



Program II: Doors of Doubt (Free Yourself from Fear)

I. Program Details

Meeting Time and Location: Zoom, Thursdays, Bi-weekly, 7:00-8:30 PM Eastern
OR Zoom, Mondays, Bi-weekly, 9:00-10:30 AM Eastern

Program Description: This program guides clients through a process to identify and articulate their personal fears, challenge these fears by reframing limiting beliefs, and utilize mindfulness techniques to reduce anxiety. Each week builds upon the last, leading clients to develop personalized action plans that address their unique fears while fostering resilience and self-compassion along the way.

II. Coach

Karen Caig
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E-mail: karencaig@gmail.com

III. Text and Required Supplies

- *From Fear to Freedom: A Playful Guide to Transforming Your Life*
- "Human Design Report" from Jovian Archive
- Journal (spiral notebook or a fancy bound journal)
- Fast-flowing pen
- Desktop, laptop, or phone for meetings and guided meditations
- Uplifting dance music

IV. Program Objectives

Upon completion of the program, the client will be able to:

- A. Identify and articulate personal fears
- B. Challenge and reframe limiting beliefs
- C. Utilize mindfulness techniques to reduce anxiety
- D. Develop personalized action plans to confront fears
- E. Build resilience and self-compassion along their journey
- F. Establish accountability with peers to foster growth

II. Program Outline

- Week 1: Introduce Course; Share Human Design Type, Strategy, and Authority; Understanding Fear and Doubt—Questions; Topic for next week: Challenging Limiting Beliefs
- Week 2: Share reframed beliefs and challenges; Questions; Topic for Next Week: Mindfulness Techniques
- Week 3: Share Mindfulness Experiences; Challenges/Questions; Topic for Next Week: Confronting Fears
- Week 4: Share Fears ; Challenges/Questions; Topic for Next Week: Resilience and Self-Compassion
- Week 5: Share results of Resilience and Compassion Exercises; Challenges/Questions; Topic for Next Week: Accountability
- Week 6: Share results of accountability homework and choose accountability partners; Challenges/Questions; Next Steps: Additional Coaching/Personal Development Opportunities

VI. Attendance Requirements

Regular attendance and participation are essential for successful completion of this program. However, sessions will be recorded so clients can review later.

VII. Supplemental References (Bibliography for Suggested Reading)

1. *Feel the Fear and Do It Anyway* by Susan Jeffers
2. *The Gifts of Imperfection* by Brené Brown
3. *Daring Greatly* by Brené Brown
4. *The Confidence Code: The Science and Art of Self-Assurance—What Women Should Know* by Katty Kay and Claire Shipman
5. *The Power of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle
6. *Rising Strong: The Reckoning. The Rumble. The Revolution.* by Brené Brown
7. *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* by Tara Brach
8. *Mindfulness for Beginners: Reclaiming the Present Moment—and Your Life* by Jon Kabat-Zinn
9. *The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life* by Mark Manson
10. *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone* by Brené Brown