

The Three Keys Coaching Guide

What to expect in a typical coaching experience

Session 1: Understanding the Three Keys

We begin by introducing the Three Keys, **Observation, Relaxation, and Reenergise**, and how they work together to reduce stress, calm the mind, and improve overall wellbeing.

Observation (Calming the Mind)

- Understand why unhelpful thoughts can keep you stuck
- Learn how to recognise and step back from these thoughts
- Choose one recurring thought to work on during the program
- Practical strategies to reduce or let go of unhelpful thinking
- Simple “in-the-moment” tools for panic or overwhelm

Relaxation (Calming the Body)

- Why breathing is one of the fastest ways to reduce stress
- Guided practice of simple, effective breathing techniques
- Gentle stretching exercises to release physical tension

You'll leave Session 1 with practical tools to start calming both your mind and body straight away.

Session 2: Building Momentum

We begin by reviewing your progress and experiences from Session 1, including any challenges with practice or implementation.

Reenergise (Supporting Your System)

This session focuses on the lifestyle habits that support a calmer, clearer mind.

- **Nutrition:** Simple ways to support brain health and energy
- **Exercise:** How to start small and build a sustainable routine
- **Social Connection:** Why it matters and how to make it easier
- **Sleep:** Common barriers and realistic ways to improve it
- **Nature:** The impact of getting outside and how to do it more often

We also explore what may be getting in your way in each of these areas—and develop practical, realistic strategies to move forward.

Personal Focus Time

The remainder of the session is tailored to you.

We can:

- Work more deeply on any of the Three Keys
 - Focus on specific challenges you're facing
 - Set and refine personal goals
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The Goal

By the end of these sessions, you'll have a simple, practical system you can return to anytime helping you move from stress and overwhelm toward calm, clarity, and control.