



LIGHT BEFORE DAWN

GUIDING YOU TO YOUR AWAKENING

Living Light Before Dawn

'Our why'

Our mission is for people to be living in a resourceful state, and die without regret. This we will achieve through a bespoke integrative approach.

'Our how'

Our values are:

LOVE



AUTHENTICITY



TRUST



INTEGRITY



COMPASSION

These guide us in how we engage with clients, members of the team, associates and extended members of Light Before Dawn. This is our 'Code of Conduct'.



CODE OF CONDUCT

Our values in action:

LOVE

In our interaction with, and connection to, our clients, we exemplify our value of 'Love'. We follow the framework of the Five Languages Of Love by Gary Chapman to define what 'love' looks and feels like.



Words of affirmation

We encourage, appreciate and empathise with our clients. We listen actively through our communication and in our meetings with clients.



Acts of service

We believe we co-create with our clients, we partner with them to move them to where they desire to be. We focus on meetings being comfortable and, when appropriate, we provide healthy refreshments.



Receiving Gifts

We select books, inspirational cards, and other relevant gifts to support our meeting with our clients.



Quality time

We ensure our time with clients is focused and uninterrupted. We are as flexible as much as we can in our meeting times to meet the needs of clients.



Physical touch

We employ nonverbal body language, and when appropriate and agreed with the client, physical touch such as a hug or a hand on the arm



AUTHENTICITY

We show up in our truth- this means we own our mistakes and learn from them. We employ simple and clean language to communicate. We follow the guidance of being kind rather than right. We have a named person for clients to connect with, be it through meeting or healing with a guide and our administration processes, even if systemised.

TRUST

The Meeting Agreement forms the basis, and the foundation, of our mutual trust with our clients. We believe 'everyone is doing the best they can' and our responses and interactions reflect this.

Within Light Before Dawn, we employ the framework of BRAVING from Brene Brown, which contains the elements of building 'trust' in connection. Here we translate what BRAVING means for Light Before Dawn.



BOUNDARIES: We are clear on what is ok ,and what is not ok, in our connection., including our communication and meeting with clients.



RELIABILITY: We acknowledge our limitations and are committed to not overpromise on service. Serving clients is our priority. We ensure we do what we say we will do.



ACCOUNTABILITY: We own any mistakes we make. We apologise and endeavour to make amends.



VAULT: We work within a range of confidential guidelines, including those within our Associate Bodies- International Coaching Federation (ICF) and Association for Neuro Linguistic Programming (ANLP)



INTEGRITY: We choose courage over comfort, and we practice being our values.



NONJUDGMENT: Clients are welcomed to ask for what they need. We also request what we need. Within meetings, clients can share, knowing they are held with acceptance and compassion.



GENEROSITY: We extend the most generous interpretation possible to the intentions, words and actions of clients.



INTEGRITY

We choose courage over discomfort- meaning we value honesty. We believe in 'difficult conversations for an easy life' rather than 'easy conversations for a difficult life.' We engage with our clients with love and acceptance, even if this is to hold challenging conversations.

COMPASSION

We hold space for our clients with love, acceptance and compassion. We believe in 'loving people for their foibles, and not despite them.' Our compassion is gentle kind and nurturing (yin) as well as clear and including taking action (yang).



'OUR PILLARS'

We endorse the principles of The Four Agreements for how we function, operate and process within Light Before Dawn.



Be Impeccable With Your Word

We speak with integrity

We say only what we mean

We avoid using the Word to speak against ourself or to gossip about others

We use the power of our Word in the direction of truth and love



Do Not Take Anything Personally

We believe that nothing others do is because of us

We believe that what others say and do is a projection of their own reality, their own dream

We acknowledge that when we are immune to the opinions and actions of others, we will not be the victim of needless suffering



Do Not Make Assumptions

We find the courage to ask questions and to express what we really want

We communicate with others as clearly as we can to avoid misunderstanding, sadness and drama



Always Do Your Best

Our best is going to change from moment to moment; it will be different when we are healthy opposed to when we are not in resourceful state.

Under any circumstances, we simply do our best, and we avoid self-judgement, self-abuse, and regret.



TOP FIVE REGRETS OF THE DYING

We bear in mind the following as we guide our clients:

To understand the sacredness of your time, and to realise the power lying in the decisions you make, you can learn from those who have gone before you, from those who have not made empowering decisions and spent their deathbed days in regret. By looking at the most common regrets of the dying, you can recognise the power of your choice.

I wish I had lived a life true to myself, not the life others expected of me.

As a child, it was natural to mirror your primary caregivers. You adopted their beliefs and lifestyles, intentions and even expectations.

Dying people can realise they had not found enough courage to live true to the voice of their own heart. This lack of conviction to listen to their heart, left them in grief for a life not lived honestly to themselves.

Find your own courage, be aligned with your honesty for what you want in your life, and step into your own joy. Realise the sacredness of your time here on this planet.

I wish I had not worked so hard

It can be easy to get caught up in never switching off from your work- however much you love your paid service.

Dying people learnt too late the need to be more in their own lives than the world of work. There is a realisation of a work life balance. Most dying people recognised that fear kept them over attached to their career. Fear of lack of money, fear of judgment from work peers, and fear of failure influenced the out of balance prioritisation of work.

By honouring other areas of life, other than work, you bring more joy into your life.

I wish I had had the courage to express my feelings/emotions

As a child, expressing your emotions was a natural part of who you were. As you mature, you learn from significant others how responding to, and manage, varying emotions -often requiring you to ignore or deny emotions. Over time, it becomes normal to suppress expressing yourself honestly.

It takes courage to express yourself, whether by being vulnerable and sharing your love, or being clear and placing boundaries on what is not ok. Experiencing emotions is vital for you to live your fullest life.

By facing your fears and expressing yourself, you develop the habit of speaking with emotional maturity. You set yourself free and inspire others to do the same.



I wish I had stayed in touch with my friends

Connection is the essence of wellbeing. Thanks to modern technology, you can send someone a text to say you are thinking of them, comment on their Facebook feed or Instagram photo, or chat via Messenger. How long is it since you have laughed, cried, eaten or shared space in the physical presence of significant others in your life?

Dying people regret not staying in touch with life long friends.

Face to face contact with loved ones is a way to maintain emotional wellbeing.

I wish I had allowed myself to be happier

Happiness is a choice – it does not come from being lucky or a denial of the challenging times. You can choose happiness in many ways, for example, finding gold nuggets in challenge, and not staying stuck in limiting stories allocating you the role of victim.

Dying people realised how they had allowed other people to determine their happiness.

Every time you take ownership of your perspective and steer it towards an empowering view on life situations and events, you are opening life up to more happiness.

It is your life. Choose how you view each moment.

