

A Day in the Life of

an Online Coach

by Sheevaun O'Connor Moran



About 15 years ago I founded Energetic Solutions, Inc., to work with clients who want breakthroughs, shifts and transformation. The clients that came to me were ones that had tried many many other modalities to achieve a result in their business or in their life. About six years ago I started to move my clients to the virtual model



because I wanted to travel and have more freedom when teaching and traveling to continue to serve the clients. Today 90% of my work is done via technology. I remember when I first started working with clients over the phone and had to have a conversation with the cell phone company about my bill. They looked at the minutes and were astounded by the number of minutes I was using. That conversation resulted in my getting a program that only a few people had at the time – unlimited.

I could always tell the success of my business by the volume of my cell phone minutes. Yes, this was a strange way but it indicated what was happening in my business and how I was able to serve as many people as possible.

Today my days are mostly fixed with a very regular schedule. I work with clients three very full days a week until around 6 pm, and the other two I set aside for speaking, running the business and connecting with my team. I am truly grateful to have a woman that started as my assistant 12 years ago and who now runs the left brain stuff of on-line marketing,

coordinating the shipping of our transformational CDs, books, or DVDs, autoresponders, teleseminar set-up, and pushing me to continually do videos.

My favorite day starter is to get up around 5:30 am, as that's when I find it quiet and I'm able to write blog posts, articles and respond to emails. But I first take a giant glass of water to stop the dehydration that occurs from sleep and then get to the kitchen to get my juice and tea going. I have a custom blend that I love that has flowers and green leaves that is very cleansing as well as energizing.

Most days during the week I walk on the beach for 35 to 55 minutes so I can be ready physically, mentally and energetically for what's ahead. The amount of time that I walk depends on the volume of clients I see on a particular day or if I have a networking meeting. It is my preference to walk alone and although I do see many of the same people, there is only one I stop for. She is a woman from Egypt whose name is Yvonne and she is dealing with Parkinsons. I love chatting with her as she is so interested in feeling better and

improving herself, which I of course love to share.

Once I get back from the walk I allot 45 minutes to respond to my emails, client issues that have been sent to me and partnership opportunities. My emails are often situations from clients who are part of either my email membership program or one of my Diamond Level coaching clients. What I have discovered is that the 45 minute allotment for emails presses me to get them all handled before I move on to the rest of my day. I love to work with time chunks because it gives me a beginning, middle and an end.

I allot 35 minutes of my morning for meditation and goal setting. It is my goal to serve as many people as I can and for that I need to be clear. Clarity is what I get for my clients and if I'm not clear then how can I share those gifts?

My next chunk of time is allotted to making my green smoothie and preparing what I will have for lunch as I work back to back with scheduling. The smoothie is filled with lots of fruit and vegetables for the most energizing effect throughout the day.

I drive to my center, which is called the Tree of Life Center, around 10:30 and set up my room for the day of clients. There are a few specific things I do to ensure the space is clear from anything that could be left from previous days

or clients. Most of my clients who are entrepreneurs and CEO's are most accustomed to working in a meeting setting via technology. Some of my clients like to meet in person and I enjoy having a center as I hold group meetings regularly.

Usually I have lunch on the fly from what I brought with me and end my day around 6 or 7 pm. Once I get home I've got a routine of clearing my energy and taking a salt bath before I do anything else.

ABOUT THE AUTHOR

SHEEVAUN O'CONNOR MORAN, author of several books and Master Energy Coach, is the founder of the Energetic Solutions, Inc.® Success System and is devoted to teaching entrepreneurs and leaders deep Universal Transformation Principles with practical step-by-step "How-To's" to live abundantly. Through her Conscious Conversations for CEO's or Energetic Solutions, Inc.® Boot Camps, Private Mentor Coaching Programs, and products, Sheevaun shares how to transcend lower level energies into the life of your dreams.

The screenshot shows the website for Sheevaun Moran. At the top is a navigation menu with links for Home, About, Products, Services, Classes, Events, Blog, and Radio Show. The main banner features a large photo of Sheevaun Moran on the left and a quote on the right: "Life is too short transform yourself today" - Sheevaun Moran. Below the quote are several video thumbnails and a "Watch Videos" button. A horizontal menu below the banner lists six categories: Wealth (Financial Abundance), Energy (Connected & Endless), Health (Have Vibrant Health), Peace (Clear Your Mind), Spirit (Connect Your Soul), and Love (Better Relationships). The footer includes logos for The Wall Street Journal, Los Angeles Times, CBS Home Journal, KCAL 9, and Yahoo! Shine, along with a promotional message: "Get Your 4 Essential Energies to Success eBook!"