



# **DIVINE ALIGNMENT LLC.**

Your 1:1 Mentorship Welcome Guide

*Kiera Janelle*



# WELCOME, DIVINE SOUL!

I am overjoyed and honored you chose me to be your holistic higher-self mentor (HHM)! I don't take this opportunity lightly at all. I promise you that I will be your #1 cheerleader, confidant, coach, and tough love dealer (in the name of growth) while we're on this journey together!

This isn't a one sided relationship though, divine. This going to require work and effort on your end too! I will supply you with all of the tools, training, support, and guidance, but at the end of the day it will be up to you to take aligned action because this is your life. You've investing in yourself by hiring me as your HHM so honor the step you took for yourself, your family, your business, and ultimately... your life!

Within this guide I'll educate you on our journey, our level of communication, mentorship session expectation, and all of the beautiful pieces in between. After reading and understanding this guide to its entirety, you'll have a clear and organized understanding of what our mentorship experience entails and how to have the BEST experience during our time together!

*Coach Ki*

# 1:1 Mentorship With Ki

## INCLUDED IN MENTORSHIP

- **Access to Coach Ki** via Voxer and/or discord
- **6 (1hr) 1:1 Mindset & Alignment Coaching Sessions**
- **Biz clarity and MBS (mind, body, spirit) alignment** support
- **DA Goal & Milestone Implementation** Gameplan
- **“Uncover Your Why”** Session
- **Self Exploration & Discovery** (Using the enneagram tool)
- **Self Healing & Mind Body Spirit Alignment** Gameplan
- **Higher Self Connection Session** (Self Story Rewrite)
- **Higher Self Toolkit**
- **Home Life / Work Life Harmony** Implementation Plan
- **Divine Alignment Guide** (unique to her) (upgrade optional)

Each area is implemented based on the mentee's need.\*\*



## COMMUNICATION

**During our time together on this beautiful journey, all forms of communication will be through the Voxer and or Discord app.** Notifications have been turned on to be pushed so I can see them immediately.

**Please allow 24 hours of grace if I am unable to answer immediately.** It's not very likely that it will take me that long during my business hours, however, I am a mom, and there are some things you just don't plan.

## BUSINESS HOURS

**Thur - Fri:** 7am-5pm EST |

8pm-9pm EST

**S:** 7am-12pm EST

**CLOSED ON SUNDAYS**

**FOR SOUL CARE**



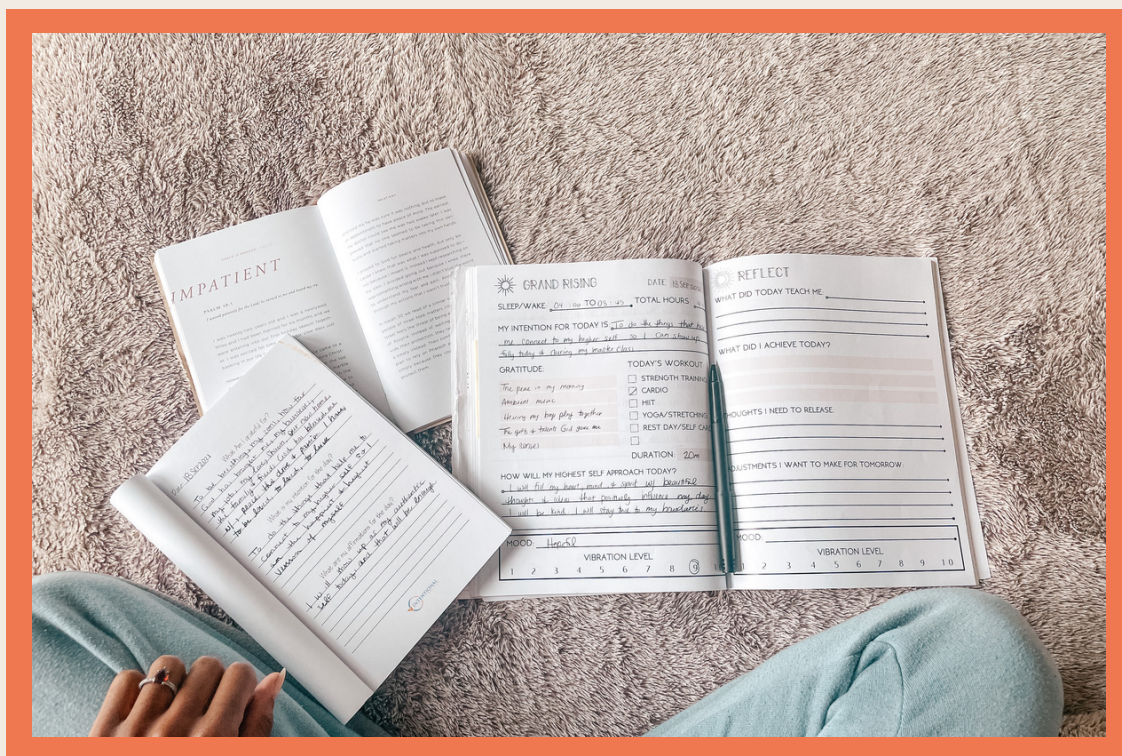
# Mentor Sessions

Our sessions will always start with prayer and deep breathing. Energy is important, and in order for you to get what you truly need from our session we must connect with the Source, together. The flow of the session from that point on will be based on what is on your heart. Each session that we have serves a purpose within my unique DIVINE methodology, however, it is still dictated by your unique needs for the session.

**Be Courteous & Mindful Of Time.** If there isn't **at least a 24hr notice** session cancelled will not be rescheduled. Communication is key, my love. I can be flexible as long as I am aware. I do understand that emergencies arise, so if that becomes the case (God forbid) please do not hesitate to reach out to me.

**Be On Time.** Our sessions do not start when you arrive, they start at the session start time that was scheduled so please be on time, my love. If I am late for the session, the time will be pushed back so you are able to receive your full hour session.

**Show Up Ready & Excited.** The best way to get the most out of our sessions together is by having a journal and pen for note, being in a calm and focused environment (if you can), and with your favorite warm beverage. I do recommend getting a specific journal just for our session together so that you can have all of the notes taken from our time together all in one place!



# Mentor Sessions

All Schedules Session Dates & Times

<b>Session #</b>	<input type="text"/>	<b>Greatest Takeaway:</b>
<b>Date:</b>	<input type="text"/>	<input type="text"/>
<b>Time:</b>	<input type="text"/>	

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<b>Date:</b>	<input type="text"/>	<input type="text"/>
<b>Time:</b>	<input type="text"/>	

# Higher Self Tool Kit

Awareness exercise for identifying and connecting with your higher self

## **Higher Self Connection - The start of my day...**

I feel highest at the start of my day when I do... feel... say... hear... touch... taste...

## **Higher Self Connection - During my day...**

I feel highest when I experience "X" throughout my day... when I see... when I hear...

## **Higher Self Connection - End of my day...**

I feel highest at the end of my day when I do... feel... say... hear... touch... taste...

## **Higher Self Connection - As a mother**

I feel highest as a mother when I speak to my kid like... interact with my kids like...

# COACH KI Resources & More

CHOOSE YOUR PODCAST

GUIDED MEDITATION FOR PRESENT  
MINDFULNESS

LEAVE A GOOGLE REVIEW!

REFLECT & MANIFEST:  
DAILY REFLECTION JOURNAL

