

2020

# SOUND

# CHAMPION



# 02

## SELF-GUIDED E-COURSE

### Sound Champion //

Do you have Selective Sound Sensitivity (Misophonia)? This course has been written for you! It could also be beneficial for you when you are highly sensitive (HSP), when you are easily distracted (AD(H)D) or when you are dealing with a lot of stress (Burn-out).

## NEW BEGINNINGS

What would you like to have found out by the end of the 12 sessions on the Sound Champion e-course?

# 03

## HOW IT ALL WORKS?

### What's the commitment?

We will keep it easy peasy. You decide when and where you work on the suggested exercises. Pace yourself here. One session per week is a great pace!

### Suggestions

- + Read one session per week and try the suggested exercises.
- + Try setting the goal to complete all sessions in 12 weeks.
- + Do all of the sessions twice a year and fine-tune your plan.

That's it!

**This e-book is truly only a summary of all the online sessions and we've kept the information in this e-book very brief.** For the full sessions + exercises, tips, tricks, insights & explanations please go online and do the e-course sessions there. You might otherwise miss out on a lot of interesting insights, and this e-book is simply only a reminder of the exercises once you've done them all.

Feel free to tell others about *Super Change Champion* and in case they wish to learn what you're learning, **please guide them back to the source** and let them purchase the e-course(s) so they too get access to all of the materials + updates. By doing so, the team and I, Marianne also get financially supported and all of the people we support through charity as well.

**Ready? Turn the page and let's begin!**

# 04

## A FEW TIPS BEFORE YOU START!

Dear you!

You are about to start the Sound Champion Course and we would like to share a few tips with you before you start.

**One. Get yourself a nice paper notebook.**

**Two. Take notes (online).**

**Three. Allow yourself to focus.**

**Four. Do the course in the provided order.**

**Five. No sweat.**

**Six. Online you can easily navigate through the e-course pages.**

**Seven. Connect with us when needed.**

**Eight. Easy peasy!**

**Last, but not least.** Do not hesitate to connect with us in case you have any questions about the Sound Champion Course. You can contact us at [info@superchangechampion.com](mailto:info@superchangechampion.com) and we will do our best to get back to you as soon as we can.

We look forward to hearing from you and do champion on!

With love and care,

*Marianne de Kuyper (Founder + Course Author) + Brenda Hofman (Editor)*

Team Superchangechampion.com

# 05

## SOUND CHAMPION STEPS

**It is our goal to make you become aware of how Sound Sensitivity affected you in the past, how it affects you today and what you could do yourself to be less affected by it in the future.** We can't make your Sound Sensitivity disappear, even though we truly would love to do that for you. However we can look at what you can do yourself to deal with it in a much healthier way and how you can live a more balanced life.

### **Sound Champion Steps**

You will take 12 steps with us on this course to becoming a Sound Champion.

- Your Daily Life
- What Happens? Your Bodily Sensations
- What Else Happens? Your Feelings & Thoughts
- What's Your Story?
- Coping Mechanism
- Self-Care. Your Stress Management Tools
- Self-Care. Time For A Break
- How To Stay Focused?
- Your Sound Sensitivity Story
- Ready for the WORLD!
- Sound Champion Plan
- Keep on Experimenting

+ Round-It-All-Up!

+ A few more things.

+ Sources.

# 06

## WHAT DOES SOUND MEAN TO YOU?

**Take some time to answer the following questions, sit with them, listen to the answers. Let them flow out of you. There is no right or wrong.**

- What are the reasons you are doing this course?
  - What do you struggle with the most when it comes to the topic of 'sounds'?
  - Is it about changing a situation, feeling, thought or habit/behaviour regarding sounds?
  - Are there any topics in particular that you would like to see covered in relationship the topic of 'sounds'?
  - What are you hoping to get out of this course?
  - How can we serve you?
- +
- What would you like the whole process of the 12 steps to be about?
  - Or in other words, what would you like to have found out by the end of the 12 steps?
- +
- What have you done so far yourself to be able to deal with your Sound Sensitivity?
  - What is your wish regarding your Sound Sensitivity?

We have so many more sound related questions for you and some of the above will also be repeated in the next sessions. We are looking forward to asking them all in the next sessions to help you create more awareness.

**Remember too, it is a process and it is never completely finished.** It is therefore essential to keep on revisiting your goals and also the role you wish to play in reaching them during this process of sound awareness.