respond due to ethical guidelines.

It just doesn't know! : Sometimes CG just gets it wrong, real wrong, but it thinks it's right! Remember it is only as good as the data it is trained on. So make sure you check responses.



Thank You

It's Time To Grow Your Coaching Business and Increase Your Impact

Congratulations on reading this guide! Be sure to take at least one action asap and share it with us in our [Free Coaches Community](#). In this community you will connect with other coaches on a similar journey and gain further insights and support from us, to implement your learnings.

Once you're in, post an insight you've gained from reading this guide or the action you are taking.

And because you have read this guide, we have a free BONUS for you.

Write the words 'I'm using CHATGPT' as a community post and you will be eligible for the current Bonus on offer.

With us, you unlock exclusive coaching insights, education, and actionable steps, all designed to fast-track your path to coaching and business success. A promise we confidently guarantee!

You deserve to create more Impact, Income and Freedom.

See you in the community!

Gabby & Deb

GABBY BUTTON

LinkedIn:

<https://www.linkedin.com/in/gabbybutton/>

Telegram:

t.me/ConnectButton

DEB KING

LinkedIn:

<https://www.linkedin.com/in/debking-happiness-coach>

Telegram:

<https://t.me/DebKingHappiness>